The medicinal ethnobotany of the Amandawe area in KwaCele, KwaZulu-Natal, South Africa

by

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Dissertation submitted

In fulfillment of the requirements for the degree

MAGISTER SCIENTIAE

in

BOTANY

in the

FACULTY OF SCIENCE

at the

UNIVERSITY OF JOHANNESBURG

SUPERVISOR: PROF. B-E. VAN WYK

February 2019

Affidavit

I, **Lloyd Sphiwe Mhlongo**, declare that this dissertation is my own work. It has only been submitted (by myself) for the degree of Master of Science in Botany at the University of Johannesburg. It has never been submitted before for any degree or examination at any other University. I also state that all the sources that I have used herein have been appropriately acknowledged.

Signature (Student) : ____ _____

This 15th day of February 2019

TITLE

The medicinal ethnobotany of the Amandawe area in KwaCele, KwaZulu-Natal, South Africa

SUMMARY

An ethnobotanical survey at Amandawe in the KwaZulu-Natal province of South Africa has revealed that many medicinal plants species, vernacular names and medicinal uses have remained unrecorded for the Zulu culture. Quantitative data, obtained through formal interviews, were entered into a matrix table, where the numbers reflect the level of information on the plant use knowledge for each plant species and each of the 37 individual participants. The survey revealed that a substantial part of the medicinal ethnobotany of the Amandawe area has remained unrecorded. This includes 110 new medicinal species records (ca. 31% of the total of 359 species), 560 newly recorded Zulu vernacular names and name variations (66% of the total of 859 names), 60 newly recorded praise names (88% of the total of 69) and 1106 new use-records (78% of the total of 1423 medicinal uses that were recorded at Amandawe). Families with the largest number of medicinal species were the Fabaceae (31) and Asteraceae (31), followed by the Apocynaceae (14), Euphorbiaceae (13) and Poaceae (13), and then Hyacinthaceae (11) and Solanaceae (11). The rest had less than 10 species. The subcategory 'tonics' had the highest number of plant species (156), followed by dermatological (125), gastro-intestinal (102), analgesic (85), reproductive system (84), pediatric (75), unspecified ailments (74), musculo-skeletal (73), cardiovascular (57), ear, nose and throat (56), trauma (44), antimicrobial (43), respiratory system (34), nervous system (27), urinary system (24), anthelmintics (22), endocrine system (11) and ophthalmic (11).The most popular medicinal plants (as indicated by their Species Popularity Index value) were *Cannabis sativa* (1.00), *Leucas lavandulifolia* (1.00), *Pittosporum viridiflorum* (1.00),

Spilanthes mauritiana (1.00), *Tetradenia riparia* (0.97), *Harpephyllum caffrum* (0.95), *Aloe ferox* (0.94), *Barringtonia racemosa* (0.92), *Eucalyptus camaldulensis* (0.92), *Mesembryanthemum cordifolium* (0.92) and *Syzygium cordatum* (0.92). The most important medicinal plants (as indicated by their Cultural Importance Index values) were *Tetradenia riparia* (1.84), *Spilanthes mauritiana* (1.62), *Microglossa mespilifolia* (1.32), *Leucas lavandulifolia* (1.30), *Albizia adianthifolia* (1.27), *Tecomaria capensis* (1.22), *Solanum aculeastrum* (1.14), *Zanthoxylum capense* (1.11), *Dysphania ambrosioides* (1.08) and *Senecio serratuloides* (1.08). These two indices gave very similar lists of top 50 medicinal plants for Amadawe. The average Ethnobotanical Knowledge Index value for the 37 participants (medicinal plants only) was 0.27. Zulu ethnobotany has long been regarded as thoroughly documented, yet the findings presented here suggest that contemporary medicinal plant use has not yet been adequately documented.

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CHAPTER 1: INTRODUCTION

In southern African, the ethnobotany of the Zulu people has received more research attention than any other cultural group. Among some of the most important or comprehensive publications on traditional Zulu plant use are Gerstner (1938, 1939, 1941), Bryant (1949), Hulme (1954), Watt and Breyer-Brandwijk (1962), Doke and Vilakazi (1972), Bryant (1966), Cunningham (1988), Pujol (1990), Hutchings and Van Staden (1994), Walker (1996), Hutchings et al. (1996), Arnold et al. (2002), Ngwenya et al. (2004) and Pooley (2005). These publications show an emphasis on medicinal plants, the most comprehensive being the inventory of 1032 Zulu medicinal plants, from 537 genera and 147 families, by Hutchings et al. (1996). Other non-medicinal categories of plant use, such as food, magic, ritual and crafts have received little attention.

The main results of a quantitative ethnobotanical survey of medicinal plant use in the Amandawe area in KwaZulu-Natal are presented here. The complete data, including a comprehensive checklist of all useful plants and their uses (i.e. for food, medicine, magic, ritual or spiritual purposes and various crafts) form part of an ongoing study. Included in this dissertation are the number of medicinal plant species, their vernacular names and medicinal uses, many of which have not yet been recorded in the literature on Zulu ethnobotany. It is important to note that Hutchings et al. (1996) included several species with charm (magic) or ritual uses but did not associate these with medical conditions recorded. The new species records reported here are limited to medicinal uses and new species records and new use-records apply only to the Zulu culture. Also briefly recorded here are the most important, popular or best-known families and species for particular categories of medicinal plant use.

The hypothesis was that Zulu medicinal ethnobotany has been adequately documented, given the large number of publications and books devoted to the topic. The premise was that if an arbitrary (subjectively chosen) proportion of at least one quarter (25%) of the species, vernacular names and Zulu plant uses at Amandawe have hitherto remained unrecorded in the scientific and popular literature, then the nul-hypothesis should be rejected.

Aims of the study:

(1) A quantitative ethnobotanical survey of medicinal plants of the Amandawe area, in order to generate a checklist.

(2) Determining the number of previously unrecorded medicinal plant species, vernacular names and medicinal uses, in order to test the hypothesis as stated above.

(3) Analyses of the main patterns of medicinal plant use (i.e. which species are the most popular or best known for particular health-related applications?)

(4) To provide high quality primary data on the medicinal plants of the Amadawe area that can be used for further research and for comparative analyses by future researchers.

CHAPTER 2: MATERIALS AND METHODS

2.1 Study area and local culture

Amandawe village is situated on the KwaZulu-Natal south coast, ca. 5 km directly inland from the town of Scottburgh and approximately 60 km south of the city of Durban (Figure 1). The study area is the immediate surroundings of the village, where people traditionally have access to river banks, forests and other habitats to collect plant materials for everyday use.

Amandawe is part of the KwaCele chieftainship, which falls under the Umdoni Municipality. According to STATS SA (2011), the Umdoni municipality covers 994 km^2 and has a population of 144 551 people, with IsiZulu as the dominant language. KwaCele covers 26 km^2 and comprises seven villages, namely Amandawe, KwaCele, Umgwempisi, Ulwasi, Emahlathini, Amahlabathi and Ntontonto. The vegetation is typical of the Indian Ocean Coastal Belt described by (Mucina and Rutherford, 2006), but patches of the Savanna Biome and Forest Biome also occur at Amandawe.

Local people at Amandawe still practise subsistence agriculture, although the growing of crops has diminished and extensive grazing has increased in recent years. Common and popular crops that are grown include maize (*Zea mays* L.), common bean (*Phaseolus vulgaris* L.), sweet potato [(*Ipomoea batatas* (L.) Lam.], potato (*Solanum tuberosum* L.), pumpkin (*Cucurbita pepo* L.), calabash [*Lagenaria siceraria* (Molina) Standley] and Swiss chard or “spinach” (*Beta vulgaris* L.).

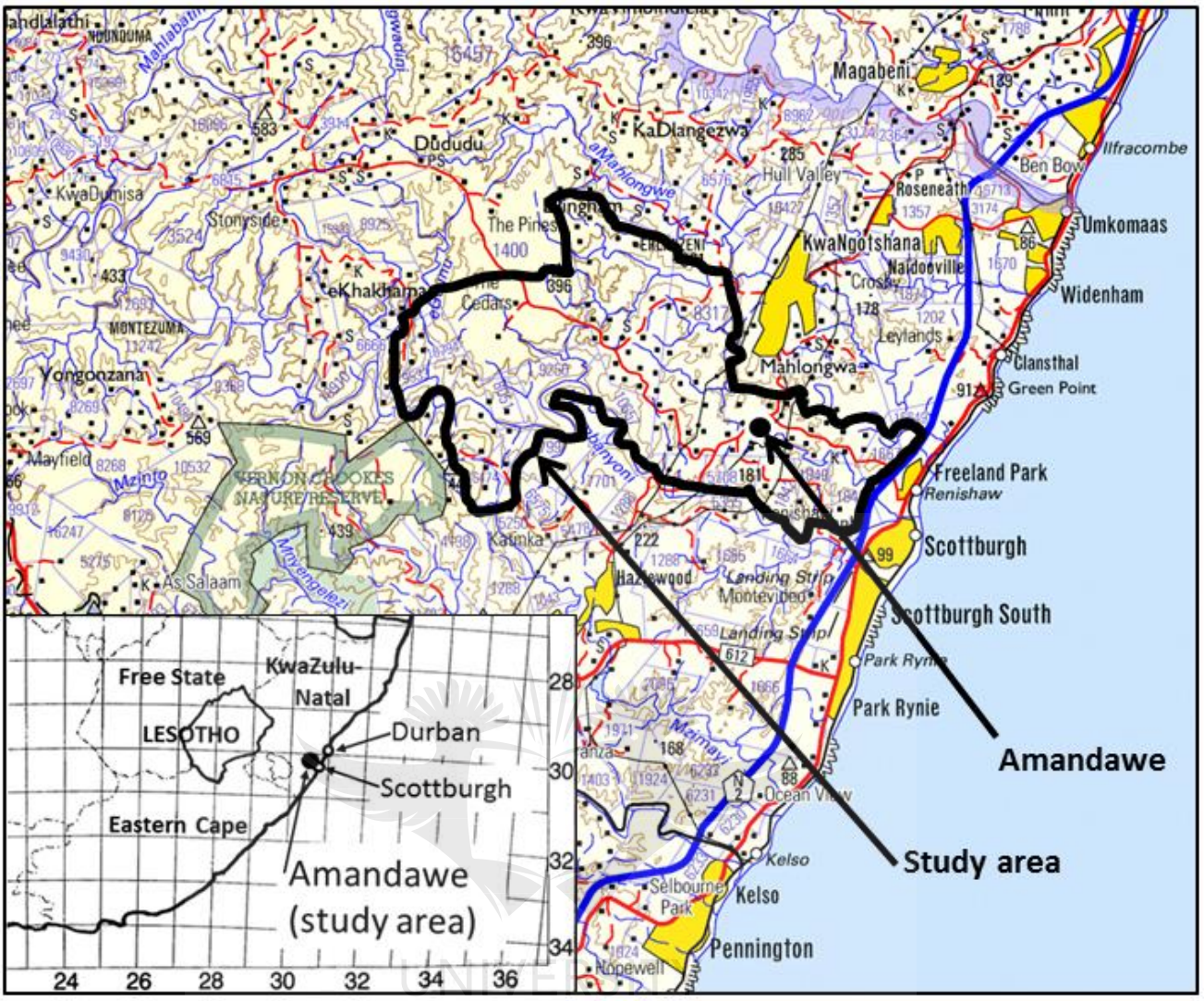

Figure 1. Map showing the study site (Amandawe area in the KwaCele chieftainship near Scottburgh in southern KwaZulu-Natal, South Africa).

2.2 Literature survey

Several sources of information were used to find out if a particular plants species or plant use has already been documented for Zulu ethnobotany. The books consulted are listed in the first part of the introduction and include all sources with of information about Zulu ethnobotany, including vernacular names and plant or plant uses (even if they lack

important details such as the origin of the anecdote and the relative importance of the plant). Anthropological and ethnographic publications sometimes do not provide adequate details for the accurate indentification of the species mentioned. Zulu plant use knowledge was also sourced from a number of unpublished dissertations and theses (e.g. Mthembu, 2009, Myeza, 2013) and relevant scientific papers such as Hutchings (1989), Hutchings and Terblanche (1989), Osborne et al. (1994), De Wet et al. (2010, 2013, 2016), Corrigan et al. (2011), Mavundza et al. (2011), York et al. (2012) and De Wet and Ngubane (2014). The novelty (or not) of vernacular names was also checked against the following publications: Bews (1921), Gerstner (1938, 1939, 1941), Watt and Breyer-Brandwijk (1962), Bryant (1966), Doke and Vilakazi (1972), Thomas and Grant (1989), Pujol (1990), Hutchings et al. (1996), Walker (1996), Van Wyk and Gericke (2000, 2018), Grace et al. (2002, 2008), Von Ahlefeldt et al. (2003), Ngwenya et al. (2004), Raymond (2005), Pooley (1993, 2005, 2013), Van Wyk et al. (2008, 2009, 2011), Boon (2010), Bromilow (2010) and Corrigan et al. (2011).

2.3 Participants and ethical approval

The author was born in Amandawe and the success in recruiting participants for the study can be ascribed to the lack of social and language barriers and a clear understanding of the local customs and protocols. Ethical approval was obtained from the Ethics Committee of the Faculty of Science, University of Johannesburg. The local Chief, Inkosi S.D. (Sifiso) Cele gave permission for the study, as did the KwaCele tribunal committee. A letter from the KwaCele tribal authority granting permission to collect plant materials was required in order to obtain a plant collecting permit, which was issued by Ezemvelo KwaZulu-Natal Wildlife.

All ethical principles of data collection were in line with the International Society of Ethnobiology (2006), as stated in the latest (2008) version concerning traditional resource rights. Educated Prior Informed Consent (see International Society of Ethnobiology, 2006) was formalised by using a consent form that was signed by all the participants. All interviews were conducted in *isiZulu* and the data first recorded in *isiZulu* and later translated into English. Feedback was provided to participants and the final results will be presented (as a poster, in *isiZulu*, a copy of the dissertation (donated to the local library), and the scientific publications emanating from this survey.

As shown in Appendix 2, the following 37 persons (18 female and 19 male) [out of the total of 40 participants (see Appendix 3)] participated in the formal interviews (the age of each participant is given elsewhere in the data matrix):

Female participants: Cele, Zethu B (ZCEL); Cele, Punch (PUNCH); Dlomo, Nondumiso (NDU); Duma, V.T. (MAMDUM); Identity withheld (NOMV); Identity withheld (TNGW); Madiba, Eunice L (MYS); Mbhele, Zibuyile (MADL); Mbili, Tholakele (MAMBA); Mgozi, Cecelia (MGOZ); Mhlongo, Barbara S. (BMHL); Mkhabela, Bonisile (BMKH); Msomi, Khale (KV); Msomi, Munuza (MUN); Ngidi, Zibuyile (ZNGD); Ngwane, Thembisile (MAKAS); Sukude, Ntombifuthi (SUKD); Zanele, Emmerentia Nkomo (ZNK).

Male participants: Bhengu, Phinda P (PB); Dlamini, Mr (DLAMINI); Dlamini, Z. (ZADL); Duma Khuphuka (REVDUM); Gambushe, Shenge L. (SGAM); Hlongwa, Mandlenkosi (JHLO); Identity withheld (BKHW); Identity withheld (CHNDL); Identity withheld (DSHA); Identity withheld (SHEZ); Identity withheld (TMSO); Madlala, E.T. (MRMAD); Mbatha, Thamsanqa (TMBA); Mbutho, Amos (MBUTHO); Mbutho, J. (JB); Msani, Velaphi (MSAN); Ngidi, Mnqobi (MNQO); Phewa, Mr (PHEW); Zungu, Jonah (JZ).

2.4 Survey methodology

A reconnaissance of the Amandawe area in 2015 was followed by several field trips over the period 2015 to 2018, to record, collect and photograph as many as possible of the useful plants of the area. A combination of free-listing and Rapid Ethnobotanical Appraisals (Martin, 2004) was used to gather local knowledge during interactions with the people at Amadawe, including walks, cattle herding and general socialising.

Photographs were used to prepare colour photo plates of all medicinal plant species that were recorded. These photo plates are attached as Appendix 4 and serve as voucher specimens because they show separate photographs with details of the habit, leaves, flowers and fruits. The names of some species were determined or verified by consulting the literature, by comparisons with specimens in the KwaZulu-Natal Herbarium (NH) and by consultation with herbarium staff. This flip-file of 310 images served as the main research tool during formal interviews and for quantification. An additional 49 species were recorded and photographed (but not quantified) during the interviews, bringing the total list to 359 species. The habit of the plant, as well as their leaves and flowers were shown (often including a finger or hand to provide scale) thus ensuring that the participants would easily recognise the plant (see Appendix 4). The method of recording and quantification were the same as used by De Beer and Van Wyk (2011), known as the matrix method. This allowed us to calculate the Species Popularity Index (SPI) values, as well as the Ethnobotanical Knowledge Index (EKI) values, both of which were proposed and first used by De Beer and Van Wyk (2011). The response of each participant to each of the 310 species presented in the flip-file of images is scored in the following way: the participant recognises the plant but does not know its name or use(s) =

1; the participant recognises the plant and has one or more names for it, but no use(s) = 3 (1+2=3); the participant recognises the plant, knows one or more names and one or more use(s) = 6 (1+2+3=6); less often, the participant knows the species and its use(s) but cannot recall a name = 4 (1+0+3=4). The complete matrix is presented as electronic supplement, Appendix 1). The SPI values are calculated by simply adding the total score for each species and dividing that value by the maximum possible score. The EKI values are calculated in the same way, by adding the total scores for each participant and dividing that value by the maximum possible score (De Beer and Van Wyk, 2011).

To get a better idea of the relative importance of the medicinal plant species, the Cultural Importance Index (CII) (Reyes-García et al., 2006; Tardío and Pardo-De-Santayana, 2008) was also calculated and compared to the SPI values.

CHAPTER 3: RESULTS AND DISCUSSION

3.1 Inventory of Amandawe medicinal plants

A summary of the medicinal uses of 359 vascular plant species of the Amadawe area is presented in Table 1. This inventory includes the accepted Latin name of the plant, the author, family name, all vernacular isiZulu names recorded at Amandawe, SPI values, CII values, photographic and herbarium voucher numbers and all recorded medicinal uses at Amadawe.

Table 1 gives a summary of the data in Appendix 1. All new species records, new vernacular names and new medicinal uses are given in bold type (i.e., all data that, to the best of my knowledge, have not yet been recorded for the Zulu culture; note that several of these medicinal species and uses have already been recorded in other parts of Africa but apparently not for the Zulu culture. Appendix 1 also provides, for all the species, all previously recorded *isiZulu* vernacular names and all uses from the literature.

In the rest of this chapter, detailed analyses of the main patterns of medicinal plant uses are presented, based on the summary data in Table 1.

Table 1. List of all medicinal plants, their vernacular names and medicinal uses as recorded at Amandawe. Newly recorded medicinal plant species, *isiZulu* vernacular names and praise names, as well as newly recorded medicinal uses are given in bold print. For some of the 110 new species records, charm and ritual uses have previously been recorded but not medicinal uses. Photographic vouchers are included in Appendix 4.

No.	**Family**	**Species** *exotics [SPI value] [CII value] (voucher number)	**Vernacular names** (praises in brackets)	**Medicinal uses at Amandawe** (new uses in **bold**)
1.	Acanthaceae	***Asystasia gangetica*** (L.) T.Anderson [not in matrix] (P320)	***Imboza, Isiphondo, Umanongwe***	DERMATOLOGICAL (**acne**)
2.	Acanthaceae	*Crabbea hirsuta* Harv. [0.03] [0.05] (P79)	*Umusa,* (***Umusawakhe*****)*, Umusa omncane,* (*Uvelemoyeni*****)**	DERMATOLOGICAL (**skin problems**); UNSPECIFIED AILMENT
3.	Acanthaceae	*Thunbergia atriplicifolia* E. Mey. ex Nees [0.25] [0.35] (P282)	(***Matshinguphondo)****, Isiphondo,* ***(Umhlonishwa)***	PEDIATRIC (**fontanelles**, **teething sicknesses**, ***inyoni***, **diarrhoea**); TONICS (unspecified)
4.	Acanthaceae	***Thunbergia natalensis*** Hook. [not in matrix] (P427)	***Umakhweyana,*** (***Matshinguphondo),*** ***Umgunya***	PEDIATRIC (**fontanelles**)
5.	Acoraceae	**Acorus calamus* L. [0.79] [0.92] (P9)	*Iklalamuzi,* ***Indaluqwatha****, Indawolucwatha,* ***Uzulucwatha***	EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (**stomach cramps**); RESPIRATORY SYSTEM (coughs, chest problems)
6.	Aizoaceae	*Carpobrotus dimidiatus* (Haw.) L.Bolus [not in matrix] (P328)	***Ibohlololo, Ubohlololo lesilungu, Impinda ebovu yasolwandle***	MUSCULO-SKELETAL (**inflammation**)
7.	Aizoaceae	*Mesembryanthemum cordifolium* L.f. [0.92] [0.95] (P198)	*Ibohlololo*	ANTIMICROBIAL (**sexually transmitted ailments, antiseptic**); MUSCULO-SKELETAL (inflammation); TONICS (**unspecified**-**emetic**)
8.	Aizoaceae	***Tetragonia tetragonioides*** (Pall.) Kuntze [0.03] [0.03] (P281)	***Ibohlololo elimhlophe****, Imfino, Ispinach sehlathi, Isipinashi somgwaqo, U two minutes*	MUSCULO-SKELETAL (**inflammation**)

9.	Alliaceae	*Tulbaghia violacea* Harv. [0.51] [0.19] (P288)	*Itsweli lezinyoka,* ***Isivimbampunzi, ishalati lezinyoka, Itsweli***	CARDIOVASCULAR (**high blood pressure**); EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (***isela***); RESPIRATORY SYSTEM (**coughs**); UNSPECIFIED AILMENT
10.	Amaranthaceae	****Amaranthus deflexus*** L. [0.05] [0.08] (P23)	***Imbuya, Ugagabo, Ugobolo***	DERMATOLOGICAL (**lice infestation**)
11.	Amaranthaceae	****Amaranthus hybridus*** L. [0.05] [0.05] (P24)	***Imbuya, Ugobolo, Ugobolo wamandiya, Umabonda***	DERMATOLOGICAL (**lice infestation**)
12.	Amaranthaceae	**Amaranthus spinosus* L. [0.08] [0.08] (P25)	***Isinyembane***	ANALGESIC (**sharp internal body pains-*izibhobo***); DERMATOLOGICAL (**lice infestation**)
13.	Amaranthaceae	***Amaranthus thunbergii*** Moq. [0.05] [0.05] (P26)	***Imbuya, Ugobolo***	DERMATOLOGICAL (**lice infestation**)
14.	Amaranthaceae	****Amaranthus viridis*** L. [0.05] [0.05] (P27)	***Imbuya, Ugobolo***	DERMATOLOGICAL (**lice infestation**)
15.	Amaranthaceae	**Dysphania ambrosioides* (L.) Mosyakin & Clemants [0.73] [1.08] (P114)	***Ikhambi leslumo, Ikhambi lamahhashi, Isinuka, Isinukamasimba, Umanxiweni, Umnukampethu, Uzansikwesibaya***	ANALGESIC (**fever**); ANTIMICROBIAL (**venereal disease**); ANTHELMINTIC (**deworming**); DERMATOLOGICAL (**boils, lice, body odour**); EAR, NOSE AND THROAT (**colds and flu**); PEDIATRIC (**stomach cramps**, ***isela***, baby sicknesses, **fever**); TONICS (***umuthi obovu***); URINARY SYSTEM (**urinary infections, bladder and prostate, kidneys**)
16.	Amaryllidaceae	*Boophone disticha* (L.f.) Herb. [0.14] [0.19] (P44)	***Inconco,*** *Incotho,* ***Ingcotho, Umayime***	ANALGESIC (**lower back aches**); NERVOUS SYSTEM (**fits**, hysteria)
17.	Amaryllidaceae	*Clivia miniata* (Lindl.) Bosse [not in matrix] (P335)	*Umayime*	NERVOUS SYSTEM (**sedative**); REPRODUCTIVE SYSTEM (impotence), TONICS (**unspecified, *umuthi omhlophe***)

18.	Amaryllidaceae	*Crinum macowanii* Baker [0.39] [0.41] (P80)	***Intelezi, Uguqu,*** *Umduze*	ANALGESIC (toothache); DERMATOLOGICAL (**sores**); GASTRO-INTESTINAL (**stomach problems**); MUSCULO-SKELETAL (inflammation); REPRODUCTIVE SYSTEM (**galactogogue**, **impotence**); TONICS (**unspecified**)
19.	Amaryllidaceae	*Haemanthus albiflos* Jacq. [0.14] [0.14] (P159)	*Uzeneke**, Mayime intelezi, Ulimi lwenkomo, Insulansula yegcaki***	TONICS (**unspecified**), UNSPECIFIED AILMENT
20.	Amaryllidaceae	*Scadoxus puniceus* (L.) Friis & Nordal [0.32] [0.49] (P241)	*Idumbe likahloyile, **(Isangoma)**, Uhloyile Umphompo*	ANALGESIC (fever, **malaria**, **toothache**); CARDIOVASCULAR (**blood purification**); DERMATOLOGICAL (**lice**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**); NERVOUS SYSTEM (**fits**); PEDIATRIC (**chest congestion**, **baby sicknesses**); RESPIRATORY SYSTEM (**chest phlegm, *iphika***); URINARY SYSTEM (**bladder and prostate**, **kidneys**); TRAUMA (***idliso***)
21.	Anacardiaceae	*Harpephyllum caffrum* Bernh. [0.95] [0.62] (P160)	*Umgwenya*	ANALGESIC (**lower back aches**); GASTRO-INTESTINAL (**diarrhoea**); TONICS (**unspecified**-**emetic**, ***umuthi obovu***)
22.	Anacardiaceae	*Loxostylis alata* A.Spreng. ex Rchb. [not in matrix] (P437)	***Umpendulo, Umphenduli***	DERMATOLOGICAL (**skin problems**); TONICS (***umuthi obovu***)
23.	Anacardiaceae	***Mangifera indica* L. [not in matrix] (P384)	*Umangwe*	TRAUMA (***idliso***)
24.	Anacardiaceae	*Protorhus longifolia* (Bernh.) Engl. [0.72] [0.78] (P230)	*Inhluthe, Isifuce, **Uzinhla***	CARDIOVASCULAR (blood purifier); DERMATOLOGICAL (**warts**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**, **inability to deficate**); TONICS (***umuthi obovu***, imbiza); URINARY SYSTEM (**inability to urinate**)
25.	Anacardiaceae	*Sclerocarya birrea* (A. Rich) Hochst. [0.41]	***(Umaganikhehla, Umgane),*** *Umganu*	CARDIOVASCULAR (**blood purification**); ENDOCRINE

		[0.86] (P245)		SYSTEM (**mumps**); GASTRO-INTESTINAL (diarrhoea, **stomach discomfort**); TONICS (unspecified-emetic, ***umuthi obovu, imbiza***)
26.	Anacardiaceae	*Searsia chirindensis* (Baker f.) Moffett [0.16] [0.19] (P247)	***Inhlakoshane,*** *Inyazangoma, Inyazangoma elimhlophe****, Isihlakothana, Isihlakothi, Isihlakothi esimhlophe, Ishlakothi sehlathi, Uvethe***	ANALGESIC (***isincindo* for pains**, **sharp internal body pains**); TONICS (*umuthi obovu*)
27.	Anacardiaceae	***Searsia rehmanniana*** Engl. [0.19] [0.35] (P249)	***Inyazangoma elibovu, Isihlakothi, Isihlakothi esibovu***	DERMATOLOGICAL (**acne**); RESPIRATORY SYSTEM (**accumulation of chest phlegm**); TONICS (***umuthi obovu, imbiza***)
28.	Annonaceae	***Artabotrys monteiroae*** Oliv. [0.05] [0.05] (P32)	***Umadwabe, Umazenda, Umazende,*** *Umazwenda,* ***(Umgogo wezinhlanya), Unozende***	NERVOUS SYSTEM (**hysteria**); TONICS (***umuthi omhlophe***)
29.	Annonaceae	*Monanthotaxis caffra* Verdc. [0.08] [0.19] (P205)	***Umadwabe, Umalidwabe, Umazwenda***	TONICS (***umuthi omhlophe***)
30.	Annonaceae	*Uvaria caffra* E. Mey. ex Sond. [0.03] [0.05] (P291)	***Umalizwende,*** *Umazwenda*, ***Unozende***	NERVOUS SYSTEM (**sedative/hysteria**); TONICS (***umuthi omhlophe***)
31.	Apiaceae	*Centella asiatica* (L.) Urb. [0.27] [0.43] (P61)	***Umangobozane, Isgoba***	ANALGESIC (**sharp internal body pains**); ANTIMICROBIAL (**venereal disease**); CARDIOVASCULAR (**excessive bleeding**); DERMATOLOGICAL (**sores, wounds**, **body itch**); EAR, NOSE AND THROAT (**ear infections**); ENDOCRINE SYSTEM (**swelling of inguinal lyphatic nodes**); GASTRO-INTESTINAL (**stomach cramps**); REPRODUCTIVE SYSTEM (**ease childbirth**); PEDIATRIC (***isithakathi***); TONICS (**unspecified**-**oral**)
32.	Apiaceae	**Foeniculum vulgare* Mill. [0.32] [0.51] (P146)	*Imbozisa****, Imbozisa enkulu***	ANALGESIC (**toothache**); ANTIMICROBIAL (**disinfectant**); MUSCULO-SKELETAL (**inflammation**); NERVOUS SYSTEM (**anxiety**);

				TONICS (**body wash**). TRAUMA (***idliso***)
33.	Apocynaceae	*Acokanthera oblongifolia* (Hochst.) Codd [0.22] [0.43] (P7)	***Inhlungunyemba,*** *Inhlungunyembe*	ANALGESIC (**headache, general pains, toothache**); CARDIOVASCULAR **(high blood pressure**); EAR, NOSE AND THROAT (**allergies**); ENDOCRINE SYSTEM (**diabetes**); GASTRO-INTESTINAL (**constipation**); MUSCULO-SKELETAL (**inflammation**)
34.	Apocynaceae	*Acokanthera oppositifolia* (Lam.) Codd [0.61] [0.62] (P8)	*Inhlungunyembe*	ANALGESIC (**headache, general pain, sharp internal body pains, toothache**); CARDIOVASCULAR (**high blood pressure**); ENDOCRINE SYSTEM **(diabetes**); EAR, NOSE AND THROAT (**meat allergies**); GASTRO-INTESTINAL (**constipation**); TRAUMA (snake-bite)
35.	Apocynaceae	*Asclepias gibba* (E.Mey.) Schltr. [0.03] [0.03] (P34)	***Isende lengulube, (Udelani), Udelunina, Ukati***	GASTRO-INTESTINAL (**stomach problems**)
36.	Apocynaceae	*Carissa bispinosa* (L.) Desf. ex Brenan [0.27] [0.14] (P55)	*Amathungulu*	ANALGESIC (**headache**); EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (**diarrhoea**)
37.	Apocynaceae	*Carissa macrocarpa* (Eckl.) A.DC. [0.24] [0.11] (P56)	*Amathungulu*	ANALGESIC (**headache**); DERMATOLOGICAL (**boils**); MUSCULO-SKELETAL (**bone recovery**); TONICS (unspecified-emetic)
38.	Apocynaceae	**Catharanthus roseus* (L.) G.Don [0.19] [0.32] (P58)	***Imbali yamathuna, Imbali yesibaya, Isona, Ubani bezwe, Umangashi***	ANALGESIC (**headache**; **toothache**); ANTHELMINTIC (**deworming**); ANTIMICROBIAL (**venereal discharge in females**); CARDIOVASCULAR (high blood pressure, GASTRO-INTESTINAL (**stomach cramps**, diarrhoea)
39.	Apocynaceae	*Cynanchum viminale* (L.) L. [not in matrix] [0.03] [0.03] (P90)	*Amabhelebhele,* ***Umgontsho***	REPRODUCTIVE SYSTEM (**galactogogue**)

40.	Apocynaceae	*Gomphocarpus physocarpus* E.Mey. [0.53] [0.65] (P153)	***Usinga, Uqhumane,*** *Usingalwesalukazi,* ***Usipha lwesalukazi***	ANALGESIC (headache, **internal side pains**); DERMATOLOGICAL (**wounds**); MUSCULO-SKELETAL (**inflammation**); NERVOUS SYSTEM (**hysteria**); PEDIATRIC (**swollen stomachs** , ***isthakathi,*** **common baby sicknesses**, **transitioning to eating solid food**); TONICS (unspecified); TRAUMA (***idliso***, **snake-bite**)
41.	Apocynaceae	*Mondia whitei* (Hook.f.) Skeels [not in matrix] (P388)	*Umondo, Umondi*	TONICS (appetite stimulant); GASTRO-INTESTINAL (constipation, bloated stomach)
42.	Apocynaceae	*Rauvolfia caffra* Sond. [0.32] [0.49] (P234)	*Umhlambamanzi*	ANTHELMINTIC (**general vermifuge**); ANALGESIC (**toothache**); TONICS (**appetite stimulant**); DERMATOLOGICAL (**body odour**, **skin problems**); GASTRO-INTESTINAL (**jaundice**, **inability to deficate**); PEDIATRIC (**baby sicknesses**, **sharp internal side pains**); TONICS (***umuthi obovu***, **unspecified**); URINARY SYSTEM (**kidneys**, inability to urinate)
43.	Apocynaceae	***Secamone alpinii*** Schult. [not in matrix] (P417)	***Iphophoma***	TONICS (***umuthi omhlophe***)
44.	Apocynaceae	*Tabernaemontana ventricosa* Hochst. ex A.DC. [not in matrix] (P425)	***Amasende enkawu, Indokonde, Isende lenkawu***	ANTIMICROBIAL (**venereal diseases**); UNSPECIFIED AILMENT
45.	Apocynaceae	***Voacanga thouarsii*** Roem. & Schult. [0.03] [0.05] (P301)	***Ihlala laselwandle, Isende lenja****, Inomfi,* ***Uthangana***	CARDIOVASCULAR (**blood clots**), UNSPECIFIED AILMENT
46.	Apocynaceae	*Xysmalobium undulatum* (L.) W.T.Aiton [0.19] [0.22] (P305)	*Ishongwe,* ***Indonya***	DERMATOLOGICAL (**sores**); GASTRO-INTESTINAL (**painful swollen stomach**); REPRODUCTIVE (**virility-** ***umuthi wamadoda***); MUSCULO-SKELETAL (**inflammation**); NERVOUS

				SYSTEM (sedative-***umuthi wamakhala***); TONICS (**vigour**)
47.	Araceae	*Zantedeschia aethiopica* (L.) Spreng. [0.05] [0.03] (P306)	***Ingquthuyengane**, Intebe*	MUSCULO-SKELETAL (**inflammation**)
48.	Araliaceae	***Cussonia nicholsonii*** Strey [0.33] [0.43] (P85)	***Insengane**, Umsenge*	GASTRO-INTESTINAL (***nyongo*-"biliousness"**); MUSCULO-SKELETAL (**inflammation**); TONICS (**unspecified**-**emetic**); UNSPECIFIED AILMENT
49.	Araliaceae	*Cussonia spicata* Thunb. [0.35] [0.38] (P86)	*Umsenge*	GASTRO-INTESTINAL (***nyongo*-"biliousness"**); MUSCULO-SKELETAL (**inflammation**); TONICS (**unspecified**-**emetic**); UNSPECIFIED AILMENT
50.	Araucariaceae	****Araucaria heterophylla*** (Salisb.) Franco [not in matrix] (P317)	(*Abangqongqozi*)	TONICS (***umuthi obovu***)
51.	Arecaceae	*Phoenix reclinata* Jacq. [1.00] [0.14] (P221)	*Isundu, Usundu*	ANALGESIC (sharp internal body pains, **internal side pains**, **toothache**); UNSPECIFIED AILMENT
52.	Asparagaceae	*Asparagus laricinus* Burch. [not in matrix] (P319)	*Isgoba, **Uvucu***	PEDIATRIC (internal side pains); RESPIRATORY SYSTEM (**chest problems**)
53.	Asparagaceae	*Bowiea volubilis* Harv. ex Hook.f. subsp. *volubilis* [not in matrix] (P433)	*Iguleni, Ugibizisila*	DERMATOLOGICAL (flaking facial skin-ikhambi, acne)
54.	Asparagaceae	****Furcraea foetida*** (L.) Haw. [0.05] [0.05] (P147)	***Isitaluka, Ubhumlane, Ufayibe***	MUSCULO-SKELETAL (**inflammation**)
55.	Asparagaceae	****Sansevieria cylindrica*** Bojer ex Hook. [not in matrix] (P415)	***Uphondo lukabhejane, (Uhlabazihlangane)***	ANTIMICROBIAL (**disinfect fresh body incisions**)
56.	Asphodelaceae	*Aloe arborescens* Mill. [0.67] [0.84] (P16)	***Inhlabane**, Inkalane*	ANTHELMINTIC (**deworming**); CARDIOVASCULAR (**high blood pressure**); DERMATOLOGICAL (**sores or wounds**); EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**, **stomach cramps**); MUSCULO-

				SKELETAL (**inflammation**); PEDIATRIC (**weaning**); REPRODUCTIVE SYSTEM (**impotence**); TONICS (***imbiza*, appetite stimulant**); TRAUMA (**snake-bite**)
57.	Asphodelaceae	*Aloe ferox* Mill. [0.94] [0.84] (P18)	*Inhlaba*	ANTHELMINTIC (**general vermifuge**); CARDIOVASCULAR (**high blood pressure**); DERMATOLOGICAL (**sores and wounds**, ***ibhande***); GASTRO-INTESTINAL (**stomach cramps**); NERVOUS SYSTEM (**post traumatic effects caused by the fear of lightening**); PEDIATRIC (***isolo*, weaning**); TONICS (***imbiza*, fatigue**); TRAUMA (**snake-bite**)
58.	Asphodelaceae	*Aloe maculata* All. [0.38] [0.54] (P19)	*Icena,* ***Ichenyane, Inhlaba***	CARDIOVASCULAR (**high blood pressure**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**); MUSCULO-SKELETAL (**inflammation**); PEDIATRIC (**weaning**); TRAUMA (**snake-bite**); REPRODUCTIVE SYSTEM (**ease childbirth, virility-*umuthi wamadoda***)
59.	Asphodelaceae	*Aloe thraskii* Baker [0.05] [0.08] (P20)	***Inhlaba yasolwandle, Isgoba***	ANALGESIC (**sharp internal pains**); ANTIMICROBIAL (**disinfect wounds**); TRAUMA (**snake-bite**)
60.	Asphodelaceae	***Aloidendron barberae*** Dyer [0.32] [0.38] (P21)	***Isigoba, Inhlabende, Inhlaba yesilungu,*** *Umpondonde,* ***Umpondondo, Uphondolwendlovu***	ANALGESIC (**sharp internal body pains**); ANTHELMINTIC (**deworming**); CARDIOVASCULAR (**high blood pressure**); OPTHALMIC (**eye infection**); PEDIATRIC (**weaning**)
61.	Asphodelaceae	*Bulbine asphodeloides* (L.) Spreng. [not in matrix] (P324)	*Ibhucu*	TRAUMA (**burn wound**)
62.	Asphodelaceae	*Bulbine natalensis* Baker [not in matrix] (P325)	*Ibhucu*	TRAUMA (**burn wound**)
63.	Asteraceae	*Afroaster hispida* (Thunb.) J.C.Manning &	*Udlutshana,* ***Udlutshani***	DERMATOLOGICAL (**sores, over production of sebum**);

		Goldblatt [0.28] [0.57] (P35)		GASTRO-INTESTINAL (***isela***); MUSCULO-SKELETAL (**back problem**); NERVOUS SYSTEM (**hysteria**, **post traumatic effects caused by the fear of lightening**); REPRODUCTIVE SYSTEM (**impotence**); TRAUMA (**wounds**); URINARY SYSTEM (**kidneys, bladder**)
64.	Asteraceae	*Artemisia afra* Jacq. ex Willd. [not in matrix] (P317)	*Umhlonyane*	EAR, NOSE AND THROAT (colds, colds and flu)
65.	Asteraceae	*Athrixia phylicoides* DC. [0.03] [0.03] (P36)	***Inkalane**, Ishanelo*	MUSCULO-SKELETAL (**inflammation**)
66.	Asteraceae	***Berkheya bipinnatifida*** (Harv.) Roessler [0.41] [0.51] (P40)	***Ubani***	OPTHALMIC (**eye problems and eye infections**); PEDIATRIC (**chest side pains**); TONICS (***umuthi omhlophe***)
67.	Asteraceae	*Berkheya speciosa* (DC.) O.Hoffm. [0.05] [0.05] P41	***Ikhakhasi, Umalumvumba***	EAR, NOSE AND THROAT (**tonsillitis**); URINARY SYSTEM (bladder and prostate)
68.	Asteraceae	***Berkheya umbellata*** DC. [0.11] [0.14] (P42)	***Ikhakhasi, Ulimi lwenkomo***	DERMATOLOGICAL **(sores**); GASTRO-INTESTINAL (diarrhoea, gall); MUSCULO-SKELETAL (inflammation)
69.	Asteraceae	**Bidens pilosa* L. [0.54] [0.78] (P43)	*Ucadolo, Uqadolo*	ANTIMICROBIAL (venereal infection); CARDIOVASCULAR (**swollen feet**); DERMATOLOGICAL (**lice**); EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (**heartburn**); REPRODUCTIVE SYSTEM (**ease childbirth**); PEDIATRIC (**fever in infants**; **umbilical cord**; **stomach cramps**, ***isilonda sesela*** and ***inyoni***, **excessive vomiting in infants**, **raise the depressed frontal fontanelles**); TONICS (**unspecified**); TRAUMA (**wounds**)
70.	Asteraceae	*Brachylaena discolor* DC. [0.10] [0.11] (P45)	*Iphahla, Isiduli, Isiphahluka*	REPRODUCTIVE SYSTEM (**prevent miscarriage**); UNSPECIFIED AILMENT

71.	Asteraceae	*Callilepis laureola* DC. [0.22] [0.14] (P49)	*Amafutha omhlaba, Impila*	DERMATOLOGICAL (**sores**); EAR, NOSE AND THROAT (**ear**); UNSPECIFIED AILMENT
72.	Asteraceae	****Chromolaena odorata*** (L.) R.M.King & H.Rob. [not in matrix] (P322)	***Usandanezwe, Uwayiwayi***	REPRODUCTIVE SYSTEM (**after birth pains**)
73.	Asteraceae	*Eclipta postrata* (L.) L. [0.08] [0.16] (P115)	*Umphamephuce*	DERMATOLOGICAL (**facial skin eruption**); REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda***); TONICS (*umuthi obandayo*)
74.	Asteraceae	*Felicia erigeroides* DC. [0.11] [0.11] (P141)	*Foshela,* ***Uqhwashu, Ikhambi lakwaNgcobo***	GASTRO-INTESTINAL (***isela***); REPRODUCTIVE SYSTEM (**prevent miscarriages**), UNCLASSIFIED AILMENT (unknown use-***umuthi wamakhala***)
75.	Asteraceae	*Gazania krebsiana* Less. [0.06] [0.08] (P149)	*Ubendle,* ***Umasonga***	EAR, NOSE AND THROAT (**ear problems**); PEDIATRIC (**internal side pains**); TONICS (**unspecified-enema**)
76.	Asteraceae	*Gerbera piloselloides* (L.) Cass. [0.15] [0.19] (P150)	***Imbune yentaba, Ubani, Ugqamhloshane, Uhlunguhlungu, Umoyawezwe, Umpikayboni***	DERMATOLOGICAL (**wounds**); REPRODUCTIVE SYSTEM (**ease childbirth**); MUSCULO-SKELETAL (**inflammation**); NERVOUS SYSTEM (**hysteria/madness**); PEDIATRIC (**tonic for infants**); UNSPECIFIED AILMENT
77.	Asteraceae	*Gymnanthemum corymbosum* (L.f.) H.Rob. [not in matrix]	*Uhlunguhlungu*	NERVOUS SYSTEM (**hysteria**); TONICS (***umuthi obandayo***)
78.	Asteraceae	*Helichrysum acutatum* DC. [not in matrix]	*Uzangume*	TONICS (unspecified)
79.	Asteraceae	*Helichrysum auronitens* Sch.Bip. [0.05] [0.08] (P161)	***Impepho, Intungwa***	ANALGESIC (**toothache**); MUSCULO-SKELETAL (**inflammation**); TRAUMA (**nose bleed**)
80.	Asteraceae	***Helichrysum cymosum*** (L.) D.Don [0.03] [0.03] (P162)	*Impepho,* ***Impepho emhlophe, Impepho enkulu, Impepho yezangoma, Impepho yamaRoma, Impepho yamawele***	PEDIATRIC (**certain baby ailments**)
81.	Asteraceae	***Helichrysum***	***Impepho, Impepho***	EAR, NOSE AND THROAT

		luteoalbum (L.) Rchb. [0.05] [0.08] (P163)	***emhlophe/ enkulu, Impepho emnyama, Impepho yamakholwa, Impepho yamawele, Impepho yesizulu, Inkondlwane***	(**colds and flu**); GASTRO-INTESTINAL (**stomach cramps**); MUSCULO-SKELETAL (**inflammation**)
82.	Asteraceae	***Helichrysum odoratissimum*** (L.) Sweet [0.03] [0.03] (P164)	*Impepho*	TONICS (**unspecified**)
83.	Asteraceae	*Microglossa mespilifolia* (Less.) B.L.Rob. [0.80] [1.32] (P199)	*Ikhambi lesduli,* ***Ikhambi elimhlophe, Umazambezi***	ANALGESIC (**back pains**, fever); ANTIMICROBIAL (venereal diseases, ***umzimba omubi***, **chicken pox, scabies**); CARDIOVASCULAR (**blood cleanser**); DERMATOLOGICAL (**body itch**); EAR, NOSE AND THROAT (**clear nasal congestion, colds and flu**); GASTRO-INTESTINAL (**stomach cramps**); PEDIATRIC (**measles**, **body rash**, **sores**, fever, ***isithakathi***, **constipation**); REPRODUCTIVE SYSTEM (**impotence**); TONICS (**unspecified**); URINARY SYSTEM (**urinary infections**)
84.	Asteraceae	*Mikania natalensis* DC. [not in matrix] (P387)	*Ihlozi*	ANALGESIC (headaches); EAR, NOSE AND THROAT (nasal congestion, colds and flu)
85.	Asteraceae	*Osteospermum monilifera* L. [0.60] [0.68] (P212)	***Igwababa, Ikhambi lenyongo, Imbozisa yasolwandle, Isifulwane, Ithenanja, Ugudlulwandle, Ugudlumfula, Ulimi lwenkomo,*** *Unkuphunyane*	CARDIOVASCULAR (**high blood pressure**); GASTRO-INTESTINAL (***nyongo*****-"biliousness"**)
86.	Asteraceae	***Platycarpha glomerata*** (Thunb.) Less. [0.23] [0.24] (P225)	*Imbozisa,* ***Imbozisa encane, Imbozisa yentaba,*** *Isiphahluka,* ***Ubani, Ubani olukhulu, Ukhula, Umabopha, Umbola, Umkhwibi ompofu,*** **(*Usigcawu*)**	ANTIMICROBIAL **(venereal disease**); DERMATOLOGICAL (**sweaty feet**); REPRODUCTIVE SYSTEM (**excessive menstruation**); MUSCULO-SKELETAL (**inflammation**); OPTHALMIC (**painful eyes**); PEDIATRIC (**internal side pains**)
87.	Asteraceae	****Schkuhria pinnata*** (Lam.) Kuntze ex Thell.	***Unsakansakane, Umanxiweni***	ANTHELMINTIC (**general vermifuge**); GASTRO-INTESTINAL (**isela, stomach**

		[0.64] [0.81] (P242)		**cramps**, **diarrhoea, nausea**); PEDIATRIC (**teething related ailments**, **fever)**
88.	Asteraceae	*Senecio coronatus* (Thunb.) Harv. [0.07] [0.08] (P250)	*Ubulibazi,* ***Ikhohlwa, Imbiza yezingane***	GASTRO-INTESTINAL (***isilonda sesela***); TRAUMA (***idliso***); TONICS (unspecified-enema)
89.	Asteraceae	*Senecio serratuloides* DC. [0.81] [1.08] (P251)	*Unsukumbili,* ***Unsukumbili wehlathi***	ANALGESIC (**general pains**); ANTIMICROBIAL (venereal diseases, genital sores); DERMATOLOGICAL (sores, skin eruptions, medical operations); MUSCULO-SKELETAL (**inflammation**); PEDIATRIC (fontanelles depression); TONICS (*imbiza*, unspecified-enema)
90.	Asteraceae	****Sonchus oleraceus*** (L.) L. [0.30] [0.03] (P262)	***Isendelengulube, Isikhabasengulube, Ucange, Uhabe, Uklwabuklwabu, Ukhuphekhuphe, Uqange, Uqhoshombe, U-two minute, Uvelemampondweni***	ENDOCRINE SYSTEM (**diabetes**)
91.	Asteraceae	**Spilanthes mauritiana* (A.Rich. ex Pers.) DC. [1.00] [1.62] (P264)	***Isishoshokazane,*** *Isisinini*	ANALGESIC (toothache); ANTIMICROBIAL (**venereal diseases**, skin eruption); ANTHELMINTIC (**pinworms**); CARDIOVASCULAR (**high blood pressure**); DERMATOLOGICAL (**sores**); EAR, NOSE AND THROAT (**colds and flu**, **mouth sores**, **tonsillitis**, **ulcers**); GASTRO-INTESTINAL (***isela***); PEDIATRIC (baby sicknesses); RESPIRATORY SYSTEM (**cough**); TONICS (***imbiza***); UNSPECIFIED AILMENTS
92.	Asteraceae	****Tagetes minuta*** L. [0.35] [0.32] (P277)	***Ikhambi lempaka, Insangu katikoloshe, Usangwana***	ANTIMICROBIAL (**disinfectant**); ANALGESIC (**toothache**); DERMATOLOGICAL (**body odour**, **sores**); EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (**stomach cramps**); MUSCULO-SKELETAL (***impehlwa***); TONICS (**unspecified**); UNSPECIFIED

				AILMENT
93.	Asteraceae	****Tithonia diversifolia*** (Hemsl.) A.Gray [not in matrix] (P428)	***Ugudlumngeni, Ugudlumfula, Umantshoboza***	GASTRO-INTESTINAL (**stomach cramps, food poisoning**); PEDIATRIC (***isela***)
94.	Bignoniaceae	*Kigelia africana* (Lam.) Benth. [0.03] [0.03] (P183)	***Umvongose***, *Umvongothi*	REPRODUCTIVE SYSTEM (swollen testicles)
95.	Bignoniaceae	*Tecomaria capensis* (Thunb.) Spach [0.68] [1.22] (P278)	***Umunyane, Uthswala benyoni***	ANALGESIC (fever, **backaches**); EAR, NOSE AND THROAT (**colds and flu**, **clear nasal congestion**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**, ***isela***); NERVOUS SYSTEM (**hysteria**); RESPIRATORY SYSTEM (congested nasal passages, sinuses)
96.	Boraginaceae	*Ehretia rigida* (Thunb.) Druce [0.05] [0.05] (P116)	*Umklele*	TONICS (**unspecified-emetic, *umuthi obovu***)
97.	Brassicaceae	****Erucastrum austroafricanum*** Al-Shehbaz & Warwick [0.15] [0.03] (P128)	***Iklabishana, Isiqoshombe, Ukhuphekhuphe***, ***Uqange***	**UNSPECIFIED AILMENTS**
98.	Burseraceae	***Commiphora harveyi*** (Engl.) Engl. [0.16] [0.22] (P77)	***Umhlunguthwa****, Umumbu*	DERMATOLOGICAL (**septic wounds**, **burn wounds**, **flaking facial skin-*ikhambi***); MUSCULO-SKELETAL (**bone reformation**); TONICS (***umuthi obovu***); UNSPECIFIED AILMENT
99.	Cactaceae	*Rhipsalis baccifera* (J.S.Muell.) Stear [not in matrix] (P410)	*Ugebeleweni*	TONICS (***imbiza***); REPRODUCTIVE SYSTEM (**treats sterility**, **galactogogue**).
100.	Cannabaceae	**Cannabis sativa* L. [1.00] [0.95] (P52)	***Igudu,*** *Insangu,* (***Umthunzi wezinkukhu***)	CARDIOVASCULAR (high blood pressure); EAR, NOSE AND THROAT (ulcers); RESPIRATORY SYSTEM (chest complaint, asthma, shortness of breath); TRAUMA (***idliso***); TONICS (***imbiza*, promote weight loss**)
101.	Cannabaceae	***Celtis africana*** Burm.f.	(***Umathekapheli*),**	ANTHELMINITIC (**deworming**);

		[0.04] [0.05] (P59)	*Umvumvu,* ***Uvuvu***	GASTRO-INTESTINAL (**nausea**)
102.	Cannabaceae	***Celtis gomphophylla*** Baker [0.03] [0.03] (P60)	(***Umathakapheli*****),** *Umvumvu***, (*****Uqhoboka zavithi), Uvuvu***	DERMATOLOGICAL (**acne**)
103.	Caricaceae	***Carica papaya* L. [not in matrix] (P327)	***Uphopho,*** *Upopo*	DERMATOLOGICAL (**facial application**); RESPIRATORY SYSTEM (**coughs**)
104.	Caryophyllaceae	***Silene burchellii*** Otth ex DC. [0.05] [0.05] (P256)	***Ikhambi lezingane, Umnyamawempunzi, Umshekisane***	PEDIATRIC (***isithakathi***); UNSPECIFIED AILMENT
105.	Celastraceae	*Elaeodendron transvaalense* (Burtt Davy) R.H.Archer [not in matrix] (P355)	*Ingwavuma*	GASTRO-INTESTINAL (**stomach cramps**)
106.	Celastraceae	*Gymnosporia rubra* (Harv.) Loes. [0.26] [0.24] (P158)	***Ihlinzanyoka, Ithethe***	ANALGESIC (**internal sharp body pains**); MUSCULO-SKELETAL (**inflammation**); TRAUMA (**snake-bite**)
107.	Celastraceae	***Maytenus peduncularis*** Loes. [0.03] [0.03] (P194)	*Inqayi, Inqayi elimnyama*	TONICS (**unspecified**)
108.	Colchicaceae	***Gloriosa modesta*** (Hook.) J.C.Manning & Vinn. [not in matrix] (P367)	*Ihlamvu*	REPRODUCTIVE SYSTEM (**desired sex of the foetus**)
109.	Colchicaceae	*Gloriosa superba* L. [not in matrix] (P368)	*Ihlamvu,* ***Idangabane lasolwandle***	DERMATOLOGICAL (**sores**); TRAUMA (**wounds**); REPRODUCTIVE SYSTEM (desired sex of the foetus, **conception of twins**)
110.	Combretaceae	*Combretum kraussii* Hochst. [0.35] [0.32] (P70)	(***Intombi ibhincela nxanye), Umdubu, Umdubu omhlophe, Umdubu wamanzi***	TONICS (cleansing); URINARY SYSTEM (**kidneys,** bladder and prostate); REPRODUCTIVE SYSTEM (**enable conception**; ***imbiza yamanzi*** **for young women, prevent a miscarriage; virility-*umuthi wamadoda*, vigour**)
111.	Combretaceae	*Combretum molle* R.Br. ex G.Don [0.54] [0.62] (P71)	***Isibondwe, Umbonda,*** *Umbondwe*	ANALGESIC (**general body pains**, **internal sharp body pains**, **lower back pain**); CARDIOVASCULAR (**high blood pressure**); GASTRO-

				INTESTINAL (**diarrhoea**); RESPIRATORY SYSTEM (clear *udende* and coughs, tight chest); TONICS (***umuthi obovu***); TRAUMA (***idliso***)
112.	Combretaceae	***Combretum woodii*** Dümmer [0.05] [0.05] (P72)	*Umdubu,* ***Umdubu wehlathi***	REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda***); TONICS (***imbiza***)
113.	Commelinaceae	***Aneilema aequinoctiale*** (P.Beauv.) Loudon [0.13] [0.14] (P29)	***Idangabane***	MUSCULO-SKELETAL (**inflammation**); TONICS (***imbiza***); TRAUMA (**burn wound**)
114.	Commelinaceae	*Commelina africana* L. [0.16] [0.24] (P73)	*Idangabane,* ***Idangabane lomfula,*** **(*Umafavuke*)**	ANTIMICROBIAL (**venereal disease**); MUSCULO-SKELETAL (**inflammation**); RESPIRATORY SYSTEM (**shortness of breath-*iphika***); TONICS (**unspecified-oral**)
115.	Commelinaceae	*Commelina benghalensis* L. [0.19] [0.19] (P74)	*Idangabane,* ***Idangabane lentaba,*** **(*Umafavuke*)**	MUSCULO-SKELETAL (**inflammation**); TONICS (**unspecified-enema**)
116.	Commelinaceae	*Commelina eckloniana* Kunth [0.13] [0.19] (P75)	*Idangabane,* ***Idangabane lamanzi***	ANTIMICROBIAL (**venereal disease**); MUSCULO-SKELETAL (**inflammation**); OPTHALMIC (**eyes**); TONICS (**unspecified-enema**)
117.	Commelinaceae	***Commelina erecta*** L. [0.11] [0.11] (P76)	***Idangabane***	MUSCULO-SKELETAL (**inflammation**); TONICS (**unspecified-enema**)
118.	Commelinaceae	*Cyanotis speciosa* (L.f.) Hassk. [0.11] [0.14] (P87)	***Iphindemuva elincane,*** *Umakoti ugoyile, Iphindemuva,* (*Udabulamafu),* ***Unkungwini***	ANTIMICROBIAL (**gonorrhea**); DERMATOLOGICAL (**lice**); MUSCULO-SKELETAL (**inflammation**); UNSPECIFIED AILMENT
119.	Commelinaceae	****Tradescantia pallida*** (Rose) D.R. Hunt [not in matrix] (P429)	***Idangabane elibovu***	TRAUMA (**burn wounds**)
120.	Convolvulaceae	****Ipomoea batatas*** (L.) Lam. [not in matrix] (P374)	*Ubhatata*	DERMATOLOGICAL (**body odour**)
121.	Convolvulaceae	*Ipomoea cairica* (L.) Sweet	*Ijalamu,* ***Ingcingolo***	ANALGESIC (**internal side pains**); DERMATOLOGICAL (**persistent sores**); GASTRO-

		[0.32] [0.32] (P174)		INTESTINAL (**purgative**)
122.	Convolvulaceae	*Ipomoea crassipes* Hook. [0.13] [0.05] (P175)	***Ijalamu,*** *Uvimbukhalo*	GASTRO-INTESTINAL (*nyongo-* "biliousness"); MUSCULO-SKELETAL (**inflammation**)
123.	Convolvulaceae	*Ipomoea pellita* Hallier f. [0.16] [0.05] (P176)	***Uvimbukhalo***	REPRODUCTIVE SYSTEM (**impotence**); UNSPECIFIED AILMENTS
124.	Crassulaceae	***Crassula obovata*** Haw. [not in matrix] (P339)	***Ushisizwe***	DERMATOLOGICAL (**lice**)
125.	Crassulaceae	*Crassula sarmentosa* Harv. [not in matrix] (P340)	*Umvuthuza womfula*	DERMATOLOGICAL (**lice**)
126.	Crassulaceae	***Kalanchoe pinnata* (Lam.) Pers. [0.76] [0.73] (P180)	***Inyathelo****, Umvuthuza*	ANALGESIC (**tooth ache**); DERMATOLOGICAL (**lice**); MUSCULO-SKELETAL (**inflammation**); UNCLASSIFIED AILMENTS (*amalumbo*)
127.	Cucurbitaceae	***Cucumis zeyheri*** Sond. [0.14] [0.19] (P84)	***Umhlikihlo, Uthangazane, Intshungu, Umhlakahlo, Umhlakathiso, Intshungu yezalukazi,*** *Isendelenja*	NERVOUS SYSTEM (**fits**); TONICS (**unspecified-enema,** unspecified-oral tonic); REPRODUCTIVE SYSTEM (**prevent miscarriage**)
128.	Cucurbitaceae	*Lagenaria sphaerica* (Sond.) Naudin [not in matrix] (P379)	***Inthsungu, Iselwa lentaba***	CARDIOVASCULAR (**high blood pressure**); NERVOUS SYSTEM (**sedative**)
129.	Cucurbitaceae	*Momordica balsamina* L. [0.76] [0.73] (P204)	*Intshungu*	ANALGESIC (**lower back aches**, back pains); CARDIOVASCULAR (high blood pressure); DERMATOLOGICAL (***umeqo***); TONICS (***imbiza***)
130.	Cucurbitaceae	*Momordica foetida* Schumach. [not in matrix] (P438)	*Intshungu,* ***Intshungu yehlathi, Insthungu yezalikazi***	CARDIOVASCULAR (**high blood pressure**); TONICS (***imbiza***)
131.	Cyantheaceae	*Alsophila dregei* (Kunze) R.M.Tryon [0.11] [0.13] (P22)	*Inkomankoma,* ***Inkombandlela***	ANALGESIC (**sharp internal body pains**); DERMATOLOGICAL (***ibhande***); REPRODUCTIVE SYSTEM (**impotence**); TONICS (***imbiza***); UNSPECIFIED AILMENT
132.	Cyperaceae	***Cyperus dives*** Delile	***Umhlahlo, Ukati, Uluzi,***	REPRODUCTIVE SYSTEM (***izinseka***); PEDIATRIC (**baby**

		[0.08] [0.08] (P92)	***Igceba, Igceba elincane***	**sickness**); UNSPECIFIED AILMENT
133.	Cyperaceae	***Cyperus papyrus*** L. [0.08] [0.08] (P94)	***Ibhuma, Intandelo***	REPRODUCTIVE SYSTEM (**prevent miscarriage**); MUSCULO-SKELETAL (**inflammation**); TONICS (**unspecified**)
134.	Cyperaceae	***Schoenoplectus scirpoides*** (Schrad.) Browning [0.05] [0.05] (P243)	***Igceba, Incema, Incema yamadoda, Induma, Ingqumba, Ingcingolo,*** *Ingqumbe*	CARDIOVASCULAR (**blood purification**); REPRODUCTIVE SYSTEM (**ease childbirth**)
135.	Dioscoreaceae	*Dioscorea dregeana* (Kunth) T.Durand & Schinz [not in matrix] (P347)	***Ingevu, Intana ebovu, Udakwa****, Ufudu,* ***Ufudulwehlathi***	ANALGESIC (sharp internal body pains); EAR, NOSE AND THROAT (colds and flu); TONICS (*umuthi obovu*)
136.	Dipsacaceae	*Scabiosa columbaria* L. [0.05] [0.08] (P240)	***(Ibhekaminangedwa), Upelepelane***	DERMATOLOGICAL (**skin problems**); MUSCULO-SKELETAL (**lower back problems**); TONICS (**unspecified-emetic**)
137.	Ebenaceae	*Diospyros lycioides* Desf. [not in matrix] (P348)	*Umnqandane*	GASTRO-INTESTINAL (**diarrhoea**)
138.	Ebenaceae	*Diospyros whyteana* (Hiern) P.White [not in matrix] (P351)	*Umnqandane*	GASTRO-INTESTINAL (**diarrhoea**)
139.	Ebenaceae	*Euclea natalensis* A.DC. [not in matrix] (P359)	*Umshekisane*	URINARY SYSTEM (bladder and prostate)
140.	Euphorbiaceae	***Acalypha glabrata*** Thunb. **var. *glabrata*** [0.11] [0.11] (P5)	***Isithobothi,*** *Uthobothi*	ANALGESIC (**general body pains**); TONICS (***imbiza***)
141.	Euphorbiaceae	***Acalypha glandulifolia*** Buchinger & Meisn. ex C.Krauss [0.05] [0.05] (P6)	***Umsununundu***	REPRODUCTIVE SYSTEM (**impotence**); MUSCULO-SKELETAL (**inflammation**); REPRODUCTIVE SYSTEM (**impotence**)
142.	Euphorbiaceae	*Clutia ovalis* Sond. [0.03] [0.05] (P67)	*Umembesa*	CARDIOVASCULAR (**blood clots**); TRAUMA (**snake-bite**)
143.	Euphorbiaceae	*Croton sylvaticus* Hochst. [0.19] [0.27] (P81)	(*Umahlabekufeni),* ***Umgweba,*** *Umzilanyoni*	ANALGESIC (**toothache**, **sharp internal body pains**); CARDIOVASCULAR (**blood purification**, **stroke**); REPRODUCTIVE SYSTEM (**ease childbirth**); PEDIATRIC

				(***isithakathi***); TONICS (***umuthi obovu***, **unspecified**), UNSPECIFIED AILMENTS
144.	Euphorbiaceae	*Euphorbia cupularis* Boiss. [0.05] [0.11] (P137)	*Ibunga, Umdlebe,* ***Uvuthane***	DERMATOLOGICAL (**burn wounds**); RESPIRATORY SYSTEM (**coughs**); TONICS (*imbiza*); UNSPECIFIED AILMENTS
145.	Euphorbiaceae	*Euphorbia ingens* E.Mey. ex Boiss. [0.16] [0.19] (P138)	(*Abaphaphi*), *Umnhlonhlo, Umphapha*	DERMATOLOGICAL (acne, warts, sores); GASTRO-INTESTINAL (***nyongo*-"biliousness"**, **diarrhoea**); MUSCULO-SKELETAL (**inflammation**); TONICS (unspecified), UNDISCLOSED AILMENT
146.	Euphorbiaceae	*Euphorbia tirucalli* L. [0.22] [0.24] (P139)	*Umsululu*	DERMATOLOGICAL (**boils**, sores, **warts**); UNSPECIFIED AILMENTS
147.	Euphorbiaceae	***Euphorbia triangularis*** Desf. ex A.Berger [0.05] [0.05] (P140)	***Uhambanaye, Umalilisa,*** *Umnhlonhlo*, ***Umhlonhlo omncane, Umphumeleli,*** *Umhlonhlwane*	DERMATOLOGICAL (**warts**), MUSCULO-SKELETAL (**bone recovery**)
148.	Euphorbiaceae	*Macaranga capensis* (Baill.) Sim [not in matrix] (P381)	***Umphumeleli,*** **(*Umpumelelo*)**	UNSPECIFIED AILMENT
149.	Euphorbiaceae	**Ricinus communis* L. [0.30] [0.65] (P236)	***Uhlakuva, Umhlakuva, (Umhla ufa)***	ANALGESIC (toothache); CARDIOVASCULAR (blood purification); DERMATOLOGICAL (**sores**, **skin problems, body ointments**); ENDOCRINE SYSTEM (**swollen glands**); GASTRO-INTESTINAL (purgative, **constipation**); MUSCULO-SKELETAL (inflammation); PEDIATRIC (**fever**, **hasten teething, teething related ailments**); URINARY SYSTEM (**kidneys, bladder and prostate**); REPRODUCTIVE SYSTEM (**ease childbirth, swollen testicles**); TONICS (**appetite stimulant, promote weight loss**)
150.	Euphorbiaceae	***Sclerocroton integerrimus*** Hochst.	***Umgudlampuzi, Umshampunzi ,***	PEDIATRIC (**sedative**); TONICS

		[0.08] [0.08] (P246)	***Umshayampunzi, Umvumampuzi***	(unspecified-emetic).
151.	Euphorbiaceae	*Spirostachys africana* Sond. [0.14] [0.27] (P265)	***Umfece**, Umthombothi*	DERMATOLOGICAL (**lice**, hairdressing); TONICS (*imbiza*, **promote weight loss**); TRAUMA (***idliso***, **snake-bite**)
152.	Euphorbiaceae	***Tragia glabrata*** (Müll.Arg.) Pax & K.Hoffm. **var. *hispida*** Radcl.-Sm. [0.08] [0.08] (P283)	*Imbabazane,* ***Imbati, Imbati yehlathi, Imbati enkulu, Imbati yentaba, Imvabazane***	EAR,THROAT AND NOSE (**allergies**); PEDIATRIC (**body rash**); UNSPECIFIED AILMENT
153.	Fabaceae	*Abrus precatorius* L. [0.91] [0.14] (P1)	*Umkhokha*	ANALGESIC (**sharp internal body pains**); TRAUMA (***idliso***)
154.	Fabaceae	****Acacia dealbata*** Link. [0.24] [0.30] (P3)	*Uwatela*	ANALGESIC (**toothache**); GASTRO-INTESTINAL (**diarrhoea**); TONICS (**unspecified**)
155.	Fabaceae	****Acacia mearnsii*** De Wild. [0.24] [0.27] (P4)	***Uwatela***	ANALGESIC (**toothache**); EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (**diarrhoea, *isela***); RESPIRATORY SYSTEM (**chest problems**); TONICS (**unspecified**); TRAUMA (***idliso***)
156.	Fabaceae	***Adenopodia spicata*** (E.Mey.) C.Presl [not in matrix] (P312)	*Sondelangange,* ***(Umaqabulane), Usondelangange wesi Zulu, Usondelangaye***	DERMATOLOGICAL (**lice infestation**)
157.	Fabaceae	*Albizia adianthifolia* (Schum.) W.Wight [0.84] [1.27] (P12)	*Isibhaha* (?), (***Isikhukazi esimatshwele),*** ***Isiyengelele,*** *Umgadankawu,* ***Umhlandluli,*** *Usolo*	ANALGESIC (backache, **headache**); ANTIMICROBIAL (gonorrhoea**,** scabies); DERMATOLOGICAL (**lice infestation**, acne, **boils**, skin problems, skin itch, pimples and sores); GASTRO-INTESTINAL (***isela***); ENDOCRINE SYSTEM (**swollen glands**); URINARY SYSTEM (**urinary infections**); TONICS (***umuthi obovu,*** *imbiza*); UNCLASSIFIED AILMENTS (***izichitho***)
158.	Fabaceae	***Baphia racemosa*** (Hochst.) Baker	*Isfithi,* ***Isifithi esibovu, Isifithi esimnyama,***	TONICS (**unspecified**)

		[0.05] [0.05] (P38)	***Umadlozane***	
159.	Fabaceae	*Calpurnia aurea* (Aiton) Benth. [0.14] [0.16] (P51)	*Umkhiphampethu,* ***Usifudu***	ANTHELMINTIC (insecticides); DERMATOLOGICAL (lice, **sores**)
160.	Fabaceae	*Dalbergia armata* E.Mey. [0.27] [0.22] (P98)	*Umhluhluwe,* ***Umhluhlube***	ANALGESIC (**sharp internal body pains**); DERMATOLOGICAL (**boils**); URINARY SYSTEM (**venereal diseases**)
161.	Fabaceae	*Dalbergia obovata* E.Mey. [0.26] [0.32] (P99)	*Umzungulu*, (***Uzungu*)**	DERMATOLOGICAL (**acne**); EAR, NOSE AND THROAT (**earache**); TONICS (**unspecified**-**oral**, ***umuthi omhlophe***); REPRODUCTIVE SYSTEM (**ease childbirth, virility-*umuthi wamadoda***)
162.	Fabaceae	***Desmodium incanum*** DC. [0.39] [0.46] (P101)	***Inamathela,*** *Isinama*	DERMATOLOGICAL (**septic wounds, sores**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**, **heartburn**, **stomach problems**); PEDIATRIC (**umbilical cord**); REPRODUCTIVE SYSTEM (**prevent miscarriage**, **impotence**); UNSPECIFIED AILMENT
163.	Fabaceae	***Desmodium setigerum*** (Poir.) DC. [0.13] [0.19] (P102)	***Isimana, Isinama esikhulu, Umunyu***	DERMATOLOGICAL (**lice, septic wounds and sores**); GASTRO-INTESTINAL (**stomach problems**, ***nyongo*-"biliousness"**); PEDIATRIC (**umbilical cord**); UNSPECIFIED AILMENT
164.	Fabaceae	*Dichrostachys cinerea* (L.) Wight & Arn. [0.05] [0.05] (P103)	*Ugagane,* ***Udonsuthando, Utshwala bezinja***	ANALGESIC (**sharp internal body pains**); PEDIATRIC (**side pains in babies**)
165.	Fabaceae	*Elephantorrhiza elephantina* (Burch.) Skeels [not in matrix] (P356)	***Ugweje obovu,*** *Intolwane*	DERMATOLOGICAL (**skin lightener**); TONICS (***umuthi obovu***)
166.	Fabaceae	*Eriosema cordatum* E.Mey. [0.50] [0.46] (P124)	(***Isqongqwane),*** *Ubangalala****, Ugwayana, Umuthi wamadoda, Umvusankunzi***	DERMATOLOGICAL (**burn wounds**); EAR, NOSE AND THROAT (**colds and flu**); REPRODUCTIVE SYSTEM (impotence, **virility-*umuthi wamadoda***); UNSPECIFIED

				AILMENT
167.	Fabaceae	*Eriosema distinctum* N.E.Br. [0.70] [0.46] (P125)	*Ubangalala,* (***Usiqongwqane),*** ***Ugqomfane,*** ***Umvusandoda,*** ***Umvusankunzi, Uqonsi***	EAR, NOSE AND THROAT (**colds and flu**); DERMATOLOGICAL (**burn wounds**); REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda***); UNSPECIFIED AILMENT
168.	Fabaceae	*Eriosema salignum* E.Mey. [0.74] [0.70] (P126)	*Iqonsi, Ubangalala, Ugqomfane,* ***Umvusankunzi, Uqonsi***	REPRODUCTIVE SYSTEM (impotence, **virility-*umuthi wamadoda***)
169.	Fabaceae	*Erythrina caffra* Thunb. [0.54] [0.86] (P129)	*Umsinsi, Umnsinsi*	ANALGESIC (**toothache**); CARDIOVASCULAR (**high blood pressure**); DERMATOLOGICAL (skin diseases); EAR, NOSE AND THROAT (**earache**); GASTRO-INTESTINAL (**diarrhoea, jaundice**); REPRODUCTIVE SYSTEM (**ease childbirth**); MUSCULO-SKELETAL (**bone recovery/repair**); PEDIATRIC (**ear infection in infants**, **new born sicknesses**, clear phlegm, **administered before breast feeding, inability to urinate and deficate**); TONICS (*imbiza*); URINARY SYSTEM (**bladder and prostate, bilharzias**)
170.	Fabaceae	*Erythrina humeana* Spreng. [0.10] [0.11] (P130)	***Inyathelo, Umsinsi,*** *Umsinsana*	DERMATOLOGICAL (**symptoms of *umeqo***); PEDIATRIC (***isela***); UNSPECIFIED AILMENT
171.	Fabaceae	*Erythrina latissima* E.Mey. [0.10] [0.11] (P131)	***Ubhumlanda, Ukhakhasi,*** *Umkhakhasi,* ***Umgcwabagcwaba,*** ***Umgqinsila,*** *Umgqwabagqwaba,* ***Umnqwane***, ***Umvusankunzi***	DERMATOLOGICAL (**sores eruption**, **wounds**); REPRODUCTIVE SYSTEM (**impotence**)
172.	Fabaceae	*Erythrina lysistemon* Hutch. [0.49] [0.81] (P132)	*Umsinsi, Umsinsi wehlathi*	ANALGESIC (**toothache**); CARDIOVASCULAR (**high blood pressure**); DERMATOLOGICAL (**sores eruption**); EAR, NOSE AND THROAT (**earache**); GASTRO-INTESTINAL (**diarrhoea**, **jaundice**);

				REPRODUCTIVE SYSTEM (**ease childbirth**); MUSCULO-SKELETAL (**bone recovery/repair**); PEDIATRIC (**ear infection in infants**, **general infant tonic, inability to deficate/urinate, *isilonda sesela***); URINARY SYSTEM (**bladder and prostate**, **bilharzias**)
173.	Fabaceae	*Leobordea corymbosa* (E.Mey.) B.-E.van Wyk & Boatwr. [not in matrix] (P380)	*Umhlambululo*	TONICS (**appetite stimulant**)
174.	Fabaceae	*Millettia grandis* (E.Mey.) Skeels [0.03] [0.03] (P200)	***Ubobolwehlathi**, **(Umahlaledliwa, Umfanawekhishi),** Umsimbithi*	EAR, NOSE AND THROAT (**colds and flu**)
175.	Fabaceae	**Mimosa pudica* L. [0.05] [0.03] (P201)	*Imbune, **Ulalagogo, Umalala, (Ungofanini), Uyifa***	UNSPECIFIED AILMENTS
176.	Fabaceae	*Schotia brachypetala* Sond. [0.73] [0.84] (P244)	*Ihluze, **Ingwavuma***	CARDIOVASCULAR (**blood purification, blood regeneration**); DERMATOLOGICAL (**skin problem**); EAR, NOSE AND THROAT (colds and flu, **voice recovery**); TONICS (***umuthi obovu***, ***imbiza***)
177.	Fabaceae	*Senegalia caffra* (Thunb.) P.J.H. Hurter & Mabb. [0.32] [0.38] (P252)	***Isakhamuzi***, *Umthole*, ***(Uzula'zayithole)***	DERMATOLOGICAL (**maintains healthy soft skin, complexion enhancer**); RESPIRATORY SYSTEM (**chest congestion**); TONICS (***umuthi obovu,*** *umuthi omhlophe*)
178.	Fabaceae	****Sesbania punicea*** (Cav.) Benth. [not in matrix] (P419)	***Ujikanelanga, Ukhehlekhehle***	ANTHELMINTIC (**deworming**)
179.	Fabaceae	*Tephrosia macropoda* (E.Mey.) Harv. [0.05] [0.03] (P279)	***Isinama, (Umlomo omnandi), (Umnandinoveshe), (Uncinci langena idlozi), (Uncinci wafika dade), (Uthongami)***	REPRODUCTIVE SYSTEM (impotence)
180.	Fabaceae	*Vachellia karroo* (Hayne) Banfi & Galasso	***Ingamazi, Ingamazi elincane,*** *Umunga,*	ANALGESIC (**sharp internal body pains**); ANTIMICROBIAL

		[0.19] [0.14] (P292)	***Umantungane, Usidlodlo***	**(dysentery); UNSPECIFIED AILMENT**
181.	Fabaceae	*Vachellia natalitia* (E.Mey.) Kyal. & Boatwr. [0.03] [0.03] (P293)	***Isingqawe, Isinqawe,*** *Umunga, Umnqawe*	ANALGESIC (**sharp internal body pains**)
182.	Fabaceae	*Vachellia nilotica* (DC.) Kyal. & Boatwr. subsp. *kraussiana* (Benth.) Kyal. & Boatwr. [0.03] [0.03] (P294)	***Isambulela, Isingqawe, Isinqawe, Umunga***	ANALGESIC (**sharp internal body pains**)
183.	Fabaceae	*Vachellia sieberiana* (L.) P.J.H. Hurter & Mabb. var. *woodii* (Burtt Davy) Kyal. & Boatwr. [0.11] [0.11] (P295)	***Isinqawe esimphlope,*** *Umkhamba,* ***Uselephe***	ANALGESIC (**sharp internal body pains**); CARDIOVASCULAR (**high blood pressure**); TONICS (***umuthi obovu***)
184.	Geraniaceae	*Pelargonium luridum* (Andrews) Sweet [0.10] [0.11] (P218)	*Unyawo lwenkukhu, Uvendle*	CARDIOVASCULAR (**blood purification**); GASTRO-INTESTINAL (diarrhoea); TONICS (**steaming-tonic**)
185.	Gunneraceae	*Gunnera perpensa* L. [0.82] [0.78] (P157)	***Izibu****, Ugobho*	ANTIMICROBIAL (**sexually transmitted infection**); CARDIOVASCULAR (**blood purification**); GASTRO-INTESTINAL (**stomach cramps**); REPRODUCTIVE SYSTEM (cleansing after childbirth, *izinseka*, **excessive menstruation**, enhance milk production); MUSCULO-SKELETAL (**inflammation**); URINARY SYSTEM (bladder and prostate)
186.	Hyacinthaceae	***Albuca bracteata*** (Thunb.) J.C.Manning & Goldblatt [0.14] [0.14] (P114)	*Umababaza****, Imbabazane, Unsunsu***	CARDIOVASCULAR (**blood purification**); DERMATOLOGICAL (**wounds**); TONICS (***imbiza***)
187.	Hyacinthaceae	*Albuca setosa* Jacq. [0.05] [0.05] (P14)	***Umalilisa,*** *Umaphipha,* ***Umaphipha omncane***	DERMATOLOGICAL **(skin problems**); TONICS (*imbiza*)
188.	Hyacinthaceae	***Albuca virens*** (Ker Gawl.) J.C.Manning & Goldblatt subsp. *virens* [0.05] [0.05] (P15)	***Ixhaphozi***	DERMATOLOGICAL (**wounds**); GASTRO-INTESTINAL (***isela***)
189.	Hyacinthaceae	***Dipcadi viride*** (L.) Moench	***Ugibizisila, Uguleni, Umakhweyana***	DERMATOLOGICAL (**acne**, **lice**); GASTRO-INTESTINAL (**purgative**); MUSCULO-

		[0.05] [0.35] (P106)		SKELETAL (dental care); PEDIATRIC (***inyoni, isithakathi, ukuthukeza*** **in babies**); URINARY SYSTEM (**urinary infections**)
190.	Hyacinthaceae	*Drimia elata* Jacq. [not in matrix] (P354)	***Untanganazibomvana***	DERMATOLOGICAL (**sores**)
191.	Hyacinthaceae	*Eucomis autumnalis* (Mill.) Chitt. [0.32] [0.54] (P136)	***Ukhwali,*** *Umathunga,* ***Umathunga obovu,*** **(*Unxangisuka*)**	ANALGESIC (**sharp internal body pains**, **back pains**, **general body pains**); ANTIMICROBIAL (venereal disease); CARDIOVASCULAR (**blood purification**); DERMATOLOGICAL (**sores eruption**, **operation healing, wounds**); EAR, NOSE AND THROAT (**ulcers**); PEDIATRIC (**babies sicknesses**); TONICS (***imbiza***); URINARY SYSTEM (**colds and flush the kidneys**, **cleanse the bladder and prostate**)
192.	Hyacinthaceae	*Ledebouria floribunda* (Baker) Jessop [0.61] [0.78] (P187)	***Ikhambi lezingane, Iscociso, Umababaza, Umbola, Umbola wentaba, Umayihlandlana, Unhlangothi wentaba, Untanganazibomvana, Uthangazane***	ANTHELMINTIC (**deworming**); DERMATOLOGICAL (**skin problems**); REPRODUCTIVE SYSTEM (**hasten and ease childbirth**); NERVOUS SYSTEM (**anger/sedative**); PEDIATRIC (**umbilical cord, rid off thick phlegm in infants**, **diarrhoea** , ***isithakathi***, ***inyoni***, **tonic for infants**, **abnormal abdominal pains and abdominal swelling in infants**); TONICS (**unspecified**-**enema**); TRAUMA (**poison**); UNSPECIFIED AILMENTS
193.	Hyacinthaceae	*Ledebouria ovatifolia* (Baker) Jessop [0.61] [0.65] (P188)	***Ikhambi lezingane, Imbiza yezingane, Intelezi, Umababaza, Umayihlandlana, Umbola, Unhlangothi wentaba, Untangana zibomvana***	ANTHELMINTIC (**deworming**); REPRODUCTIVE SYSTEM (**ease and hasten childbirth**); PEDIATRIC (**umbilical cord**, **rid off thick saliva**, **diarrhoea**, **isithakathi, *inyoni,* abnormal abdominal pain**s and **abdominal swelling, tonic**); TONICS (**unspecified**-**enema**); TRAUMA (**poison**); UNSPECIFIED AILMENTS

194.	Hyacinthaceae	*Ledebouria petiolata* J.C.Manning & Goldblatt [0.55] [0.76] (P189)	***Ikhambi lezingane, Imbiza yezingane, Umayihlandlana, Umbola, U-anyanisi***	REPRODUCTIVE SYSTEM (ease childbirth); MUSCULO-SKELETAL (**inflammation**); PEDIATRIC (***isela, isithakathi,* tonic, unspecified ailment)**
195.	Hyacinthaceae	*Ledebouria revoluta* (L. f.) Jessop [0.66] [0.49] (P190)	***Ikhambi lezingane,*** (***Unhlangothi wabafo*)**	GASTRO-INTESTINAL (*idliso*), PEDIATRIC (**baby sicknesses**, ***isilonda***, ***isithakathi***); TONICS (**unspecified**-**emetic**); TRAUMA (**poison**)
196.	Hyacinthaceae	*Merwilla plumbea* (Lindl.) Speta [0.18] [0.30] (P197)	***Ichile, Ichiya,*** *Inguduza****, Untabosizi, Untangana zibomvana***	CARDIOVASCULAR (**blood regeneration**); MUSCULO-SKELETAL (**flex stiff muscles**); PEDIATRIC (**inyoni**); REPRODUCTIVE SYSTEM (**impotence**); TONICS (***imbiza***); URINARY SYSTEM (**bladder and prostate**)
197.	Hydnoraceae	*Hydnora africana* Thunb. [not in matrix]	***Umafumbuka***	DERMATOLOGICAL (**acne**); GASTRO-INTESTINAL (diarrhoea)
198.	Hypoxidaceae	*Hypoxis colchicifolia* Baker [not in matrix] (P372)	*Ilabatheka****, Ilabatheka elikhulu***	UNSPECIFIED AILMENT
199.	Hypoxidaceae	*Hypoxis hemerocallidea* Fisch., C.A.Mey. & Avé-Lall. [0.80] [0.76] (P171)	*Inkomfe*	ANALGESIC (**back pains, sharp internal body pains**); ANTIMICROBIAL (**head sores, scabies**); CARDIOVASCULAR (high blood pressure); DERMATOLOGICAL (boils, **septic wounds**, septic sores); EAR, NOSE AND THROAT (ulcers); REPRODUCTIVE SYSTEM (ease childbirth); MUSCULO-SKELETAL (**arthritis**); PEDIATRIC (***isela***, **ease childbirth**, **colds and flush or clear stomachs**); TONICS (***imbiza***, **vigour**); TRAUMA (**wounds incurred from an injury**, **burn wounds**); URINARY SYSTEM (**bladder and prostate**); UNSPECIFIED AILMENT
200.	Hypoxidaceae	***Hypoxis multiceps*** Buchinger ex Baker [not	***Undonqo***	PEDIATRIC (**constipation**); UNCLASSIFIED AILMENT

		in matrix] (P373)		(*amalumbo*)
201.	Hypoxidaceae)]	***Hypoxis rigidula*** Baker [0.64] [0.59] (P172)	***Ilabatheka****, Inkomfe,* ***Umhungulo***	ANALGESIC (**general body pains, sharp internal body pains**); ANTIMICROBIAL (**scabies**); CARDIOVASCULAR (**generate blood, blood purification**); DERMATOLOGICAL (**septic sores**; **septic wounds**, ***umeqo***); EAR, NOSE AND THROAT (**ulcers**); REPRODUCTIVE SYSTEM (**ease childbirth**); MUSCULO-SKELETAL (**arthritis**); PEDIATRIC (***isela,*** **teething related ailments**); URINARY SYSTEM (**bladder and prostate**); TONICS (***imbiza***); URINARY SYSTEM (**bladder and prostate**); UNSPECIFIED AILMENT
202.	Icacinaceae	*Apodytes dimidiata* E.Mey. ex Arn. [not in matrix] (P316)	*Umdakane,* (***Uqomangambili*****)**	REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda*, virility-female**)
203.	Iridaceae	***Eleuthrine bulbosa*** (Mill.) O.Urb. [not in matrix] (P357)	***Ingqunda, Uhloyile, (Unozigqi)***	ANALGESIC (**body pains**); MUSCULO-SKELETAL (**inflammation**)
204.	Iridaceae	*Gladiolus dalenii* Van Geel [0.10] [0.11] (P151)	***Isidwa, Isiqunga sikatikoloshe, Umabelejongosi, Umasendenja, Umlunge****,* *Undwendweni,* (***Uthenga kumina*****)**	REPRODUCTIVE SYSTEM (**impotence**); MUSCULO-SKELETAL (**back problem**); REPRODUCTIVE SYSTEM (**impotence**); TONICS (**unspecified-enema**); UNSPECIFIED AILMENTS
205.	Iridaceae	***Gladiolus ecklonii*** Lehm. [0.05] [0.05] (P152)	***Ibuthe, Isidwa, Incwincwi, Umabelejongosi, Umlunge***	MUSCULO-SKELETAL (**back problems**); UNSPECIFIED AILMENTS
206.	Iridaceae	*Hesperantha baurii* Baker [0.05] [0.03] (P166)	*Ukhukazane*	UNSPECIFIED AILMENT
207.	Iridaceae	*Watsonia densiflora* Baker [0.11] [0.08] (P302)	***Isqunga sikatikoloshe, Ufayibe wehlathi, Umasina,*** *Umlunge*	MUSCULO-SKELETAL (**back bone complication**), UNSPECIFIED AILMENT

208.	Juncaceae	***Juncus effusus*** L. [0.05] [0.05] (P178)	***Incema***, ***Inxopho***	ANTIMICROBIAL (**venereal diseases**); REPRODUCTIVE SYSTEM (**ease childbirth**)
209.	Juncaceae	***Juncus kraussii*** Hochst. [not in matrix] (P376)	*Incema*	ANTIMICROBIAL (**sexually transmitted diseases in females**); REPRODUCTIVE SYSTEM (ease childbirth)
210.	Juncaceae	***Juncus lomatophyllus*** Spreng. [not in matrix] (P377)	no name available	ANTIMICROBIAL (**sexually transmitted diseases**)
211.	Lamiaceae	*Clerodendrum glabrum* E.Mey. [0.31] [0.38] (P66)	*Umqoqongo*	ANALGESIC (**toothache**); EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (**stomach cramps**, ***nyongo*-"biliousness"**, diarrhoea); DERMATOLOGICAL (**skin lightener**); NERVOUS SYSTEM (**hysteria**); REPRODUCTIVE SYSTEM (*izinseka*)
212.	Lamiaceae	*Leonotis leonurus* (L.) R.Br. [0.08] [0.14] (P190)	*Umunyane, Utshwala benyoni,* ***Utshwala bencwincwi, Uthswala benyoni obuncane***	GASTRO-INTESTINAL (***nyongo*-"biliousness", purgative**); RESPIRATORY SYSTEM (coughs, **congested nasal passages**)
213.	Lamiaceae	***Leucas lavandulifolia*** Sm. [1.00] [1.30] (P191)	***Umagumede***	ANALGESIC (**fever**, **back aches**, **headache**); EAR, NOSE AND THROAT (**nasal congestion**, **colds and flu**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**, **stomach cramps**); NERVOUS SYSTEM (**drowsiness**); PEDIATRIC (**diarrhoea**, ***umkhondo***); RESPIRATORY SYSTEM (**cough**, **internal chest sores**); TONICS (**cleansing tonic**, ***imbiza***)
214.	Lamiaceae	*Plectranthus ambiguus* (Bolus) Codd [0.45] [0.68] (P226)	***Iboza,*** *Iboza elincane,* ***Ibozane, Imbatatane,*** (***Umahlokomane*****)**	ANALGESIC (**fever**); DERMATOLOGICAL (**sores**); EAR, NOSE AND THROAT (**colds and flu**, **throat infections, tonsilitis**); GASTRO-INTESTINAL (**stomach cramps**); MUSCULO-SKELETAL (**back problems**); RESPIRATORY SYSTEM (**chest problems**, **coughs**); TONICS (**unspecified**-**emetic**)

215.	Lamiaceae	*Plectranthus ciliatus* E.Mey. [not in matrix] (P114) (P402)	*Ikhambi lamehlo*	OPTHALMIC (**eye problems**)
216.	Lamiaceae	*Tetradenia riparia* (Hochst.) Codd [0.97] [1.84] (P280)	*Iboza,* ***Iboza elincane***	ANALGESIC (fever); DERMATOLOGICAL (**sores**); EAR, NOSE AND THROAT (colds and flu, throat infections); GASTRO-INTESTINAL (***isela***); MUSCULO-SKELETAL (**back problem**); RESPIRATORY SYSTEM (coughs, chest infections); TRAUMA (**snake-bite**)
217.	Lauraceae	*Cryptocarya latifolia* Sond. [not in matrix] (P341)	*Intungwa, Umdlangwenya, Umkhondweni*	PEDIATRIC (**various baby ailments**); TONICS (***umuthi obovu***)
218.	Lauraceae	*Cryptocarya myrtifolia* Stapf [not in matrix] (P434)	*Umkhondweni, Umdlangwenya,* ***Umntungwa, Intungwa***	ANTIMICROBIAL (**venereal disease**); CARDIOVASCULAR (**blood clots**); PEDIATRIC (***isela***, **tonic to treat *umkhondo***)
219.	Lauraceae	*Ocotea bullata* (Burch.) Baill. [not in matrix] (P440)	*Unukani, Unukani igxolo*	DERMATOLOGICAL (body odour); TONICS (*umuthi obovu*)
220.	Lecythidaceae	*Barringtonia racemosa* (L.) Spreng. [0.92] [0.92] (P39)	***Umwululuka***	GASTRO-INTESTINAL (***nyongo-*****"biliousness"**)
221.	Linaceae	*Linum thunbergii* Eckl. & Zeyh. [not in matrix] (P436)	*Ithalelimpofu,* ***Umashiqolo***	GASTRO-INTESTINAL (***nyongo-*****"biliousness"**)
222.	Loganiaceae	*Strychnos decussata* (Pappe) Gilg [not in matrix] (P268)	*Umqalothi*	TRAUMA (**snake-bite**)
223.	Loganiaceae	*Strychnos henningsii* Gilg [0.11] [0.24] (P270)	*Umqalothi*	ANALGESIC (**body pains**); ANTHELMINTIC (general vermifuge); GASTRO-INTESTINAL (stomach cramps); PEDIATRIC (nausea); TRAUMA (**snake-bite**); UNSPECIFIED AILMENT

224.	Loganiaceae	*Strychnos madagascariensis* Poir. [0.08] [0.11] (P271)	***Amagulukungqa**, **Amangola**, **Itshelemfene,** Umgulukuza, **(Unquluzemfene)***	CARDIOVASCULAR (high blood pressure); REPRODUCTIVE SYSTEM (**irregular menstruation, swollen testicles, virility-*umuthi wamadoda***)
225.	Loganiaceae	*Strychnos spinosa* Lam. [0.14] [0.14] (P272)	*Amahlala, **Igulukungqa, Igulukuza, Ingola, (Unquluzemfene)***	CARDIOVASCULAR (**high blood pressure**); REPRODUCTIVE SYSTEM (**swollen testicles**, **virility-*umuthi wamadoda*, irregular menstruation**)
226.	Loganiaceae	*Strychnos usambarensis* Gilg ex Engl. [0.03] [0.03] (P273)	***(Ubulaluyise),** Umkhangala, **(Umnqamlamakhanda), (UmthikaShaka)***	REPRODUCTIVE SYSTEM (undisclosed ailment)
227.	Maesaceae	*Maesa lanceolata* Forssk. [0.22] [0.24] (P193)	*Isidende, (Uguqu)*	ANTHELMINTIC (deworming); CARDIOVASCULAR (**blood purification**); PEDIATRIC (***isela***); MUSCULO-SKELETAL (**inflammation**); TONICS (***umuthi obovu***)
228.	Malpighiaceae	*Acridocarpus natalitius* A.Juss. [0.05] [0.03] (P10)	***Umabopha igxolo**, Umabopha wehlathi*	TONICS (***umuthi obovu***)
229.	Malvaceae	***Abutilon sonneratianum*** (Cav.) Sweet [0.32] [0.19] (P2)	***Unginakile, Unukani, Uthangithini***	DERMATOLOGICAL (**lice**); TONICS (***umuthi obovu***)
230.	Malvaceae	*Dombeya rotundifolia* (Hochst.) Planch. [0.37] [0.35] (P108)	***(Umthathanduku), Unhliziyonkulu***	DERMATOLOGICAL (**acne**); GASTRO-INTESTINAL (**diarrhoea, *nyongo*-"biliousness"**); RESPIRATORY SYSTEM (**chest congestion and phlegm**); TONICS (***umuthi obovu***); UNSPECIFIED AILMENT
231.	Malvaceae	*Dombeya tiliacea* (Endl.) Planch. [0.12] [0.11] (P109)	***Iklolo**, **Iklolo elibovu**, **Iklolo elimnyama**, Ibunda*	REPRODUCTIVE SYSTEM (**improve sperm production and quality, virility-*umuthi wamadoda***)
232.	Malvaceae	*Grewia occidentalis* L. [0.14] [0.22] (P156)	*Iklolo**, Iklolo elimhlophe**, Ilalanyathi*	ANTIMICROBIAL (**head sores-*umuna***); REPRODUCTIVE SYSTEM (men sicknesses, **improve sperm quality**); TONICS (**unspecified**-**emetic**)
233.	Malvaceae	****Malvastrum***	***Uvemvane***	GASTRO-INTESTINAL

		coromandelianum (L.) Garcke [not in matrix] (P383)		(**heartburn**); REPRODUCTIVE SYSTEM (**improves sperm quality**)
234.	Malvaceae	*Sida dregei* Burtt Davy [0.03] [0.03] (P254)	***Uvemvane***	REPRODUCTIVE SYSTEM (***virility***-***umuthi wamadoda***)
235.	Malvaceae	***Triumfetta pilosa*** Roth [0.20] [0.30] (P287)	***Intabane, Ugwababa, Uxhaphozi,*** *Uvemvane,* ***Uvemvane olukhulu***	ANTIMICROBIAL (**scabies**); DERMATOLOGICAL (**lice**, hari wash); GASTRO-INTESTINAL (**heartburn**); OPTHALMIC (**eye infection**); TONICS (*imbiza*); UNSPECIFIED AILMENT
236.	Melastomataceae	*Dissotis canescens* (E. Mey. ex Graham) Hook. f. [0.03] [0.03] (P107)	***Ismuncwane, Ulimi lwenkomo***	GASTRO-INTESTINAL (***nyongo***-**"biliousness"**)
237.	Meliaceae	*Ekebergia capensis* Sparrm. [0.16] [0.14] (P117)	*Umnyamathi, (Umathunzi entaba,* ***Indodemnyama*****)**	NERVOUS SYSTEM (**stress reliever**); TONICS (*imbiza*, ***umuthi obovu***); UNSPECIFIED AILMENT
238.	Meliaceae	*Melia azedarach* L. [0.68] [0.30] (P196)	*Umsilinga,* ***Umhlambandlozi***	ANTHELMINTIC (deworming); GASTRO-INTESTINAL (**stomach discomfort**, **stomach cramps**, diarrhoea)
239.	Meliaceae	*Trichilia dregeana* Sond. [0.76] [1.05] (P285)	***Igxolo****, Umkhuhlu*	ANALGESIC (**back aches**, **lower back aches, toothache**); GASTRO-INTESTINAL (***isilonda sesela***); PEDIATRIC (***inyoni***); TONICS (***umuthi obovu***, unspecified-enema); UNSPECIFIED AILMENT
240.	Meliaceae	*Turraea floribunda* Hochst. [not in matrix] (P289)	***Isifithi sezangoma, Ifidi lezangoma****, Umadlozane*	TONICS (*umuthi omhlophe*)
241.	Menyanthaceae	**Nymphoides thunbergiana* (Griseb.) Kuntze [not in matrix] (P339)	*Umagushana*, *Umahogo*	ANTIMICROBIAL (**body itch and body rash**); NERVOUS SYSTEM (**sedative**)
242.	Moraceae	***Ficus glumosa*** Delile [0.37] [0.51] (P142)	***Isgonswane, Umgonswane***	ANTIMICROBIAL (**dysentery**); CARDIOVASCULAR (**blood purification**); DERMATOLOGICAL (**acne**, **peeling of facial skin**); GASTRO-INTESTINAL (**diarrhoea,** ***nyongo***-**"biliousness"**); RESPIRATORY SYSTEM (**chest complaints,**

				clear chest phlegm); TONICS (***imbiza***, ***umuthi obovu***, **vigour**)
243.	Moraceae	***Ficus ingens*** (Miq.) Miq. [0.03] [0.03] (P143)	***Umanyala, Umkhiwane***	ANALGESIC (**sharp internal body pains**)
244.	Moraceae	*Ficus natalensis* Hochst. [not in matrix] (P363)	*Umthombe,* ***Umthombo***	REPRODUCTIVE SYSTEM (womb cancer, ease childbirth); RESPIRATORY SYSTEM (chest problems)
245.	Moraceae	*Ficus sur* Forssk. [0.19] [0.16] (P144)	*Umkhiwa, Ukhiwane*	GASTRO-INTESTINAL (**diarrhoea**); TONICS (***umuthi obovu***); UNCLASSIFIED AILMENTS (***amalumbo***)
246.	Musaceae	*****Musa acuminata*** Colla [not in matrix] (P390)	*Ubhanana*	DERMATOLOGICAL (**septic wound**); RESPIRATORY SYSTEM (**asthma**); UNSPECIFIED AILMENTS
247.	Myricaceae	***Morella serrata*** (Lam.) Killick [not in matrix] (P389)	*Ilethi*	EAR, NOSE AND THROAT (**ulcers**); RESPIRATORY SYSTEM (**chest infections**)
248.	Myrothamnaceae	*Myrothamnus flabellifolia* Welw. [not in matrix]	*Uvuka kwabafuleyo*	TONICS (*imbiza*-chronic diseases)
249.	Myrsinaceae	*Embelia ruminata* (E.Mey. ex A.DC.) Mez [0.11] [0.22] (P118)	*Ibhinini,* ***Umvinini***	ANTHELMINTICS (deworming); DERMATOLOGICAL (**acne**); NERVOUS SYSTEM (**madness**)
250.	Myrtaceae	*****Eucalyptus camaldulensis*** Dehnh. [0.92] [0.78] (P133)	***Ugamthrini, Ugamthrini omhlophe***	ANALGESIC (headache, **toothache**); CARDIOVASCULAR (**high blood pressure**); EAR, NOSE AND THROAT (**colds and flu**); GASTRO-INTESTINAL (**diarrhoea**); MUSCULO-SKELETAL (**inflammation**); RESPIRATORY SYSTEM (**tight chest**)
251.	Myrtaceae	***Eucalyptus grandis* W.Hill [0.57] [0.62] (P134)	***Ugamthrini, Ugamthrini obovu***	EAR, NOSE AND THROAT (**colds and flu**)
252.	Myrtaceae	*Heteropyxis natalensis* Harv.	***Umkhuze***, ***Umkluza***	ANALGESIC (l**ower back pains**); CARDIOVASCULAR (**blood purification**); TRAUMA

		[0.49] [0.57] (P167)		(***idliso***); GASTRO-INTESTINAL (**diarrhoea**, **stomach cramps**); PEDIATRIC (**baby sicknesses**); TONICS (***umuthi obovu***, *imbiza*)
253.	Myrtaceae	***Psidium guajava* L.** [0.30] [0.51] (P232)	*Ugwava,* ***Umgwava***	DERMATOLOGICAL (**skin treatment**); GASTRO-INTESTINAL (**nausea and vomiting**, diarrhoea, **stomach cramps**); TONICS (***umuthi obovu***)
254.	Myrtaceae	*Syzygium cordatum* Hochst. ex Krauss [0.92] [0.73] (P274)	***Izindoni*****,** *Umdoni*	DERMATOLOGICAL (**over-secretion of sebum**); EAR, NOSE AND THROAT (colds and flu); GASTRO-INTESTINAL (diarrhoea, stomach cramps); TONICS (***umuthi obovu***)
255.	Myrtaceae	****Syzygium cumini*** (L.) Skeels [0.05] [0.03] (P275)	*Umdoni,* ***Umdoni wesilungu, Umdoni omnyama***	TONICS (***umuthi obovu***)
256.	Myrtaceae	*Syzygium gerrardii* (Harv. ex Hook.f.) Burtt Davy [0.65] [0.59] (P276)	***Indonyana****, Umdoni,* ***Umdoni omhlophe***	DERMATOLOGICAL **(facial skin problem**); GASTRO-INTESTINAL (diarrhoea, **isela**); TONICS (***umuthi obovu***, unspecified-enema); URINARY SYSTEM (**venereal disease**)
257.	Nymphaeaceae	*Nymphaea nouchali* Burm.f. [not in matrix] (P393)	***Izibu, iziba****, Ugobho*	REPRODUCTIVE SYSTEM (**womb cleansing**); URINARY SYSTEM (**bladder and prostate**); UNSPECIFIED AILMENT
258.	Olacaceae	*Ximenia caffra* Sond. [0.11] [0.54] (P304)	*Umthunduluka*	CARDIOVASCULAR (**blood purification**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**); REPRODUCTIVE SYSTEM (**ease childbirth**); RESPIRATORY SYSTEM (**chest complaints**)
259.	Oleaceae	***Jasminum multipartitum*** Hochst. [0.41] [0.54] (P177)	***Umalala, Untumbana***	ANTIMICROBIAL (**antiseptic**); DERMATOLOGICAL (**boils**); PEDIATRIC (**sedative**); UNSPECIFIED AILMENT
260.	Oleaceae	***Olea woodiana*** **Knobl** *Umnquma* [0.03] [0.05] P210	*Umnquma*	REPRODUCTIVE SYSTEM (**galactogogue)**

261.	Oliniaceae	***Olinia radiata*** J.Hofmeyr & Phill. [0.03] [0.03] (P211)	*Umzaneno,* ***Umzane***	UNSPECIFIED AILMENT
262.	Orchidaceae	***Ansellia africana*** Lindl. [not in matrix] (P315)	*Imfe yenkawu*, *Iphakama*	ANALGESIC (**sharp internal body pains**); GASTRO-INTESTINAL (**heartburn**)
263.	Orchidaceae	***Eulophia angolensis*** (Rchb.f.) Summerh. [not in matrix] (P360)	*Umabelejongosi*	TONICS (**unspecified**-**enema**)
264.	Orchidaceae	***Mystacidium capense*** (L.f.) Schltr. [not in matrix] (P386)	*Iphakama*	UNSPECIFIED AILMENT
265.	Oxalidaceae	****Oxalis latifolia*** Kunth [0.03] [0.03] (P215)	***Isimuncwane, Umswempe, Umswenya,* (*Uncamnce*), *Ungcangishane***	PEDIATRIC (***isela***)
266.	Passifloraceae	*Adenia gummifera* (Harv.) Harms [0.03] [0.05] (P11)	*Imfulwa, Impinda,* ***(Impindamshaye eluhlaza)***	OPTHALMIC (**eye infection**); UNSPECIFIED AILMENT
267.	Passifloraceae)	***Adenia digitata*** (Harv.) Engl. [not in matrix] (P311)	***Uthangazane***	ENDOCRINE SYSTEM (**diabetes**); CARDIOVASCULAR (**high blood pressure**)
268.	Passifloraceae)	*****Passiflora edulis*** Sim [not in matrix] (P398)	***Ugrayindeni***	EAR, NOSE AND THROAT (ear infection)
269.	Passifloraceae	****Passiflora suberosa*** L. [0.35] [0.43] (P216)	***Unyawo lenkukhu****, Inhlanhla emhlophe*	ANALGESIC (**lower back pains**); DERMATOLOGICAL (**sores**); EAR, NOSE AND THROAT (**colds and flu**, **ulcers**); ENDOCRINE SYSTEM (**diabetes**); GASTRO-INTESTINAL (**stomach problems**, **constipation**); PEDIATRIC (**facilitate walking in infants, tonic**, ***isithakathi, inyoni***); TONICS (**unspecified**-**oral**)
270.	Pedaliaceae	*Ceratotheca triloba* (Bernh.) Hook.f. [not in matrix] (P331)	***Incamashele***	ANTIMICROBIAL (**venereal discharge in females**); REPRODUCTIVE SYSTEM (**improves sperm quality, virility**-***umuthi wamadoda***)
271.	Phyllanthaceae	*Antidesma venosum* E.Mey. ex Tul.	*Isibangamlotha*	DERMATOLOGICAL (**acne**); RESPIRATORY SYSTEM (**chest phlegm**); TONICS (***umuthi***

		[0.19] [0.19] (P30)		***obovu***); UNSPECIFIED AILMENT
272.	Phyllanthaceae	*Bridelia micrantha* (Hochst.) Baill. [0.32] [0.35] (P46)	(***Umhlahlandlela*****),** *Umhlalamakhwabe,* ***Umluthu***	CARDIOVASCULAR (**blood purifier**); GASTRO-INTESTINAL **(heartburn**); RESPIRATORY SYSTEM (**coughs**); TONICS (***umuthi obovu***, *imbiza*); TRAUMA (***idliso***)
273.	Pittosporaceae	*Pittosporum viridiflorum* Sims [1.00] [1.03] (P224)	*Umkhwenkwe, Umfusamfu*	ANTHELMINTIC (**deworming**); GASTRO-INTESTINAL (*nyongo*-"biliousness")
274.	Plumbaginaceae	*Plumbago auriculata* Lam. [0.08] [0.08] (P227)	***Ubani****, Umashwilishwili,* (***Ungibonephi*****)**	ANALGESIC (**sharp internal body pains**); TONICS (**unspecified**-**emetic**)
275.	Poaceae	****Arundo donax*** L. [0.03] [0.05] (P33)	***Imbombotho, Umhlanga, Umhlanga omkhulu, Umhlanga wesilungu***	GASTRO-INTESTINAL (**stomach problems**); TONICS (***umuthi omhlophe***)
276.	Poaceae	**Coix lacryma-jobi* L. [0.08] [0.08] (P69)	***Uchwabase****, Ulozisi*	GASTRO-INTESTINAL (**diarrhoea**); PEDIATRIC (diarrhoea in teething babies)
277.	Poaceae	***Cymbopogon caesius*** (Hook. & Arn.) Stapf [0.07] [0.05] (P88)	***Imbalumbenjane, Imbanjane*****,** ***Imbenjane***	TONICS (**unspecified,** ***imbiza***)
278.	Poaceae	*Cymbopogon excavatus* (Hochst.) Stapf ex Burtt Davy [0.26] [0.35] (P89)	*Isiqunga*	GASTRO-INTESTINAL (***nyongo*****-"biliousness"**); NERVOUS SYSTEM (**anxiety and depression**, **shock**); TONICS (**unspecified**-**emetic,** ***umuthi obovu,*** companion ingredient for tonic mixtures)
279.	Poaceae	***Cynodon dactylon*** (L.) Pers. [not in matrix] (P345)	***Inglazi***	ANTIMICROBIAL (**gonorrhea**); DERMATOLOGICAL (**lice**)
280.	Poaceae	*Eragrostis plana* Nees [0.03] [0.03] (P123)	*Umtshiki,* ***Umsingizane***	TRAUMA (***idliso***)
281.	Poaceae	***Hyparrhenia tamba*** (Hochst. ex Steud.) Andersson ex Stapf [0.03] [0.03] (P169)	*Uhlonga, Umuhlwa*, ***Uthongathi***	REPRODUCTIVE SYSTEM (**ease childbirth**)
282.	Poaceae	*Imperata cylindrica* (L.) Raeusch.	*Umthente,* ***Umathoyana***	UNSPECIFIED AILMENT

		[0.11] [0.03] (P173)		
283.	Poaceae	***Panicum*** sp. [not in matrix]	no name available	PEDIATRIC (**tonic**)
284.	Poaceae	***Phragmites australis*** (Cav.) Trin. ex Steud. [0.08] [0.11] (P222)	*Umhlanga,* ***Umhlanga omncane***	EAR, NOSE AND THROAT (**voice clarity**); PEDIATRIC (**umbilical cord**); TONICS (***umuthi omhlophe***)
285.	Poaceae	***Phragmites mauritianus*** Kunth [0.08] [0.08] (P223)	***Ukhwiphini, Umhlanga omncane***	PEDIATRIC (**umbilical cord**); EAR, NOSE AND THROAT (**voice clarity**)
286.	Poaceae	*Setaria megaphylla* (Steud.) T.Durand & Schinz [0.14] [0.19] (P253)	*Ubabe,* ***Ubani, Ugobuvalo, Uhashahasha, Utshani behlathi***	GASTRO-INTESTINAL (***nyongo-*** **"biliousness"**); REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda***); RESPIRATORY SYSTEM (**coughs**); TONICS (***umuthi obovu***, unspecified-emetic)
287.	Poaceae)	***Digitaria eriantha*** Steud. [0.05] [0.05] (P104)	*Isikhonko*	UNSPECIFIED AILMENT
288.	Polygonaceae	*Emex australis* Steinh. [0.27] [0.27] (P119)	(***Ibhodwe lezinja), Umanyiwa yinkomo, Umpondontathu, Umzobe, Unginyathele, Unkunzana***	ANALGESIC (**toothache**); DERMATOLOGICAL (**boils**); MUSCULO-SKELETAL (**body swelling**, **inflammation**); REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda***)
289.	Polygonaceae	**Persicaria lapathifolia* (L) Delarbre [0.16] [0.27] (P220)	***Uxhaphozana, Uxhaphozi***	DERMATOLOGICAL (**wounds**); EAR, NOSE AND THROAT (**colds and flu**); PEDIATRIC (*isilonda sesela*); REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda***); MUSCULO-SKELETAL (**lower back problems**); TONICS (**unspecified-enema**)
290.	Polygonaceae	*Rumex lanceolatus* Thunb. [0.03] [0.03] (P238)	*Idolo lenkonyane,* ***Ixhaphozi, (Umatholempini)***	GASTRO-INTESTINAL (**stomach cramps**)
291.	Portulacaceae	*Portulaca quadrifida* L. [0.78] [0.59] (P229)	*Ushisizwe,* ***Usompungane***	DERMATOLOGICAL (**lice, sores**); UNSPECIFIED AILMENT
292.	Primulaceae	*Rapanea melanophloeos* (L.) Mez	*Umaphipha,* ***Umaphipha igxolo***, *Umaphipha*	CARDIOVASCULAR (**blood purifier**); GASTRO-INTESTINAL

		[not in matrix] (P409)	*ikhubalo*	(***ukuphumputha***); RESPIRATORY SYSTEM (**cleans and treat chest problems**)
293.	Ranunculaceae	*Clematis brachiata* Thunb. [0.53] [0.54] (P65)	***Ikhambi lesiduli, ihlozi, Ihluzi,*** *Umdlonzo*	DERMATOLOGICAL (**body rash, sores**); EAR, NOSE AND THROAT (**allergies**); GASTRO-INTESTINAL (**stomach cramps**); REPRODUCTIVE SYSTEM (**excessive menstruation**); MUSCULO-SKELETAL (**back problem**); PEDIATRIC (**fever**); RESPIRATORY SYSTEM (**congested nasal passages**); TONICS (***imbiza***)
294.	Ranunculaceae	*Ranunculus multifidus* Forssk. [not in matrix] (P408)	*Uxhaphozi*	ANTIMICROBIAL (gonorrhea); DERMATOLOGICAL (sores); GASTRO-INTESTINAL (**piles**); OPTHALMIC (**eye infection**)
295.	Rhamnaceae	*Berchemia zeyheri* (Sond) Grubov [not in matrix] (P321)	*Umcaka, Umnini*	TONICS (***umuthi obovu***)
296.	Rhamnaceae	*Ziziphus mucronata* Willd. [0.35] [0.14] (P309)	*Umlahlankosi, Umphafa*	ANALGESIC (**sharp internal body pains**); DERMATOLOGICAL (boils**, sores**); TONICS (***umuthi obovu***)
297.	Rhamnaceae)	*Helinus integrifolius* (Lam.) Kuntze [0.03] [0.03] (P165)	*Ubhubhubhu,* ***Ugubhugubhu,*** *Uxubhugwegwe*	TONICS (**companion ingredient in tonic preparations**)
298.	Rhizophoraceae	*Cassipourea flanaganii* (Schinz) Alston [0.56] [0.65] (P57)	*Umemezi,* ***Umqonga, Ungqonga***	DERMATOLOGICAL (**skin lightning**); TONICS (***umuthi omhlophe***)
299.	Rhizophoraceae	*Cassipourea gummiflua* Tul. var. *verticillata* (N.E.Br.) J.Lewis [not in matrix] (P329)	***Umemezi***	DERMATOLOGICAL (**skin lightning**)
300.	Rosaceae	****Eriobotrya japonica*** (Thunb.) Lindl. [not in matrix] (P358)	*Ulokhwathi*	CARDIOVASCULAR (**heart sicknesses**)
301.	Rosaceae	*Prunus africana* (Hook.f.) Kalkman [not in matrix] (P441)	*Inyazangoma*	TONICS (***umuthi obovu***)

302.	Rosaceae	****Prunus persica** (L.) Batsch. [0.22] [0.22] (P231)	***Umpethsisi***	ANTHELMINTIC (**deworming**); GASTRO-INTESTINAL (**diarrhoea, stomach cramps**); TONICS (**cleansing tonic**)
303.	Rosaceae	*Rubus rigidus* Sm. [0.40] [0.62] (P237)	*Amajikijolo,* ***Amabhimbi***	ANALGESIC (**toothache**, **sharp internal body pains**); CARDIOVASCULAR (weak erectile function-blood circulation); ANTIMICROBIAL (**body itch**); GASTRO-INTESTINAL (**heartburn**); MUSCULO-SKELETAL (**bone reformation**); NERVOUS SYSTEM (**fits**)
304.	Rubiaceae	***Burchellia bubalina*** (L.f.) Sims [0.05] [0.08] (P48)	*Utshwala benyoni*	CARDIOVASCULAR (**blood purifier**); REPRODUCTIVE SYSTEM (**impotence**); TONICS (***imbiza***)
305.	Rubiaceae	*Canthium inerme* (L.f.) Kuntze [0.08] [0.08] (P53)	***Udakane,*** *Umvuthwamini*	REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda***); PEDIATRIC (**unspecified ailment**), UNSPECIFIED AILMENT
306.	Rubiaceae	*Canthium spinosum* (Klotzsch ex Eckl. & Zeyh.) Kuntze [0.05] [0.05] (P54)	***Ikhanyisani, Ihlalanyosi, Isihlungu sankonka, Ubuchopho bekati, Ubuchopho benja, Udlozini, Umhlabandlazi, Umhlalandlazi, (Ukhanya ebumnyameni)***	ANALGESIC (**sharp internal body pains**); TONICS (***umuthi obovu***)
307.	Rubiaceae	*Coddia rudis* (E.Mey. ex Harv.) Verdc. [0.68] [0.08] (P68)	***Isisikilinjane, Umsibilinjane, Umsikilinjane***	REPRODUCTIVE SYSTEM (impotence); TONICS (***umuthi omhlophe***)
308.	Rubiaceae	*Pavetta lanceolata* Eckl. [0.09] [0.11] (P217)	***Ufiyane, Umsunuwembuzi***	GASTRO-INTESTINAL (***nyongo-*****"biliousness"**); TONICS (**unspecified**); UNCLASSIFIED (*izichitho*)
309.	Rubiaceae	*Pentanisia prunelloides* (Klotzsch) Walp. [0.68] [0.78] (P219)	*Icishamlilo,* ***Icishamlilo elikhulu***	ANALGESIC (**general body pains**); DERMATOLOGICAL (**sores**); TRAUMA (***idliso***); MUSCULO-SKELETAL (inflammation); TONICS (***imbiza***), UNSPECIFIED AILMENT
310.	Rubiaceae	*Psychotria capensis*	***Umdubu wehlathi***	GASTRO-INTESTINAL (stomach

		(Eckl.) Vatke [not in matrix] (P407)		problems)
311.	Rubiaceae	*Vangueria infausta* Burch. [0.19] [0.27] (P297)	*Amaviyo, Umtulwa*	ANALGESIC (**internal side pains**); DERMATOLOGICAL (sanitary paper); GASTRO-INTESTINAL (diarrhoea); PEDIATRIC (**chest side pains**); REPRODUCTIVE SYSTEM (**excessive menstruation**); ANTIMICROBIAL (**venereal diseases**); ENDOCRINE SYSTEM (**hasten maturity**); MUSCULO-SKELETAL (dental care); UNSPECIFIED AILMENTS
312.	Rubiaceae	*Vangueria lasiantha* (Sond.) Sond. [not in matrix] (P298)	*Umviyo,* ***Amatulwa ehlathi, Umtulwabathwa***, ***Umviyo wehlathi***	TONICS (***umuthi omhlophe***)
313.	Ruscaceae	***Dracaena aletriformis*** (Haw.) Bos [0.03] [0.35] (P112)	***Isikhothakhotha, Iskhothakhotha esikhulu, isikhothakhotha esincane, Ufayibe***	ANALGESIC (**toothache**); EAR, NOSE AND THROAT (**ear infection**); MUSCULO-SKELETAL (**inflammation**); UNSPECIFIED AILMENT
314.	Ruscaceae	***Eriospermum mackenii*** (Hook.f.) Baker [0.60] [0.14] (P127)	*Insulansula*	GASTRO-INTESTINAL (**stomach cramps**); TONICS (**unspecified**-**emetic**)
315.	Ruscaceae	*Sansevieria hyacinthoides* (L.) Druce [0.35] [0.59] (P239)	*Iskhothakhotha****, Isqunga sehlathi***	ANALGESIC (**toothache**); EAR, NOSE AND THROAT (ear infections); UNSPECIFIED AILMENTS
316.	Rutaceae	***Calodendrum capense*** (L.f.) Thunb. [0.39] [0.43] (P50)	***Umemezi obovu, Ungqonga***	DERMATOLOGICAL (**skin lightener**); UNSPECIFIED AILMENT
317.	Rutaceae	***Citrus limon*** (L.) Osbeck [not in matrix] (P333)	*Ulamula*	OPTHALMIC (**eye problems**)
318.	Rutaceae	*Clausena anisata* (Willd.) Hook.f. ex Benth. [not in matrix] (P334)	*Umnukambiba*	TONICS (*umuthi omhlophe*)
319.	Rutaceae	*Ptaeroxylon obliquum* (Thunb.) Radlk. [0.16] [0.19] (P233)	***Ithatha,* (*Umthatheni*)*, Umthathi, Umzane , Uthathi***	ANALGESIC (**headache**); CARDIOVASCULAR (blood purification); TONICS (***imbiza***, ***umuthi omhlophe***); TRAUMA (**snake-bite**); UNSPECIFIED

				AILMENT
320.	Rutaceae	*Vepris lanceolata* G.Don) [not in matrix] (P431)	*Umzane, Umozane*	TRAUMA (**snake-bite**)
321.	Rutaceae	*Zanthoxylum capense* (Thunb.) Harv. [0.80] [1.11] (P307)	***Umabelejongosi,*** *Umnungumabele*	ANALGESIC (**general body pains**); DERMATOLOGICAL (**boils**, **warts**); EAR, NOSE AND THROAT (**allergies**); ENDOCRINE SYSTEM (mumps); GASTRO-INTESTINAL (stomach cramps); MUSCULO-SKELETAL (tooth removal); TONICS (***umuthi omhlophe***, ***umuthi obovu***, ***imbiza***)
322.	Rutaceae	*Zanthoxylum davyi* Waterm. [0.57] [0.86] (P308)	*Umnungumabele*	ANTHELMINTIC **(deworming**); DERMATOLOGICAL (**boils**, **warts**); EAR, NOSE AND THROAT (**allergies**); ENDOCRINE SYSTEM (**mumps**); GASTRO-INTESTINAL (stomach cramps); MUSCULO-SKELETAL (**tooth removal**); TONICS (***imbiza***, ***umuthi obovu***, ***umuthi omhlophe***)
323.	Salicaceae	***Dovyalis caffra*** (Hook.f. & Harv.) Sim [not in matrix] (P110)	***Umqokolo***	ANALGESIC (**sharp internal body pains**)
324.	Salicaceae	*Trimeria grandifolia* (Hochst.) Warb. [0.11] [0.11] (P286)	*Idlebe lendlovu,* ***Ilukuluku***	NERVOUS SYSTEM (**sedative**); PEDIATRIC (***inyoni***); TONICS (***umuthi omhlophe***)
325.	Santalaceae	*Osyridicarpos schimperianus* (Hochst. ex A. Rich.) A. DC. [0.03] [0.03] (P213)	***Inhlanhlemhlophe, Inhlanhlemhlophe yehlathi****, Umalala*	TONICS (***umuthi obovu***)
326.	Sapindaceae	*Hippobromus pauciflorus* Radlk. [0.41] [0.08] (P168)	***Isiqhume****,* (*Umfazi othethayo*)*, Uqhume*	ANALGESIC (**internal side pains**); TONICS (***umuthi omhlophe***)
327.	Sapindaceae	*Pappea capensis* Eckl. & Zeyh. [not in matrix] (P397)	*Umvuma, Uvuma obovu*	TONICS (*umuthi obovu*)

328.	Sapotaceae	***Englerophytum natalense*** (Sond.) T.D.Penn. [0.03] [0.05] (P122)	***Intongane***, *Umthongwane*	RESPIRATORY SYSTEM (**chest chest complaints**)
329.	Sapotaceae	*Mimusops caffra* E.Mey. ex A.DC. [0.24] [0.24] (P202)	*Umasethole,* ***Umasethole wasolwandle***	DERMATOLOGICAL (***umeqo***); REPRODUCTIVE SYSTEM (**virility-*umuthi wamadoda***); TONICS (***umuthi obovu,* unspecified-emetic**)
330.	Sapotaceae	*Mimusops obovata* Sond. [0.11] [0.14] (P203)	*Umasethole*	DERMATOLOGICAL (***umeqo***); GASTRO-INTESTINAL (**diarrhoea**); RESPIRATORY SYSTEM (**chest problems**); TONICS (***umuthi obovu***, ***umuthi omhlophe***)
331.	Sapotaceae	*Sideroxylon inerme* L. [0.27] [0.30] (P255)	*Amasethole,* ***Ibhinini, Ibhinini lehlathi,*** *(Umakhwelafingqane),* ***Uvuma obovu***	ANTHELMINTIC (**deworming**); TONICS (unspecified-emetic, ***umuthi omhlophe***); TRAUMA (***idliso***)
332.	Sapotaceae	*Vitellariopsis marginata* (N.E.Br.) Aubrév. [not in matrix] (P431)	*Umphumbulu*	GASTRO-INTESTINAL (**isela**); REPRODUCTIVE SYSTEM (impotence)
333.	Scrophulariaceae	***Anastrabe integerrima*** E. Mey. ex Benth. [0.05] [0.03] (P28)	*Isiphampathi*	TONICS (***umuthi omhlophe***)
334.	Solanaceae	**Datura stramonium* L. [0.36] [0.35] (P100)	*Iyoli, Iloyi*	DERMATOLOGICAL (**boils**, **lice**, sores); PEDIATRIC (***isela***); NERVOUS SYSTEM (madness, hysteria)
335.	Solanaceae	****Nicotiana tabacum*** L. [not in matrix] (P392)	***Umdloti***	DERMATOLOGICAL (**lice**)
336.	Solanaceae	**Physalis peruviana* L. [not in matrix] (P401)	*Ugqumgumu*	PEDIATRIC (***isithakathi***)
337.	Solanaceae	*Solanum aculeastrum* Dunal [0.76] [0.42] (P257)	*Intuma,* ***Intuma enkulu, Intumayezibaya, (Ugagalezintaba), Uthuma, Untumane***	ANALGESIC (toothache, **general pains**, back aches); CARDIOVASCULAR (**stroke**); DERMATOLOGICAL (**sores**, ***umeqo***, **wounds**); MUSCULO-SKELETAL (**bone repair**, general muscle cramps, joints, inflammation, backbone, lower backbone); URINARY SYSTEM (**kidneys**)

338.	Solanaceae	*Solanum incanum* L. [0.81] [0.89] (P258)	***Intuma, Intuma encane, (Ucalakalithethwa), Umagangeni***	ANALGESIC (**lower back aches**, fever, **toothache**); ANTIMICROBIAL (**venereal diseases**); CARDIOVASCULAR (**stroke**); DERMATOLOGICAL (**wound**); REPRODUCTIVE SYSTEM (**barrenness**); MUSCULO-SKELETAL (**bone repair**); PEDIATRIC (**umbilical cord**); TONICS (unspecified-emetic)
339.	Solanaceae	****Solanum lycopersicum*** L. [not in matrix] (P420)	***Utamatisi, Utametisi, Udamede***	GASTRO INTESTINAL (**nausea**)
340.	Solanaceae	***Solanum marginatum*** L.f. [0.29] [0.35] (P259)	***Intuma, (Ucalakalithethwa)***	ANALGESIC (**toothache**); PEDIATRIC (**umbilical cord**); MUSCULO-SKELETAL (**bone repai**r, **inflammation**); REPRODUCTIVE SYSTEM (**treat sterility**); ANTIMICROBIAL (**syphilis**); TONICS (unspecified-enema)
341.	Solanaceae	**Solanum mauritianum* Scop. [not in matrix] (P421)	*Umbhangabhanga, Ugwayana*	OPTHALMIC (**eye problems**); EAR, NOSE AND THROAT (**ear aches**)
342.	Solanaceae	***Solanum nodiflorum*** Jacq. [0.03] [0.03] (P260)	***Ubhici lwenyoka, Ugqumgqumu, Umsobo***	PEDIATRIC (**baby sicknesses**)
343.	Solanaceae	*Solanum panduriforme* E. Mey. [0.32] [0.32] (P261)	***Intuma encane***	ANALGESIC (**toothache**); ANTIMICROBIAL (**venereal diseases**); MUSCULO-SKELETAL (**bone repai**r, **inflammation**); PEDIATRIC (**umbilical cord**); TONICS (***imbiza***)
344.	Solanaceae	*Withania somnifera* (L.) Dunal [0.16] [0.14] (P303)	*Impathampatha,* ***Ubuvimba, Ubuvumba, (Undukuzempi, Unginakile)***	ANTIMICROBIAL (head sores); MUSCULO-SKELETAL (**inflammation**); PEDIATRIC (**bath new born**); TONICS (***umuthi obovu***); UNSPECIFIED AILMENT
345.	Strelitziaceae	*Strelitzia nicolai* Regel & K.Koch [0.05] [0.11] (P267)	*Isigude,* ***Inkalvasi,*** *Inkamanga*	CARDIOVASCULAR (**high blood pressure, heart problems**); TONICS (**fatigue, vigour**)

346.	Thymelaeaceae	***Dais cotinifolia*** L. [not in matrix] (P435)	*Intozane*	ANTIMICROBIAL (sores); TRAUMA (wounds)
347.	Thymelaeaceae	*Lasiosiphon kraussianus* (Meisn.) Burtt Davy var. *kraussianus* [0.49] [0.43] (P186)	***Impevu, Umsila wengwe, Umsilawengwe obovu, Umahedeni***	ANTHELMINTIC (**pinworms**); TRAUMA (*idliso*); REPRODUCTIVE SYSTEM (**improve fertility**, **virility-*umuthi wamadoda***); MUSCULO-SKELETAL (**bone repair/recovery**); PEDIATRIC (**colds and flush milk constipated infants**); TONICS (*imbiza*, **unspecified-enema**); TRAUMA (**poison**)
348.	Typhaceae	*Typha capensis* (Rohrb.) N.E.Br. [0.24] [0.35] (P290)	*Ibhuma, **Imbombo***	ANTIMICROBIAL (venereal diseases); CARDIOVASCULAR (**blood purification**); DERMATOLOGICAL (**sores**); EAR, NOSE AND THROAT (**ear infection**); REPRODUCTIVE SYSTEM (**excessive menstruation**, sterility, ease childbirth); PEDIATRIC (**umbilical cord**); TONICS (unspecified, *imbiza*)
349.	Ulmaceae	*Trema orientalis* (L.) Blume [0.26] [0.24] (P284)	*Ubhatini*	DERMATOLOGICAL (**lice**); GASTRO-INTESTINAL (***nyongo*-"biliousness"**); RESPIRATORY SYSTEM (**shortness of breath**, **coughs**, **chest infections**); TONICS (**cleansing tonic**); TRAUMA ***(idliso)***; UNSPECIFIED AILMENT
350.	Urticaceae	*Obetia tenax* Friis [0.11] [0.11] (P208)	***Imbabazane, (Imbabazane emahaqa), Imbati yomfula, Imbatimbati,*** *Imbongozeme, Uluzi,* ***Uzi***	DERMATOLOGICAL (**sores**); EAR, NOSE AND THROAT (**allergies**); REPRODUCTIVE SYSTEM (virility-*umuthi wamadoda*); UNSPECIFIED AILMENTS
351.	Verbenaceae	****Lantana camara*** L. [0.11] [0.11] (P184)	***Izimbici zesalukazi, Ubhici***	DERMATOLOGICAL (**lice**); PEDIATRIC (***isithakathi***)
352.	Verbenaceae	*Lantana rugosa* Thunb. [0.11] [0.24] (P185)	*Ubukhwebezane*	GASTRO-INTESTINAL (**heartburn**); MUSCULO-SKELETAL (**bone repair)**; PEDIATRIC (**fever**); TONICS (***umuthi omhlophe***); TRAUMA (**poison**)

353.	Verbenaceae	*Lippia javanica* (Burm.f.) Spreng. [0.96] [0.32] (P192)	*Umsuzwane*	ANALGESIC (headache); DERMATOLOGICAL (**wounds**, *umeqo*); EAR, NOSE AND THROAT (colds and flu); MUSCULO-SKELETAL (**inflammation**); NERVOUS SYSTEM (**hysteria and shock**); OPTHALMIC (**eye problems**); RESPIRATORY SYSTEM (congested nasal passages); UNSPECIFIED AILMENT
354.	Verbenaceae	*Phyla nodiflora* (L.) Greene var. *rosea* D.Don) Moldenke [not in matrix] (P400)	no name available	DERMATOLOGICAL (**lice**)
355.	Vitaceae	***Cyphostemma cirrhosum*** (Thunb.) Desc. ex Wild & R.B.Drumm. [not in matrix] (P346)	***Isidikili***	MUSCULO-SKELETAL (**inflammation**)
356.	Vitaceae	*Rhoicissus tomentosa* (Lam.) Wild & R.B. Drumm. [0.16] [0.46] (P235)	***Amagrebhisi enyoka, Isende lengulube,*** *Isinwazi,* ***Insema***	ANALGESIC (**chronic headache**); CARDIOVASCULAR (**blood purification**); DERMATOLOGICAL (**acne, overproduction of sebum**); EAR, NOSE AND THROAT (**cleanse and clears the nostrils and the nasal area**); ENDOCRINE SYSTEM (**enhance maturation**); REPRODUCTIVE SYSTEM (ease childbirth, hasten maturing; pregnancy, *inembe*); TONICS (*umuthi obovu*, unspecified, *imbiza*)
357.	Zamiaceae	*Encephalartos natalensis* R.A.Dyer & Verdoorn [0.05] [0.03] (P120)	*Isigqiki semfene, Isgqiki somkhovu*	ANALGESIC (**sharp internal body pains**); UNSPECIFIED AILMENT
358.	Zamiaceae	*Encephalartos villosus* Lem. [0.02] [0.03] (P121)	*Isgqiki somkhovu,* ***Isgqiki semfene, Umasundwana***	ANALGESIC (**sharp internal body pains**)
359.	Zamiaceae	*Stangeria eriopus* (Kunze) Baill. [0.05] [0.08] (P266)	*Imfingo,* ***Umafinga***	ANALGESIC **(internal sharp body pains**); NERVOUS SYSTEM (**fits**); TONICS (unspecified-oral)

3.2 Taxonomic diversity of Amandawe medicinal plants

Table 1 shows that at least 359 medicinal plant species belonging to 100 plant families are used at Amandawe. The list includes 52 non-indigenous species, of which 34 are weedy naturalised exotics (indicated by a single asterisk in Table 1) and 18 are commonly cultivated species (indicated by a double asterisk in Table 1) that have become important in the local *materia medica*. This means that there are 307 indigenous medicinal plant species, representing 86% of the total number of medicinal plants recorded at Amandawe. By way of comparison, Magwede et al. (2018) reported 113 alien species amongst the total of 574 useful plants of the Venda region (ca. 20%), with 78 naturalised and 36 cultivated species.

Similar ethnobotanical surveys of rural villages in other parts of southern Africa have mostly yielded lower numbers of medicinal species. Recent examples include Nortje and Van Wyk (2015), who recorded 101 medicinal plants in three villages in the Kamiesberg in Namaqualand, while Hulley and Van Wyk (2019) documented 147 medicinal plants for three villages in the western part of the Little Karoo. The broader studies of Sotho medicinal plants by Moffett (2010) and Moteetee et al. (2018), however, recorded more than 300 species with medicinal uses for the Southern Sotho (including Lesotho and the Eastern Free State Province of South Africa), while Magwede et al. (2018), listed 382 medicinal species in the inventory for the entire Vembe district (Venda culture). The inventory of Zulu medicinal plants by Hutchings et al. (1996) included 1032 species, to which 110 species (more than 10%), recorded at a single village, can now be added as new records.

The 359 plant species recorded to have traditional and contemporary medicinal uses in the Amandawe area belong to a total of 100 plant families. Figure 2 shows the

top 25 medicinal plant families, i.e., those with the highest number of contributing species. The Fabaceae and Asteraceae are dominant, with 31 species each. This is not surprising, as these two families are large and widely distributed, with respectively 755 and 653 accepted species in KwaZulu-Natal (SANBI, 2016). The Fabaceae and Asteraceae are followed by Apocynaceae with 14 species, the Euphorbiaceae and Poaceae with 13 species, the Hyacinthaceae and Solanaceae with 11 species and then the other families, all with less than 10 species.

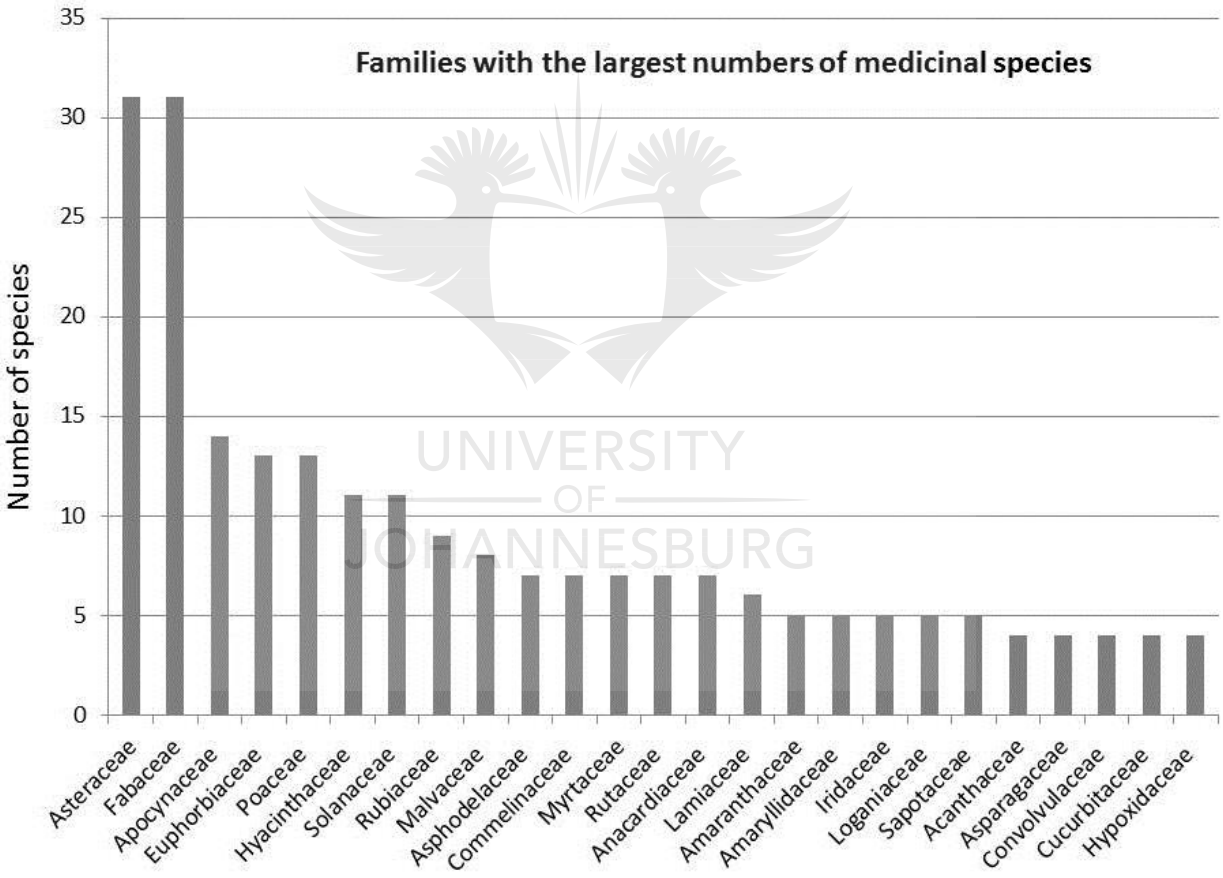

Figure 2. Families with the largest numbers of medicinal plant species recorded at Amandawe.

Although the Fabaceae and Asteraceae contribute more medicinal species than the other families, the general pattern is that the diversity of medicinal plants at Amandawe is due to the large number of families and genera that are used, rather than many species in a particular genus. Only 18 genera have three or more medicinal species (Figure 3), with *Solanum* in the first position (seven medicinal species), followed by *Amaranthus*, *Commiphora*, *Helichrysum* and *Strychnos* (all with five species), *Aloe*, *Erythrina*, *Euphorbia*, *Ficus*, *Hypoxis*, *Ipomoea*, *Ledebouria* and *Vachellia* (all with four species) and then *Albuca*, *Combretum*, *Eriosema*, *Juncus* and *Syzygium* (all with three species). There are 37 genera with two medicinal species each and 211 genera with one species each. A comparison with the taxonomic diversity of all useful species of the Vembe district (Magwede, 2018), albeit not only for medicinal plants, show similar combinations of families and genera. This similarity is probably due to particular chemical compounds and associated biological activities that are present in the chosen families, genera and species (and not in others). It would be interesting to know if the knowledge about the uses of these shared taxa were independently acquired or if it resulted from an exchange of knowledge between the two cultures or ancient common origin of the two cultures (both are Bantu languages).

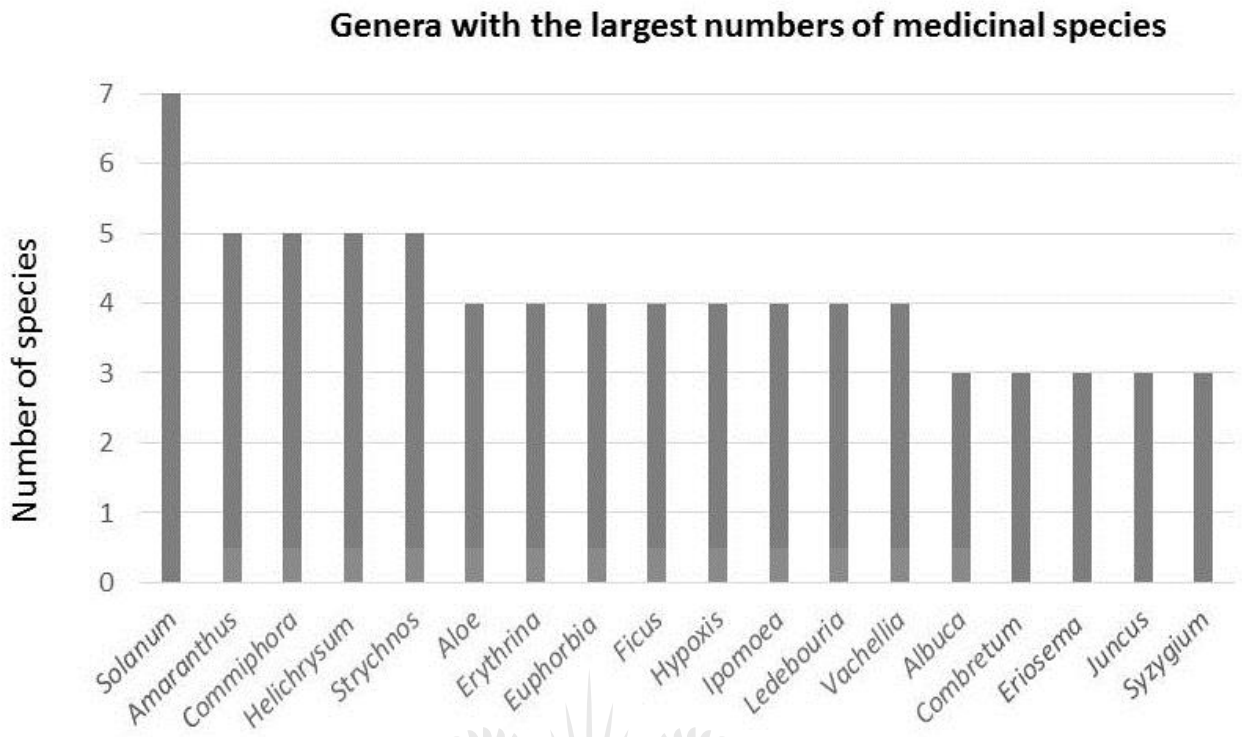

Figure 3. Genera with the largest numbers of medicinal plant species recorded at Amandawe.

3.3 Diversity of medicinal uses of Amandawe plants

The medicinal uses of Amandawe plants were grouped into 18 categories of use, mostly following Moffett (2010), who in turn based his classification on Snyman (2010). These categories are given here in order of the number of species used, as shown in Figure 4: tonics (156), dermatological (125), gastro-intestinal (102), analgesic (85), reproductive system (82), pediatric (75), unspecified ailments (74), musculo-skeletal (73), cardiovascular (57), ear, nose and throat (56), trauma (44), antimicrobial (43), respiratory system (34), nervous system (27), urinary system (24), anthelmintics (22), endocrine system (11) and ophthalmic (11). The majority of the plant species (259 of the 359

species; 72%) are not only used for one but for several ailments, so that a given species may be classified into more than one (or several) of the 18 categories of use. Exactly 100 species (28%) have only a single medicinal use.

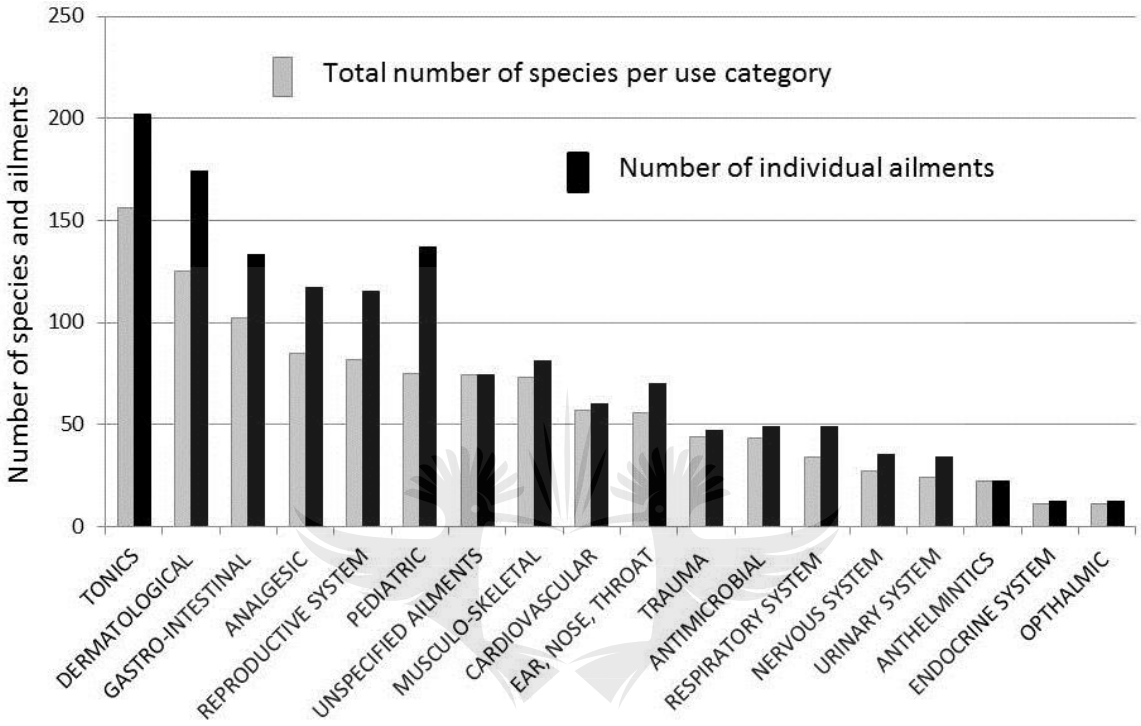

Figure 4. The main categories of medicinal plant use as recorded at Amandawe, showing the total number of species per use category, as well as the total number of ailments in each category.

Medicinal plant species with the largest diversity of medicinal uses are shown in Figure 5. *Microglossa mespilifolia*, for example, has 20 diffent medicinal uses (17 of which are newly recorded), classified into 10 of the 18 main categories of use. *Hypoxis hemerocallidea* also has 20 different medicinal uses in 12 categories of use, with 14 previously unrecorded uses. As can be expected, the 26 medicinal plants have amongst the highest SPI and CII values, as shown later.

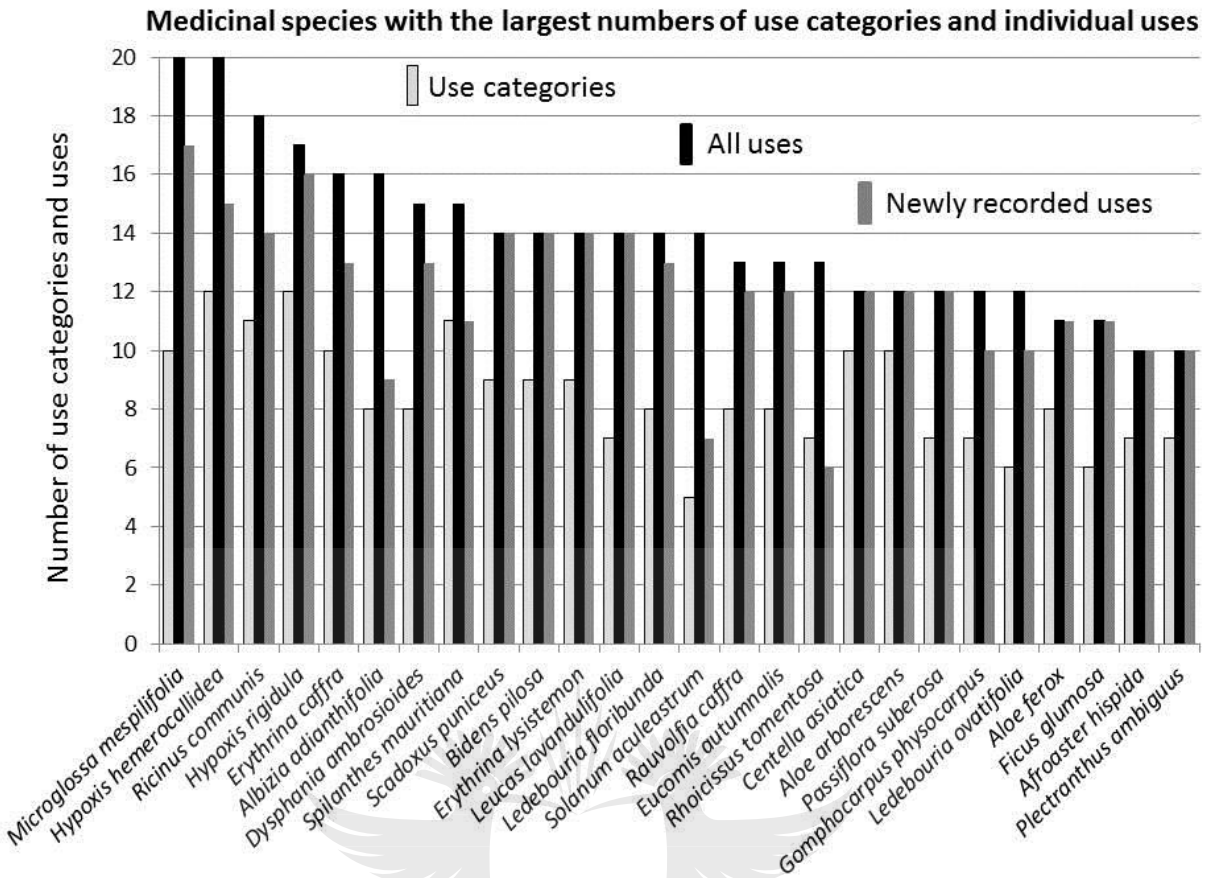

Figure 5. Medicinal plants of Amandawe with the most diverse uses. The number of use categories, total number of uses and number of newly recorded uses are shown for the 26 most versatile medicinal plant species.

More detailed analyses of the 18 main categories of use (as shown in Figure 4) are presented below. The sequence is the same as in the figure.

3.3.1 Tonic uses

The importance of tonic plants in southern Africa was first explicitly highlighted by Van Wyk and Gericke (2000), with a more detailed elaboration by Olivier (2012) and Olivier and Van Wyk (2013). The difficulty in translating traditional health concepts into modern biomedical equivalents is clearly exemplified by tonics. A general tonic that is used by Zulu people for a wide range of non-specific ailments is called an *imbiza*, a term that is derived from the traditional Zulu cooking pot, the *imbiza*. However, the process of treating patients with tonics follows a pattern, and this pattern determines both the plants and the dosage forms that are used. As shown in Table 1 and Figure 6, tonics can be administered orally as a drink or as an emetic or enema, less often as a body wash or as a steam treatment.

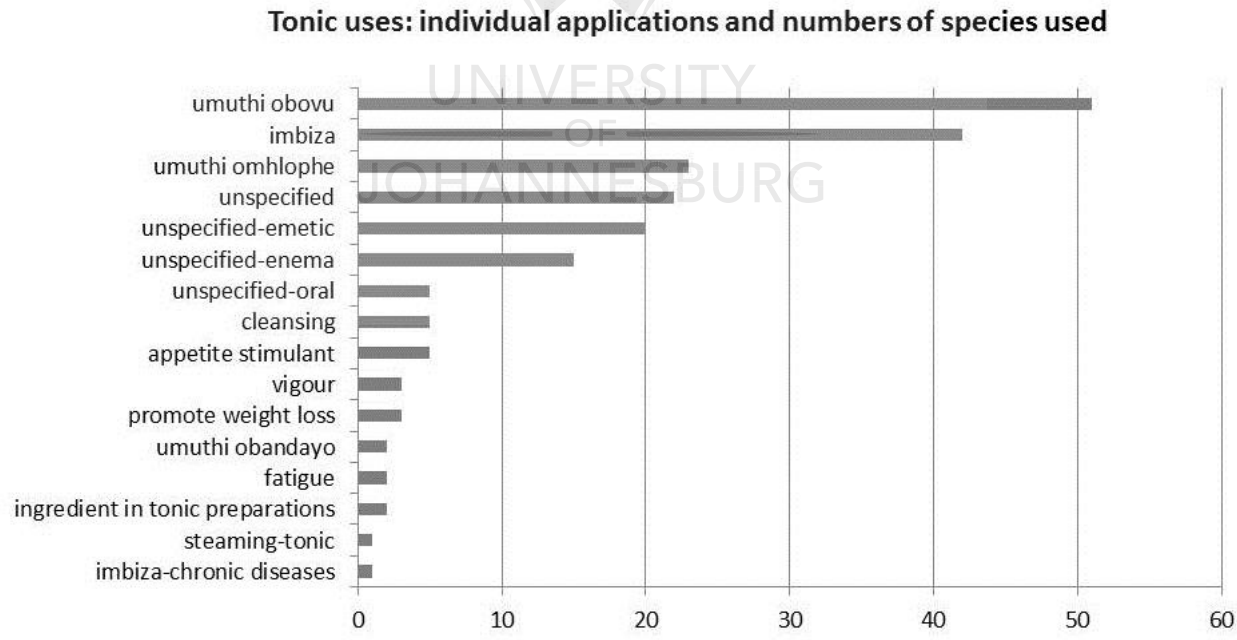

Figure 6. Tonic uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

Tonics are typically used when a person does not feel well but do not have any obvious symptoms to allow the ailment to be easily identified. In this instance, three different methods of administering the medicine are used, namely as a drink (to be ingested normally or as an emetic), as an enema and as a body steaming. The treatment follows a specific sequence – it starts with *umuthi obovu* and is followed up by *umuthi omhlophe* (see below). Tonics are mostly prepared as mixtures called *uzifozonke*, probably with the idea that at least one of the plants in the mixture would be effective against the unknown cause of the general malaise. When the ailment can be identified, specific plants will be chosen, and they are either used alone or in combination with others. Names of tonics may refer to the ailment that is treated, the way the medicine is administered or simply the appearance of the medicine. In the Amandawe area, the following names are used to describe various tonics.

Umuthi obovu is a mixture of plant materials that has gone through a process of prolonged boiling – the colour is usually red because of the use of red tree barks as the main ingredients. *Umuthi omhlophe* is a mixture of plant materials that does not require any boiling, and which is usually foamy and white in colour (caused by the presence of saponins). *Umuthi obandayo* is simply a tonic that is not heated but administered cold. *Uzifozonke* means “all ailments” and refers to the ability of the medicine to treat various ailments. Typical examples of plants used in *uzifozonke* mixtures at Amandawe include *Acokanthera oblongifolia, Acokanthera oppositifolia, Aloe arborescens, Aloe ferox* and *Typha capensis*. Such tonics are commonly sold in bottles and as a result are sometimes referred to as *ibhodlela* (“the bottle”).

There are no specific ailments that are treated with both *umuthi obovu* and *umuthi omhlophe* and they are used in the same way, to strengthen the body. However, the species that are used differ considerable. The most popular plant species used as *umuthi*

obovu (number of use-records in brackets) are *Schotia brachypetala* (27), *Protorhus longifolia* (21), *Harpephyllum caffrum* (20), *Pappea capensis* (16), *Albizia adanathifolia* (16), *Sclerocarya birrea* (14), *Syzygium cordatum* (14), *Syzygium gerrardii* (10) and *Senegalia caffra* (10). On the other hand, *umuthi omhlophe* has the following most popular plants: *Hippobromus pauciflorus* (13), *Monanthotaxis caffra* (7) and *Dombeya tiliacea* (6). Different types of *imbizas* also appear to have different species: **enema** – *Solanum aculeastrum* (27), *Trichillia dregenea* (21) and *Lasiosiphon kraussiana* (7); **emetic** – *Sideroxylon inerme* (6), *Eriosprmum mackeni* (4) *Harpephyllum caffrum* (3); **oral** – *Stangeria eriopus* (1), *Centella asiatica* (1), *Commelina africana* (1), *Cucumis zeyheri* (1), *Dalbergia obovata* (1) and *Passiflora suberosa* (1); **cleansing** –*Gunnera perpensa* (12) and *Tremma orientalis* (2); ***uzifozonke*** – *Momordica balsamina* (14), *Momordica foetida* (14), *Aloe ferox* (8), *Aloe arborescens* (8), *Acokanthera oblongifolia* (5) and *Acokanthera oppositifolia* (4). Also included in this category are **appetite stimulants**, for which the popular plants are *Mondia whitiei* (4) and *Aloe arborescens* (2).

It is interesting that some of the useful plants recorded in Amandawe have been scientifically proven to be effective against some of the ailments mentioned. These include *Momordica balsamina, Gunnera perpensa, Lasiosiphon krausiana, Scadoxus punicea, Tetradenia riparia* and *Zanthoxylum capense* (Ndhlala et al., 2011).

3.3.2 Dermatological uses

As shown in Figure 7, no less than 35 species are used to treat sores, 27 to treat lice and 16 to treat acne, the three main dermatological applications of medicinal plants at Amandawe. The applications of medicinal plants for some conditions seem to become

more specialised, with five or less species used for body odour, skin lightening, burn wounds, rashes and other specific uses. The term *umeqo* is used for a condition that has many symptoms which include various forms of instant skin ailments such as an outburst of painful sores and swelling. *Izichitho* is a condition manifesting on the outside of the body in the form of instant eruptions of acne, bad body odour, body lice and other skin problems. *Izilonda* is the term used for sores and wounds – the former considered to be smaller; the latter larger, and the result of an injury.

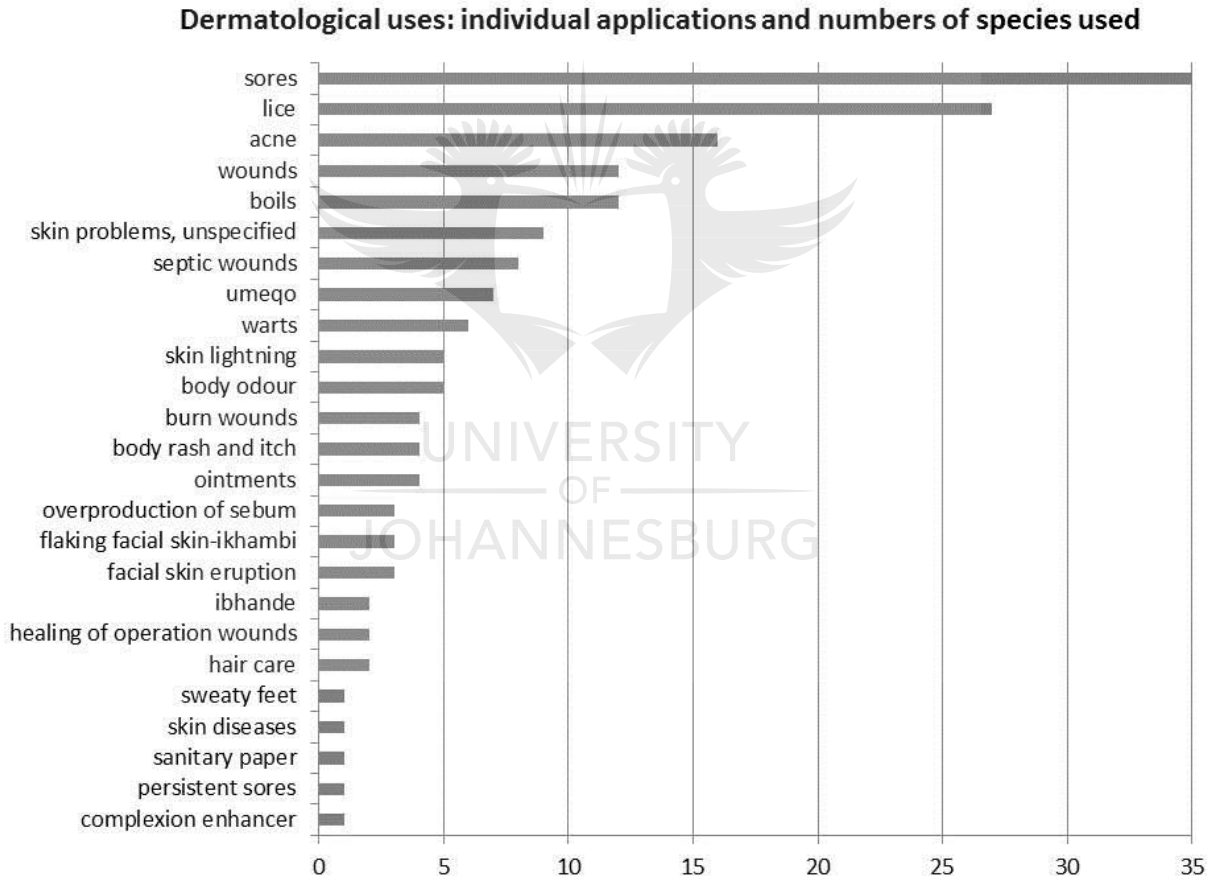

Figure 7. Dermalogical uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

Various skin diseases are a big problem world-wide, such that they make up 34% of all occupational diseases (Abbasi et al., 2010). According to Tschachler et al. (1996), 90% of people with HIV experience some form of skin problems. There are a number of contributing factors which increase the susceptibility of people to various skin disorders and these include a hot and humid climate (De Wet et al., 2013), overcrowding in most households which leads to a quick spread of diseases (Hay et al., 2006), a common and contagious skin disorder caused by *Tenia capatis* (De Wet et al., 2013) and susceptibility of burn victims to the fatal *Pseudomonas aeruginosa* (Lim, 1998). The majority of rural dwellers in South Africa are still highly dependent on the use of traditional medicine to treat skin-related ailments (De Wet et al., 2013).

In this category there are 111 medicinal plant species used by the people of Amandawe to treat a total of 25 individual dermatological problems, as shown in Figure 7. The most frequently mentioned conditions and species used to treat them are: **lice** – *Crassula obovata* (25 citations), *Portulaca quadrifida* (22), *Kalanchoe pinnata* (22); **unspecified skin problems** – *Albizia adianthifolia* (8) and *Dipcadi viride* (6); **oily skin** – *Psidium guajava* (8); **sores** – *Senecio serratuloides* (28), *Spilanthes mauritiana* (7), *Microglossa mespilifolia* (6) and *Bidens pilosa* (5); **complexion enhancer** – *Cassipourea flanaganii* (24) and *Calodendrum capense* (15); **boils** – *Ziziphus mucronata* (4) and *Zanthoxylum capense* (2); **warts** – *Euphorbia tirucalli* (6), *Euphorbia ingens* (3) and *Zanthoxylum capense* (3).

3.3.3 Gastrointestinal uses

Some of the gastrointestinal problems are a result of poor sanitation, poor quality of drinking water and a lack of education, among other things (De Wet et al., 2010).

Gastrointestinal complaints (Figure 8) for which the largest numbers of plant species are used are diarrhoea (28 species), as well as stomach cramps and a condition traditionally referred to as *nyongo* (both with 26 species). *Nyongo* is the *isiZulu* word for the gall-bladder or for bile (Doke and Vilakazi, 1972). The term is used at Amadawe for severe discomfort cause by the gall bladder, presumably due to an overproduction of gall (perhaps best described as “biliousness”). Symptoms include dizziness and a brief loss of vision after quickly lifting the head. Too much gall is believed to cause various ailments, and therefore needs to be emptied either as an emetic (popular form) or by purging. *Barringtonia racemosa* (fruits), *Pittosporum viridiflorum* (bark) and *Osteospermum monilifera* (leaves) are almost synonymous with the ailment called *inyongo*. A decoction is administered warm to induce vomiting, such that that some of the gall is expelled.

Isela is a traditional concept that refers to a condition in babies characterised by various symptoms such as weakness of the body, inability to hold the head up, sunken eyes, an inflamed rectal area and frequent sleeping. *Isilonda sesela* refers to inflammation of the rectal area, which is believed to be a symptom of the ailment called *isela*. The most common way of treating *isela* and *isilonda sesela* is through *ukuphumputha/ukuvuthela*, a process where the medicine is inserted as a paste into the rectal area or blown with the aid of a pipe into the rectal area.

There are 104 plant species used to treat ailments affecting the gastrointestinal organs, with 13 ailments being mentioned by participants (Figure 8).

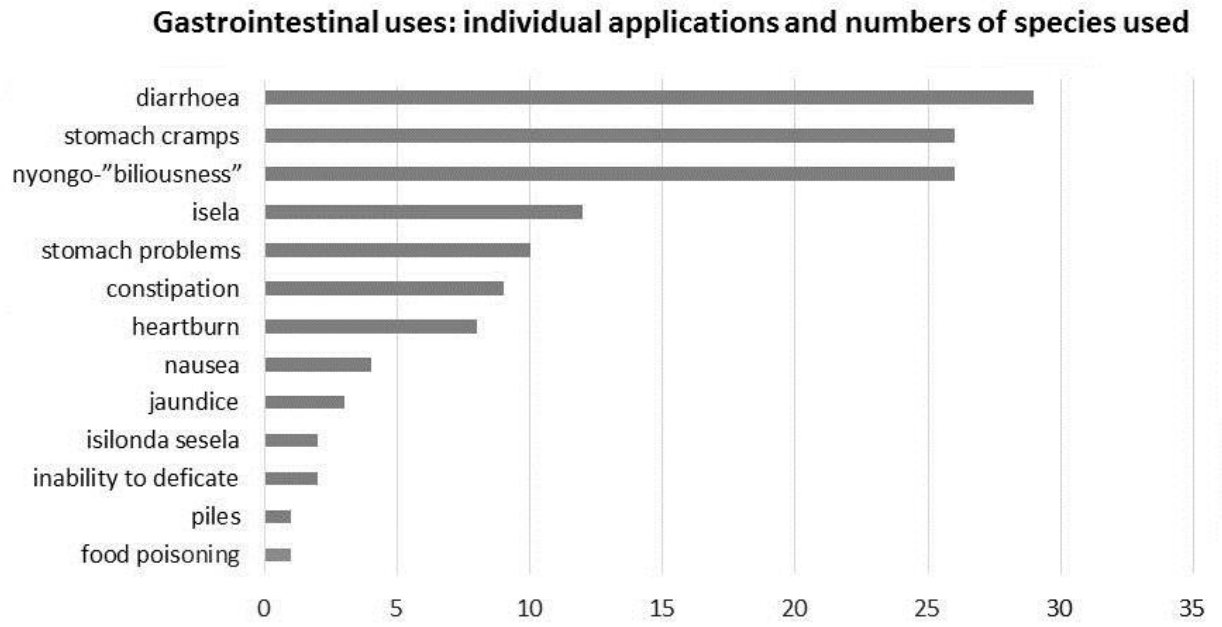

Figure 8. Gastrointestinal uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

The following list shows the most popular plant species used per ailment: ***inyongo*-"biliousness"** – *Barringtonia racemosa* (37 citations), *Pittosporum viridiflorum* (37), *Osteospermum monilifera* (24) and *Cussonia spicata* (11)*;* **stomach cramps** – *Schkuhria pinnata* (13), *Aloe arborescens* (8), *Clerodendrum glabrum* (7) and *Prunus persica* (3); **diarrhoea** –*Syzygium gerrardii* (6), *Psidium guajava* (5) and *Clerodendrum glabrum* (5); **heartburn** – *Rubus rigidus* (18), *Malvastrum coromandelianum* (4), *Bidens pilosa* (3) and *Lantana rugosa* (3); **purgative** – *Ipomoea cairica* (10) and *Tecomaria capensis* (4).

An interesting observation here is that some of the popular plants used for gastro-intestinal problems can apparently bring relief for more than one ailment. Such multi-purpose plants include *Leucas lavendulifolia, Prunus persica**,** Psidium guajava**,** Rubus rigidus**,** Harpephyllum caffrum, Syzygium cordatum, Melia azedarach*, *Aloe arborescens**,** Erythrina caffra**,** Scadoxus puniceus, Erythrina lysistemon* and *Desmodium incanum*.

3.3.4 Analgesic uses

Eight different types of pain associated with various ailments were recorded to be treated with a total of 85 different plant species (Figure 9). It is noteworthy that the participants mentioned that the symptom of an ailment (i.e. pain) are sometimes treated, not the actual ailment, as in the case of fever. Some of the conditions with the most number of plant species used are sharp internal body pains (33), toothache (28), headache (13) and general body pains (12).

The most cited plant species for their respective uses are: **fever –** *Tetradenia riparia* (27 citations), *Tecomaria capensis* (16) and *Dysphania ambrosioides* (12); **toothache** – *Solanum incanum* (10), *Solanum aculeastrum* (9) and *Catharanthus roseus* (6); **headache** – *Mikania natalensis* (5) and *Albizia adianthifolia* (4); **backache** – *Solanum incanum* (4), *Solanum aculestrum* (4) and *Lasiosiphon kraussianus,* all administered as an enema*;* (4); **body pains –** *Ziziphus mucronata* (8) and *Aloidendron barberae* (3).

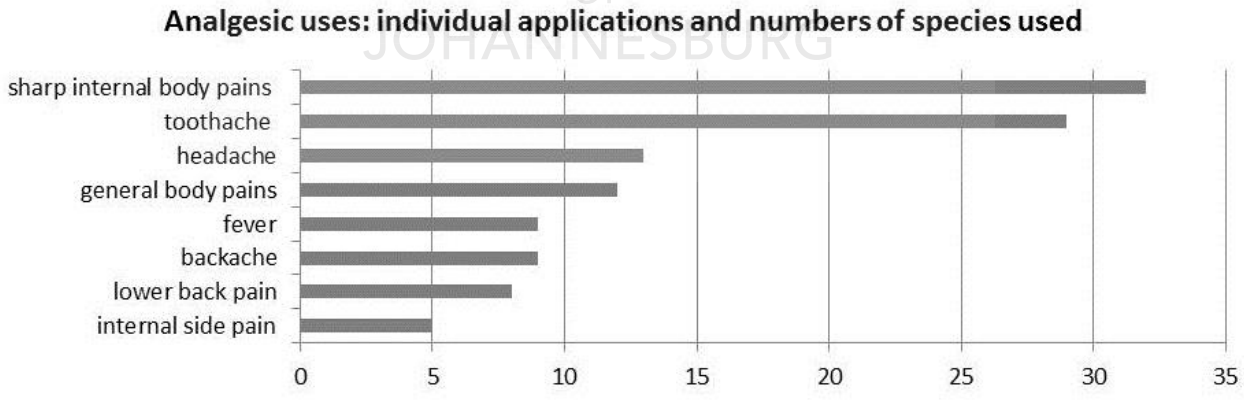

Figure 9. Analgesic uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.4 Reproductive uses

Medicinal plants used for various ailments, conditions or treatments associated with the reproductive system amounted to 78 species. The 12 different types of individual applications and the number of species used are shown in Figure 10. Three prominent applications are easing of child-birth (22 species), medicine for virility, called *umuthi wamadoda* (22) and impotence (20), while the rest of the applications have less than 10 plant species each. The term *umuthi wamadoda* is used when referring to the plants that are used for virility, which is needed to improve sexual performance. The use of *umuthi wamadoda* is supplemented with the use of plants that treat impotence. Tonics used by women during pregnancy to ensure a healthy and problem-free childbirth are prepared from 22 plant species, of which *Rhoicissus tomentosa* (five citations) is the most popular.

Listed here are some examples of popular species used for each individual application: **impotence** – *Eriosema salignum* (18 citations), *Eriosema distinctum* (8), *Eriosema cordatum* (7), *Afroaster hispida* (4) and *Erythrina latissima* (2); **virility** – *Eriosema salignum* (9), *Eriosema cordatum* (6), *Xysmalobium undulatum* (3), *Ceratotheca triloba* (3) and *Combretum woodii* (2); **menstruation-related problems** – *Vangueria infausta* (4) and *Strychnos spinosa* (2); **galactogogue** – *Rhipsalis baccifera* (2) and *Cynanchum viminale* (2).

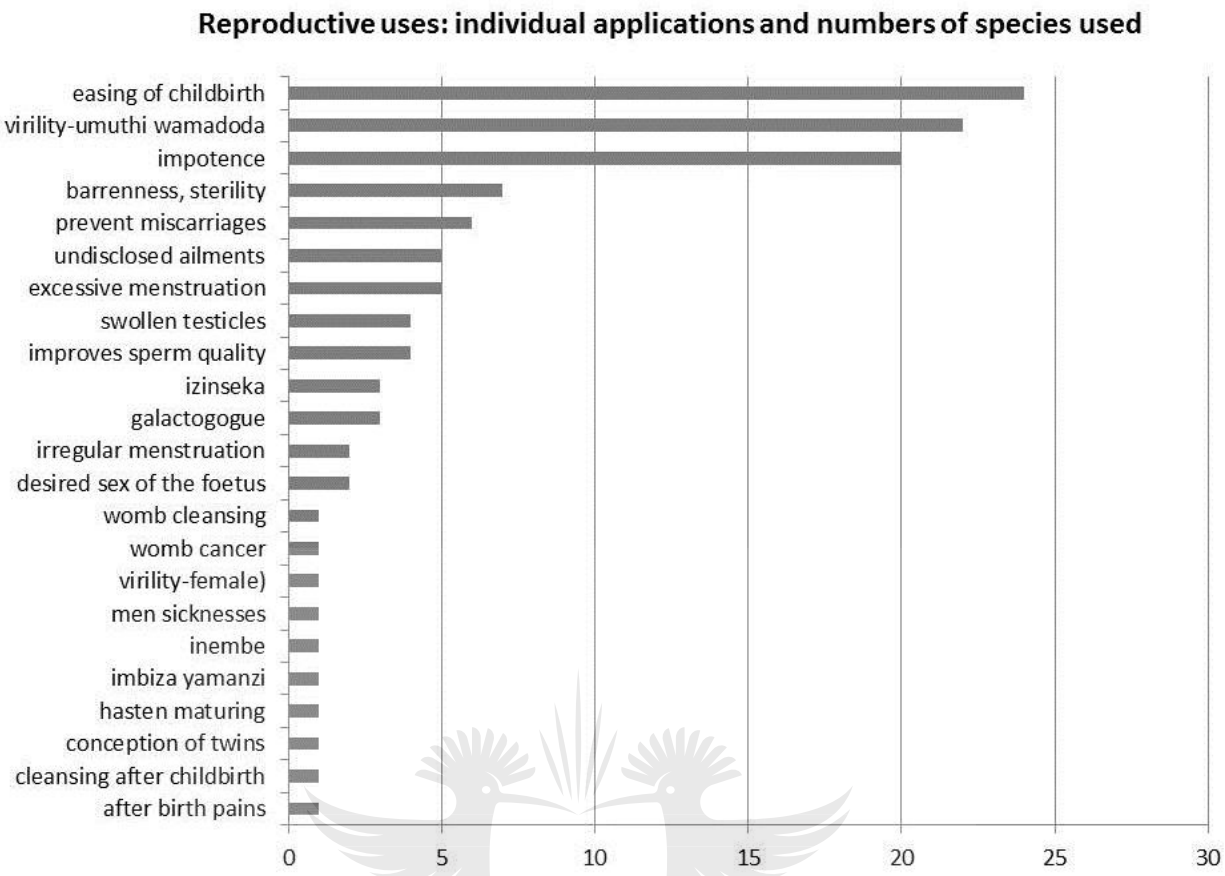

Figure 10. Reproductive uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.5 Paediatric uses

The medicinal use category with the largest diversity of applications is pediatric uses (Figure 9).

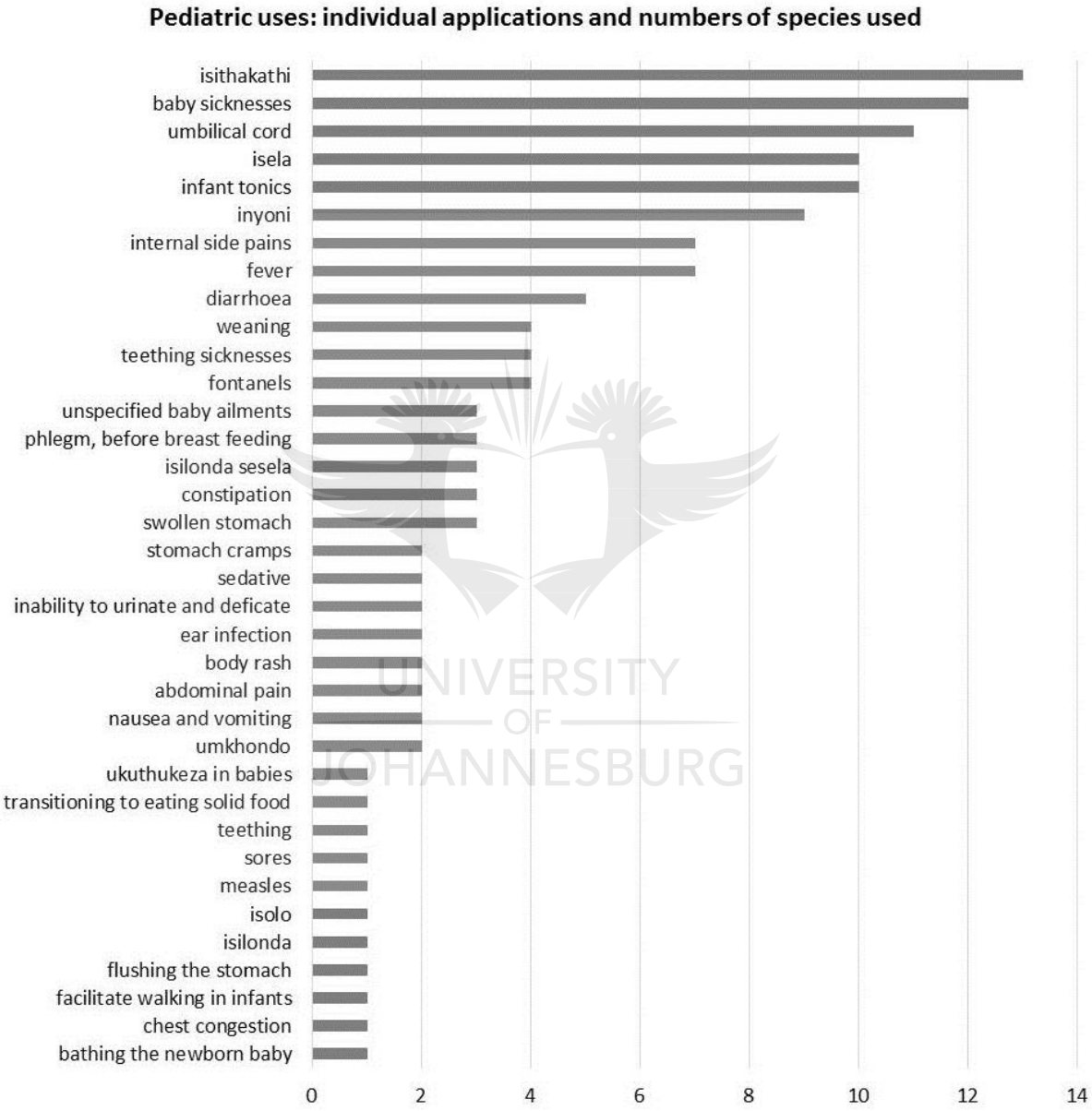

Figure 11. Pediatric uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

This category also present a challenge to those who are not familiar with traditional *isiZulu* health concepts and without expert medical training or experience. Nevertheless, some attempt is made here to at least explain the main symptoms of *isithakathi*, *inyoni*, *umkhondo* and *ukuthukeza* as they apply to infants.

The largest diversity of medicinal plants are used to treat *isithakathi*, a condition that affects infants, and characterised by a number of symptoms which include “string-like” faeces. *Isela* and *isilonda sesela* have already been described above. *Inyoni* is an ailment in infants that is usually recognised by a red patch on the back of the neck and sometimes accompanied by various other symptoms including inflammation in the mouth (more specifically, the palate). *Isela* and *inyoni* are treated with 10 and nine species, respectively. *Umkhondo* in infants is recognised by depression of the fontanelles, among other symptoms. It is treated at Amandawe with *Leucas lavandulifolia* and *Cryptocarya latifolia*. *Ukuthukeza* is a condition where babies constantly startle and become terrified and cry, even in their sleep. Only one species (*Cryptocarya latifolia*) has been recorded as a remedy for this ailment.

The most common and popular plants used in baby sicknesses are *Ledebouria revoluta, L. ovatifolia*, *L. floribunda*, *Drimia elata* followed by *Erythrina caffra* and *E. lysistemon*. One of the plants whose medicinal uses are almost entirely for babies, is *Thunbergia atriplifolia*. The most popular plants used to facilitate a faster umbilical cord healing are used are *Desmodium incanum* and *Solanum incanum.*

The following are the ailments and the most popular species used to treat them, accompanied by the number of citations*:* ***inyoni*** – *Thunbergia natalensis* (5); ***isithakathi*** **–** *Gomphocarpus physocarpus* (12), *Ledebouria petiolata* (11), *Ledebouria floribunda* (7), *Leucas lavandulifolia* (6), *Ledebouria ovatifolia* (5), *Ledebouria revoluta* (4), *Lantana camara* (3) and *Centella asiatica* (2); **healing the umbilical cord** – *Desmodium incanum*

(8), *Phragmites australis* (2), *Solanum marginatum* (3), *Solanum incanum* (2), *Ledebouria floribunda* (1), *Bidens pilosa* (1) and *Typha capensis* (1); **sedative** – *Jasminum multipartitum* (17); **tonic** – *Ledebouria floribunda* (15); **ailments experienced during teething** – *Thunbergia atriplicifolia* (7); **fontanelle depression** – *Senecio serratuloides* (5) and *Thunbergia natalensis* (1).

3.3.7 Unspecified ailments

This category simply serves to classify all the medicinal use-records where no particular ailments were specified – 75 in total. The most common reason for this lack of specificity is that the participant simply could not remember the traditional use of the particular species. Another reason is that the participant may have felt uncomfortable to discuss certain ailments and conditions (e.g. sexually transmitted diseases), especially in the case of old participants who felt that they did not want to burden a young man with explicit details. It should be pointed out that almost all of the relevant species have several recorded uses, so that it is possible that the unspecified use actually corresponds with other uses already recorded. Only nine species have no other uses recorded.

The use-records for six species are indicated as UNCLASSIFIED because the particular ailments have as yet not been identified. These include ailments referred to as *amalumbo*, *izichitho* and *umuthi wamakhala.* There are only two cases where the participants did not want to reveal the uses of particular plants and wanted to keep the information secret. These are indicated as “UNDISCLOSED” in Table 1. Rather than omitting these uncertain records, they are recorded because of the possibility that further details and consensus may be obtained in future surveys.

3.3.8 Musculo-skeletal uses

A total of 76 medicinal plants are used to treat ailments affecting muscles and bones were recorded, all of which are presented in Figure 12. Some of the conditions with the largest number of species used are listed here, together with examples of the most highly cited species.

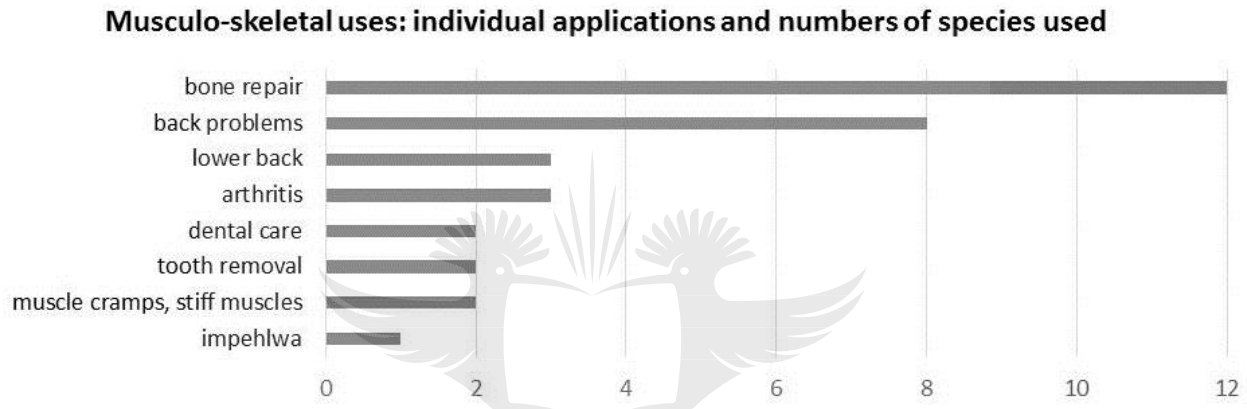

Figure 12. Musculo-skeletal uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

The ailments are **inflammation** (42 species) – *Mesembryanthemum cordifolium* (32 citations), *Carpobrotus dimidiatus* (24), *Pentanisia prunelloides* (20), *Aloe maculata* (9) and *Crinum macowanii* (10); **bone reformation/repair** – *Solanum aculeastrum* (5), *Lasiosiphon kraussianus* (2), *Lantana rugosa* (2), *Rubus rigidus* (2) and *Solanum incanum* (2); **rheumatic pains** – *Trichilia dregeana* (28), *Solanum aculeastrum* (15) and *Lasiosiphon kraussianus* (4); **sore joints** – *Solanum aculeastrum* (1); **muscle cramps** – *Solanum aculeastrum* (2); **stiff muscles** – *Scilla natalensis* (1); **arthritis** – *Hypoxis hemerocallidea* (1); **swollen feet** – *Gerbera piloselloides* (2).

Solanum species happen to be the most popular in most of the categories under musco-skeletal problems. *Impehlwa* is a skin condition that is affect the underside of the feet, symptoms include sharp pains, minor swelling, bad odour and dark spots.

3.3.9 Cardiovascular uses

Different types of health problems affecting the heart and blood vessels were recorded to be treated by a total of 58 medicinal plant species. All of the ailments are shown in Figure 13, with the most species used for high blood pressure (24) and blood purification (23). Specific ailments together with their associated popular plant species used are as follows: **blood pressure** – *Momordica balsamina* (23)*, Aloe arborescens* (8), *Aloe ferox* (8) and *Hypoxis hemerocallidea* (4); **blood purification** – *Gunnera perpensa* (4), *Typha capensis* (3), *Protorhus longifolia* (3), *Scadoxus puniceus* (2), *Schotia brachypetala* (2) and *Albizia adianthifolia* (2).

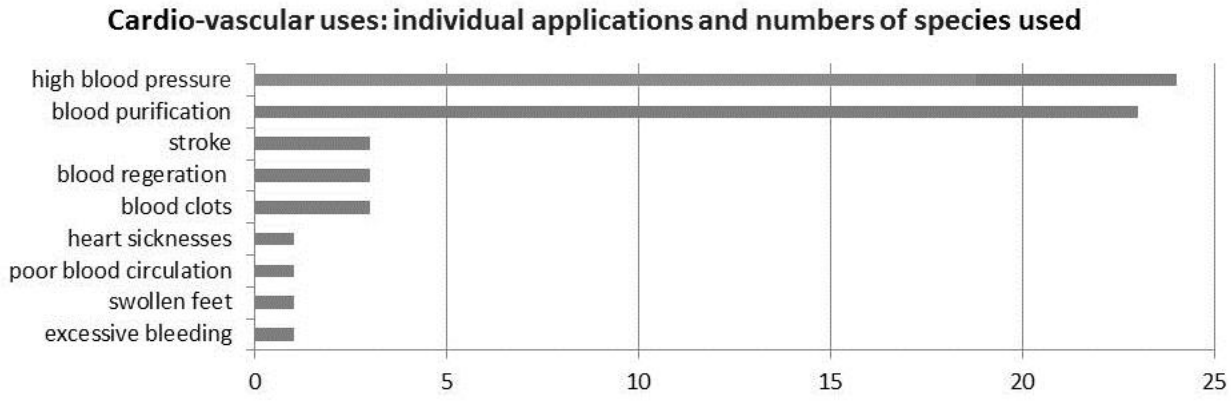

Figure 13. Cardiovascular uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.10 Ear, nose and throat

Ailments classified under ear, throat and nose have a total of 56 plants used for treatments, and the different ailments are shown in Figure 14. Colds and flu has the highest number plants used (34 species).

Listed next are the popular plant species used for each ailment: **cold and flu** – *Tetradenia riparia* (27 citations), *Eucalyptus grandis* (23), *Eucalyptus camaldulensis* (22), *Tecomaria capensis* (19), *Spilanthes mauritiana* (9); **nasal congestion** – *Eucalyptus camaldulensis* (22), *Eucalyptus grandis* (22), *Mikania natalensis* (6), *Clematis brachiata* (4), *Tetradenia riparia* (4), **mouth sores** – *Spilanthes mauritiana* (22); **ear problems** – *Sansevieria hyacinthoides* (20), *Dracaena aletriformis* (10), *Erythrina caffra* (9), *Erythrina lysistemon* (9); **allergies** – *Clematis brachiata* (2) and *Obetia tenax* (1).

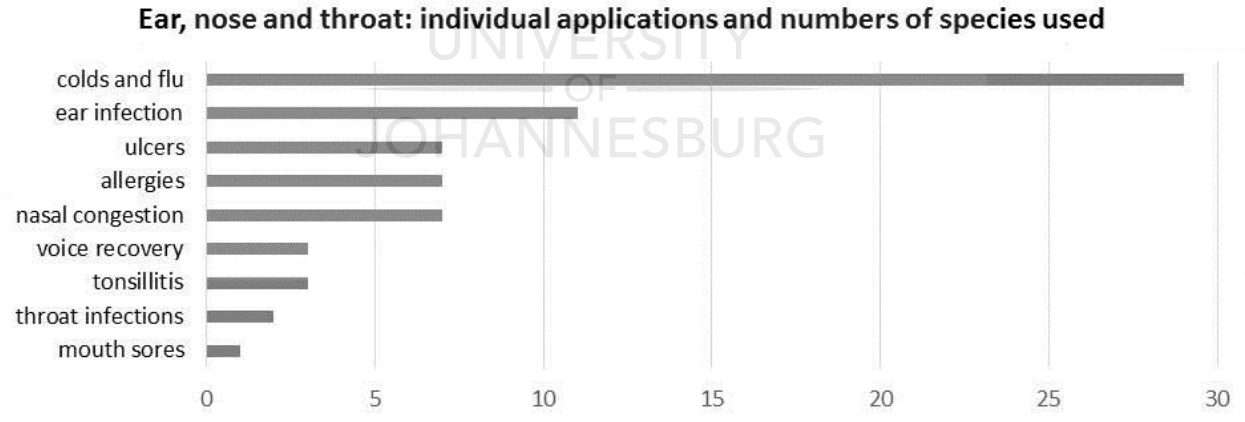

Figure 14. Ear, nose and throat uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.11 Trauma uses

A total of 44 plant species were reported to be used to treat ailments or conditions associated with traumatic situations, as shown in Figure 15. A form of poisoning locally known as *idliso* is treated using 19 plant species. Listed next are the most popular plant species used for each condition: ***Idliso*** – *Foeniculum vulgare* (12 citations); **snake-bite** – *Acokanthera oppositifolia* (17), *Aloe ferox* (9), *Gymnosporia rubra* (6) and *Gomphocarpus physocarpus* (2); **wounds –** *Solanum incanum* (9), *Bidens pilosa* (5) and *Musa acuminata* (4).

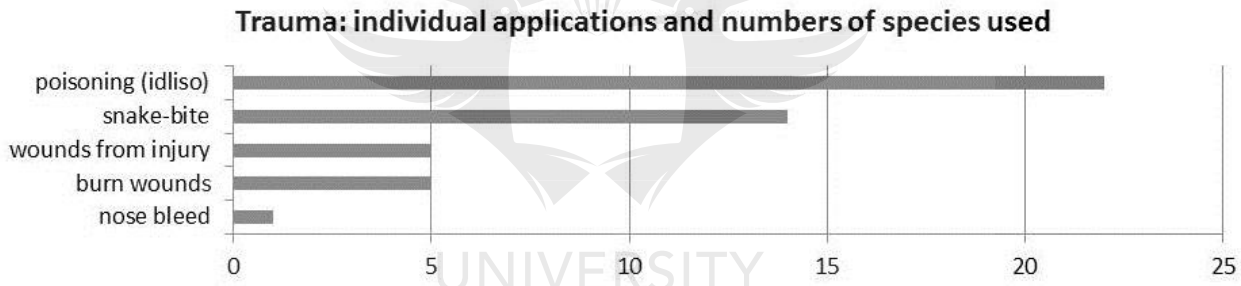

Figure 15. Trauma uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.12 Antimicrobial uses

The use of medicinal plants for their antimicrobial properties and benefits was recorded for 41 plants. In Figure 16, 12 individual applications are shown, with venereal diseases having the highest number of plants used (12 species).

The following are some of the specific ailments and the popular plants used against them: **body itch** – *Microglossa mespilifolia* (18) **measles** – *Microglossa mespilifolia* (21); **disinfectant** – *Foeniculum vulgare* (6); an eruptions of sores known as ***umzimba omubi*** – *Microglossa mespilifolia* (6); **dysentery** – *Ficus glumosa* (4) and *Vachellia karroo* (2); **sexually transmitted infections** – *Albizia adianthifolia* (2); **venereal disease** – *Centella asiatica* (4), *Juncus effusus* (1) and *Platycarpha glomerata* (1); **gonorrhoea** – *Albizia adianthifolia* (1), *Cynodon dactylon* (1), *Ranunculus multifidus* (1); **syphyllis** – *Solanum marginatum* (1); **scabies –** *Hypoxis hemerocallidea* (1), *Albizia adianthifolia* (1) and *Triumfetta chrysotricha* (1); **head sores** – *Grewia occidentalis* (1), *Hypoxis hemerocallidea (*1) and *Withania somnifera* (1).

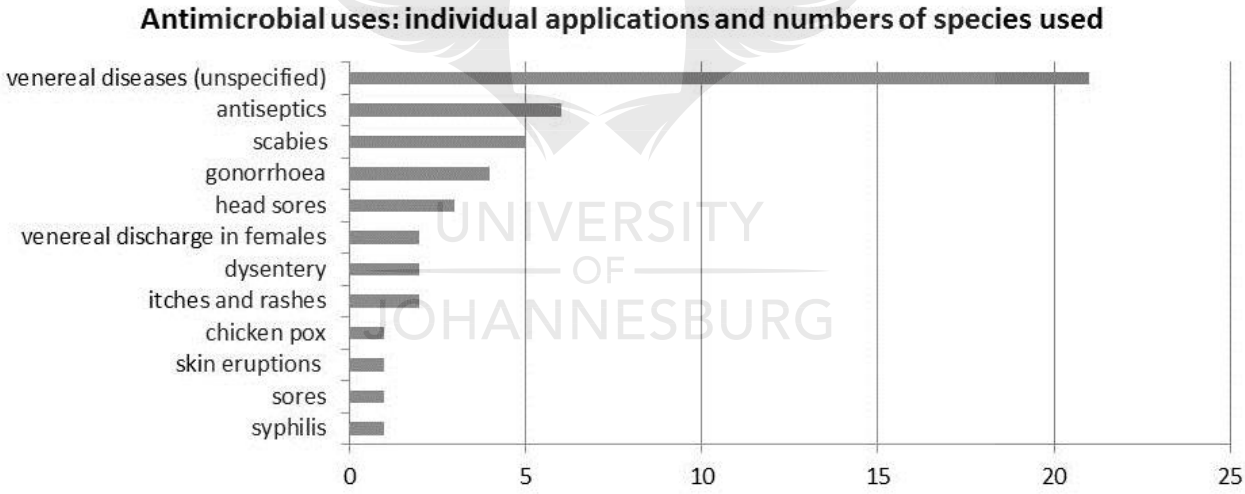

Figure 16. Antimicrobial uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.13 Respiratory system uses

Respiratory ailments and complications were recorded to be treated by a total of 35 medicinal plant species. Of the 12 respiratory ailments shown in Figure 17, coughs have the highest number of plant species used (13).

Listed next are specific ailments and the most popular plant species used: **coughs** – *Acorus calamus* (22 citations), *Tetradenia riparia* (5), *Spilanthes mauritiana* (5) and *Combretum molle* (4); other **chest ailments** – *Cannabis sativa* (18), *Combretum molle* (13) and *Acorus calamus* (3).

The most frequent way to administer medication in treating most of the respiratory ailments is through steaming over a hot mixture containing the plant material used.

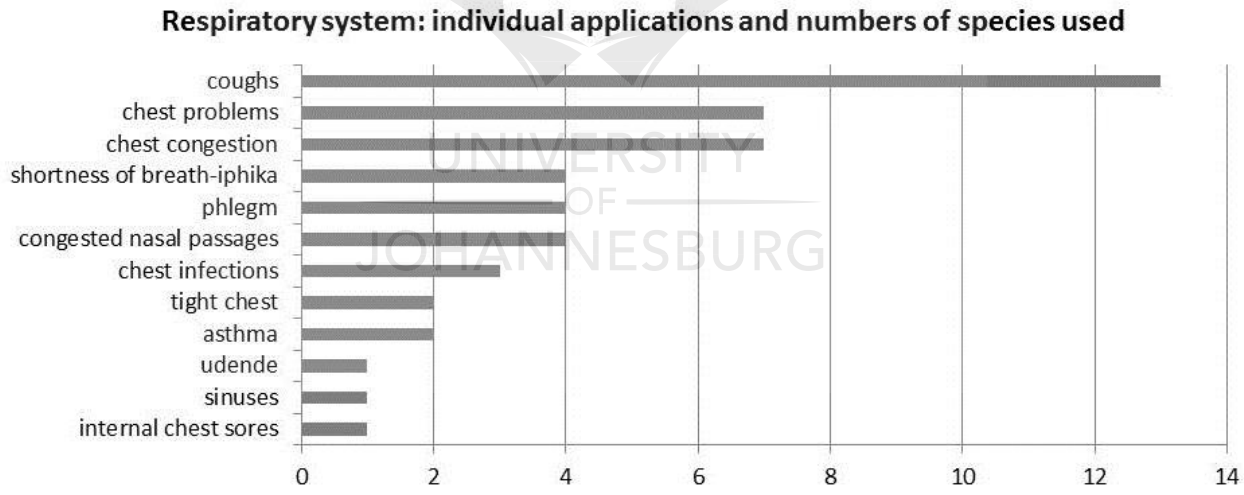

Figure 17. Respiratory system uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.14 Nervous system uses

Different conditions that affect the nervous system were reported to be treated by a total of 27 plant species. All of these conditions are shown in Figure 18. Hysteria is at the top of the list, with 11 plant species used, followed by sedative uses, with six plants.

Listed next are ailments with popular plant species used against them: **hysteria** – *Boophone disticha* (4 citations), *Afroaster hispida* (3) and *Tecomaria capensis* (2)*;* **fits** – *Spirostachys africana* (1), *Stangeria eriopus* (1) and *Boophone disticha* (1). The mind-altering properties of *Boophone disticha* are well recorded (Van Wyk et al., 2009), but less is known about the possible modes of action of the other species listed. The treatment of nervous conditions are usually associated with alkaloids.

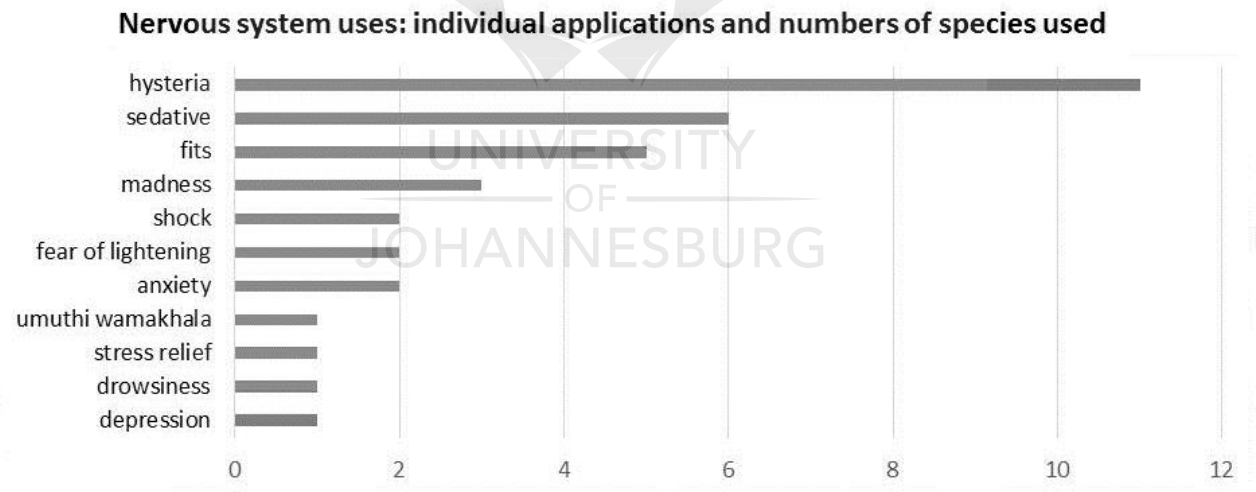

Figure 18. Nervous system uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.15 Urinary system uses

Ailments associated with the urinary system was recorded to be treated with a total of 24 plant species. Eight of the different individual applications are presented in Figure 19. A total of 15 different plants are used to treat bladder and prostrate problems, followed by kidney related ailments with seven plants.

The following are examples of the most popular plant species used : **bladder and prostrate** – *Gunnera perpensa* (18), *Merwilla plumbea* (3), *Euclea natalensis* (3), *Eucomis autumnalis* (3) and *Combretum kraussii* (2); **kidneys** – *Ricinus communis* (3), *Eucomis autumnalis* (2), *Combretum kraussii* (2) and *Afroaster hispida* (2); **urinary diseases** – *Gunnera perpensa* (2), *Mesembryanthemum cordifolium* (2) and *Solanum incanum* (2); **bilharzia** – *Erythrina lysistemon* (1) and *Erythrina caffra* (1).

Gunnera perpensa, *Ricinus communis*, *Eucomis autumnalis* and *Combretum kraussii* are important plants in this category because they appear in more than one of the applications.

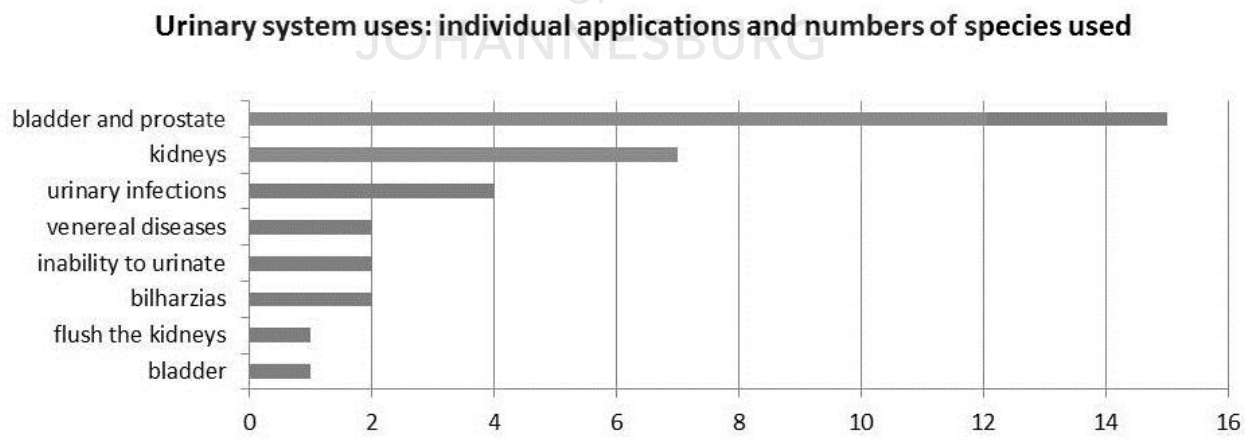

Figure 19. Urinary system uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.16 Anthelmintic uses

A total of 21 medicinal plant species are used in treating different types of worms and related parasites affecting humans (Figure 20). The three most popular plants used as vermifuges, accompanied by the number of citations, are *Embelia ruminata* (9), *Dysphania ambrosioides* (8) and *Maesa lanceolata* (7). These species are well known as vermifuges (Van Wyk et al., 2009; Van Wyk and Wink, 2017).

What is noteworthy that raw fruits of *Embelia ruminata* are used, while those of *Maesa lanceolata* are always cooked. Another plant cited by five of the participants is *Melia azedarach,* while the other plants all have less than five citations.

A popular term used when referring to the expulsion of worms is *ukubhekisa phansi iziklelemu,* which can be directly translated as “redirecting the worms down(wards)”. Usually one will experience or feel the worms making their way up through to the mouth, in that case an anthelmintic will be taken.

In the event of pinworms, only *Lasiosiphon kraussianus* was mentioned by one participant. Pinworms are known as *impeshwana*, which means “small worm”.

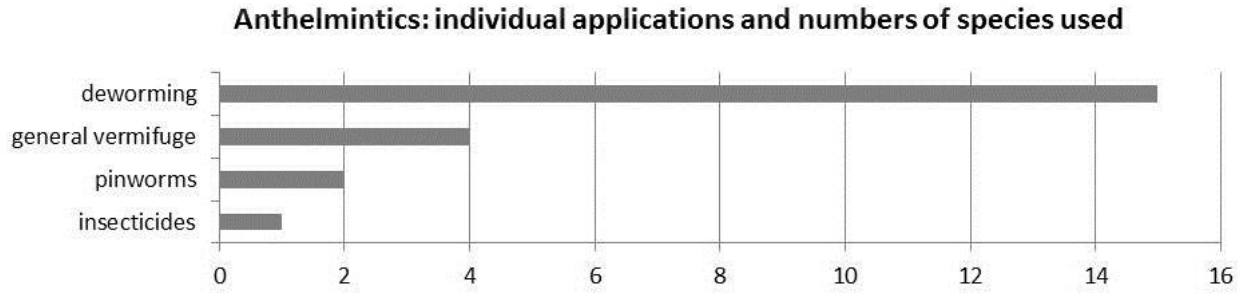

Figure 20. Anthelmintic uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.17 Endocrine system uses

There are 14 medicinal plants known and used to treat ailments affecting the endocrine system. In Figure 21, the four individual endocrine applications are shown, with diabetes having five plants species as treatments, followed by mumps with three and the others with two each.

Acokanthera oblongofolia and *A. oppositifolia* are the most popular plants used in treating diabetes and were both cited by five participants. In the event of mumps, *Sclerocarya birrea* was mentioned by 24 participants, but it is not clear which plant parts are used. Swollen testicular glands were recorded to be treated with *Albizia adianthifolia* and *Ricinus communis* (both were mentioned by two participants).

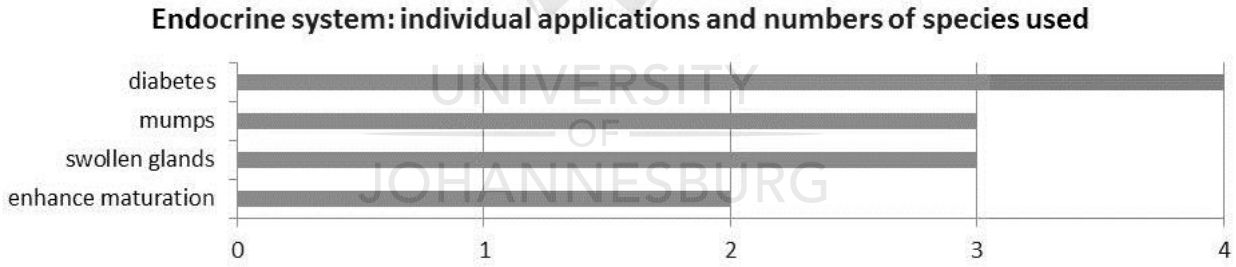

Figure 21. Endocrine system uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.3.18 Ophthalmic uses

In this category, 12 plants were recorded to be used for various eye-related problems. In Figure 22, various eye problems are shown to be treated with six plants species while

infections are treated with five. The most popular plant remedies are listed in a descending order of the number of citations by participants and they are: *Berkheya bipinnatifida* (15), *Plectranthus ciliatus* (5) and *Aloidendron barberae* (2). Both *Berkheya bipinnatifida* and *the Plectranthus ambiguus* are administered in a similar fashion, where the extract from the freshly squeezed leaves is used as eye drops. In the case of *Berkheya bipinnatifida*, it is the new leafy shoots that are preferred.

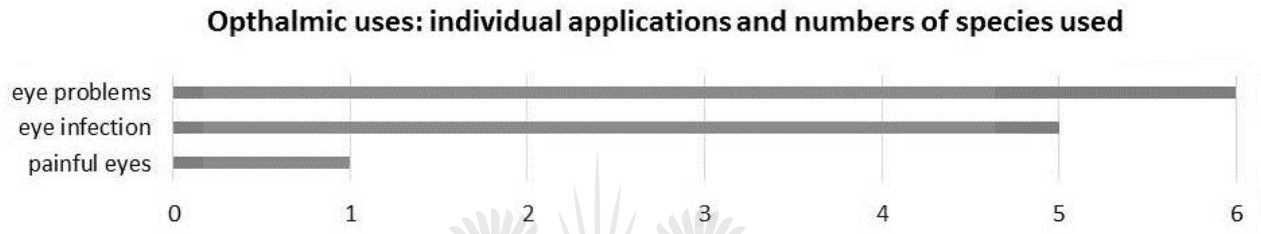

Figure 22. Opthalmic uses of the medicinal plants of Amandawe, showing the number of plant species that used for each application.

3.4 Diversity of vernacular names and praise names

A total of 859 vernacular names and variations of vernacular names have been recorded for the medicinal plants of Amandawe, as listed in Table 1. Of these, 560 appears to be new records. According to Koopman (2015), variations in the spelling of names should be interpreted as separate names (but obviously not variations due to spelling mistakes). No less than 66% of the names listed in Table 1 appear to be newly recorded.

Also documented in Table 1 are several praise names (also called “praises”, in cases where a phrase or sentence is used). These names are typically applied as

alternative names or synonyms for well-known species, in cases where there are some reasons for avoiding the more familiar vernacular name for the species. Praise names are sometimes used by traders and traditional healers to hide the identity of the plants or plant materials they are selling or using. The well-known *umgadankawu* (*Albizia adianthifolia*) for example, may be referred to as *Iskhukaz'esimatshwele* ("hen and chickens", perhaps in reference to the characteristic spreading branches, reminiscent of the protective wings of a hen, and the chickens representing all the various ailments that this tree can cure?). A total of 68 praise names were recorded, of which 60 (88%) have not, to the best of my knowledge, previously been recorded in the scientific or popular literature.

Medicinal plants with a large number of *isiZulu* synonyms (names and name variants) are *Platycarpha glomerata* (10), *Sonchus oleraceus* (10), *Ledebouria floribunda* (9), *Osteospermum monilifera* (9), *Canthium spinosum* (8), *Erythrina latissima* (8), *Helichrysum luteoalbum* (8), *Ledebouria ovatifolia* (8) and *Searsia chirindensis* (8).

The high percentage of newly recorded vernacular names and praises supports the idea that Zulu medicinal ethnobotany is incompletely documented.

CHAPTER 4: QUANTIFICATION AND INDEX VALUES

The term ‘quantitative ethnobotany’ was first coined by Prance et al. (1987), who applied the concept to several ethnobotanical studies (Prance et al., 1987; Phillips and Gentry, 1993a, b; Phillips 1996; Höft et al. 1999). Most of the popular indices that are used are aimed at reflecting the level of agreement or concensus between participants. The higher the number of use-records given independently by different participants, the more “popular” or “important” the species is likely to be (Albuquerque et al., 2006). Due consideration was also given in this study to the guidelines and minimum requirements for ethnobotanical field studies as proposed by Heinrich et al. (2009).

Several indices are available to quantify the importance or relative importance of useful plant species. The Cultural Importance Index (CII) of Reyes-García et al. (2006) and the Species Popularity Index (SPI) of De Beer and Van Wyk (2011) are used here. Unlike CII values, which are calculated from the data in Table 1, SPI values are calculated from a matrix of species versus participants (given in Appendix 7). The way in which the index values are calculated is explained under Materials and Methods.

A comparison of Amandawe medicinal plant species with the highest SPI values and their number of citations and CII values is presented in Table 2. The two indices differ substantially, because the SPI simply measures how well known a species and its uses are, while the CII measures the diversity of use (and hence the perceived importance of the plant to the culture). Despite this important difference, Table 2 shows a high degree of congruence between the species with the highest SPI values and their CII values. It appears that the most versatile medicinal plant species at Amandawe are generally also the ones that are the best known and most frequently cited by the participants. This may be due to the fact that different participants knew about different

uses for the same plant, hence a higher number of “hits” when the SPI value is calculated. A comparison of species with the largest number of different uses (as shown in Figure 5) confirms this idea. There are only a few examples of species with a relatively low CII value despite the fact that they are very popular and well known, such as *Cannabis sativa* and *Pittosporum viridiflorum*. Together with *Leucas lavandulifolia* and *Spilanthes mauritiana*, these two species had SPI values of 1, and were cited by all 37 participants. However, they have relatively few uses (and hence low CII values) and therefore do not appear amongst the most versatile species shown in Figure 5. Nevertheless, it is interesting to note the close similarity between the top 51 most popular medicinal species (as revealed by SPI values above 0.52), when compared to the top 52 most important medicinal species (as revealed by CII values above 0.58). The two indices do not measure the same variables yet almost all of the top 51 most popular species are also among the top 52 most important species (and *vice versa*), as indicated by species names in bold print. Notable exceptions are *Sclerocarya birrea* (rank 20, according to CII) and *Erythrina lysistemon* (rank 26 according to CII) where a diversity of medicinal uses were recorded, but only from a relatively small number of participants. Similarly, *Eriosema distinctum* (rank 29 according to SPI), *Melia azedarach* (rank 31 according to SPI) and *Ledebouria revoluta* (rank 34 according to SPI) do not feature amongst the top 52 plants based on CII values because they have a limited diversity of uses. The rigorous methodology of the matrix method allows for both these indices (and several others) to be calculated and it seems that a more complete assessment is ensured when both are calculated. From a botanical perspective, it is difficult to see any shared features amongst the most popular medicinal plant species. They belong to a diversity of families and represent different life forms, different morphologies and different classes of main secondary metabolites. Although there was no formal assessment of the

Table 2. Comparison of the ca. 50 most popular and culturally important medicinal plants of Amandawe. All species with SPI values exceeding 0.52, and those with CII values exceeding 0.58 are compared (species appearing in both lists are shown in bold print). The total number of citations (from 37 participants) are also shown. Non-indigenous species are marked with an asterisk*.

RANK	SPECIES (ranked by SPI value)	SPI	CITA-TIONS	CII	SPECIES (ranked by CII value)	CII	CITA-TIONS	SPI
1)	***Cannabis sativa**	1.00	35	0.95	***Tetradenia riparia***	1.84	68	0.97
2)	***Leucas lavandulifolia***	1.00	48	1.30	***Spilanthes mauritiana**	1.62	60	1.00
3)	***Pittosporum viridiflorum***	1.00	38	1.03	***Microglossa mespilifolia***	1.32	49	0.80
4)	***Spilanthes mauritiana**	1.00	60	1.62	***Leucas lavandulifolia***	1.30	48	1.00
5)	***Tetradenia riparia***	0.97	68	1.84	***Albizia adianthifolia***	1.27	47	0.84
6)	***Harpephyllum caffrum***	0.95	23	0.62	***Tecomaria capensis***	1.22	45	0.68
7)	***Aloe ferox***	0.94	31	0.84	***Solanum aculeastrum***	1.14	42	0.76
8)	***Barringtonia racemosa***	0.92	34	0.92	***Zanthoxylum capense***	1.11	41	0.80
9)	***Eucalyptus camaldulensis**	0.92	29	0.78	***Senecio serratuloides***	1.08	40	0.81
10)	***Mesembryanthemum cordifolium***	0.92	35	0.95	***Dysphania ambrosioides**	1.08	40	0.73
11)	***Syzygium cordatum***	0.92	27	0.73	***Trichilia dregeana***	1.05	39	0.76
12)	***Albizia adianthifolia***	0.84	47	1.27	***Pittosporum viridiflorum***	1.03	38	1.00
13)	***Gunnera perpensa***	0.82	29	0.78	***Cannabis sativa**	0.95	35	1.00
14)	***Senecio serratuloides***	0.81	40	1.08	***Mesembryanthemum cordifolium***	0.95	35	0.92

15)	***Solanum incanum***	0.81	33	0.89	***Barringtonia racemosa***	0.92	34	0.92
16)	***Microglossa mespilifolia***	0.80	49	1.32	****Acorus calamus***	0.92	34	0.79
17)	***Hypoxis hemerocallidea***	0.80	28	0.76	***Solanum incanum***	0.89	33	0.81
18)	***Zanthoxylum capense***	0.80	41	1.11	***Zanthoxylum davyi***	0.86	32	0.57
19)	****Acorus calamus***	0.79	34	0.92	***Erythrina caffra***	0.86	32	0.54
20)	***Portulaca quadrifida***	0.78	22	0.59	*Sclerocarya birrea*	0.86	32	0.41
21)	****Kalanchoe pinnata***	0.76	27	0.73	***Aloe ferox***	0.84	31	0.94
22)	***Momordica balsamina***	0.76	27	0.73	***Schotia brachypetala***	0.84	31	0.73
23)	***Solanum aculeastrum***	0.76	42	1.14	***Aloe arborescens***	0.84	31	0.67
24)	***Trichilia dregeana***	0.76	39	1.05	****Schkuhria pinnata***	0.81	30	0.64
25)	***Eriosema salignum***	0.74	26	0.70	*Erythrina lysistemon*	0.81	30	0.49
26)	****Dysphania ambrosioides***	0.73	40	1.08	****Eucalyptus camaldulensis***	0.78	29	0.92
27)	***Schotia brachypetala***	0.73	31	0.84	***Gunnera perpensa***	0.78	29	0.82
28)	***Protorhus longifolia***	0.72	29	0.78	***Protorhus longifolia***	0.78	29	0.72
29)	*Eriosema distinctum*	0.70	17	0.46	***Pentanisia prunelloides***	0.78	29	0.68
30)	***Pentanisia prunelloides***	0.68	29	0.78	***Ledebouria floribunda***	0.78	29	0.61
31)	**Melia azedarach*	0.68	11	0.30	****Bidens pilosa***	0.78	29	0.54
32)	***Tecomaria capensis***	0.68	45	1.22	***Hypoxis hemerocallidea***	0.76	28	0.80
33)	***Aloe arborescens***	0.67	31	0.84	***Ledebouria petiolata***	0.76	28	0.55
34)	*Ledebouria revoluta*	0.66	18	0.49	***Syzygium cordatum***	0.73	27	0.92
35)	***Syzygium gerrardii***	0.65	22	0.59	****Kalanchoe pinnata***	0.73	27	0.76

36)	***Schkuhria pinnata***	0.64	30	0.81	***Momordica balsamina***	0.73	27	0.76
37)	***Hypoxis rigidula***	0.64	22	0.59	***Eriosema salignum***	0.70	26	0.74
38)	***Ledebouria floribunda***	0.61	29	0.78	***Osteospermum monilifera***	0.68	25	0.60
39)	***Ledebouria ovatifolia***	0.61	24	0.65	*Plectranthus ambiguus*	0.68	25	0.45
40)	***Acokanthera oppositifolia***	0.61	23	0.62	***Ledebouria ovatifolia***	0.65	24	0.61
41)	*Eriospermum mackenii*	0.60	25	0.14	***Cassipourea malosana***	0.65	24	0.56
42)	***Osteospermum monilifera***	0.60	25	0.68	***Gomphocarpus physocarpus***	0.65	24	0.53
43)	****Eucalyptus grandis***	0.57	23	0.62	**Ricinus communis*	0.65	24	0.30
44)	***Zanthoxylum davyi***	0.57	32	0.86	***Harpephyllum caffrum***	0.62	23	0.95
45)	***Cassipourea malosana***	0.56	24	0.65	***Acokanthera oppositifolia***	0.62	23	0.61
46)	***Ledebouria petiolata***	0.55	28	0.76	****Eucalyptus grandis***	0.62	23	0.57
47)	****Bidens pilosa***	0.54	29	0.78	***Combretum molle***	0.62	23	0.54
48)	***Combretum molle***	0.54	23	0.62	*Rubus rigidus*	0.62	23	0.41
49)	***Erythrina caffra***	0.54	32	0.86	***Portulaca quadrifida***	0.59	22	0.78
50)	***Gomphocarpus physocarpus***	0.53	24	0.65	***Syzygium gerrardii***	0.59	22	0.65
51)	*Clematis brachiata*	0.53	20	0.54	***Hypoxis rigidula***	0.59	22	0.64
52)					*Sansevieria hyacinthoides*	0.59	22	0.35

availability of the species, the general impression is that almost all of the most popular species are abundant in the study area and that none of them are rare or threatened.

The Ethnobotanical Knowledge Index or EKI gives an idea of the level of traditional plant use knowledge that participants have. As carefully explained to the participants, it should not be construed as a “test” of how “clever” a person is, because different people have different interests and hence differ types and levels of knowledge. As a result, a more complete picture emerges because of the diversity of the participants and their interests, thus giving a more accurate reflection of the variety of uses and practises in the community. Traditional healers typically score very high EKI values (e.g. the study by De Beer and Van Wyk, 2011; the highest score of 0.85 in this study was also recorded for a traditional healer) but their main plants and medicinal uses are often very different from those recorded for local communities (Mogale et al., 2019). Community members are more focused on symptomatic relief from self-terminating or chronic conditions, and not so much on finding “cures” for particular ailments.

The value of this index and associated rigorous methodology is that it provides a means of comparing the levels of knowledge between communities and cultures. It also creates the possibility of assessing and quantifying a potential loss of indigenous knowledge at some future date, using the same selection of 310 species as benchmark for comparison.

The EKI values for the 37 participants (18 female and 19 male) in this study are listed in the electronic supplement (Appendix 2) and summarised in Table 2. The EKI values recorded at Amandawe range from 0.07 to 0.46, with an average of 0.26. These values are surprisingly low when compared to other medicinal plant studies (Nortje and Van Wyk, 2015; Hulley et al., 2019). The EKI values in the Kamiesberg (Nortje and Van

Wyk, 2015) varied between 0.17 and 0.90, with an average of 0.52 (85 medicinal plants, 16 participants); those in the western Little Karoo (Hulley and Van Wyk, 2019) between 0.04 and 0.68, with an average of 0.46 (149 medicinal plants, 70 participants). The difference can be explained by the very large number of available medicinal plant species at Amandawe (and thus also the large number of alternative species). As a result, different persons know different species and none of them need to have knowledge about all the medicinal plants of the area.

Table 2. List of participants in the Amandawe study (identifying abbreviations in brackets) with their corresponding Ethnobotanical Knowledge Index (EKI) values. The complete data matrix is attached as Appendix 2.

	Female participants	**EKI value**	**Male participants**	**EKI value**
1	Dlomo, N (NDU)	0.12	Ngidi, M (MNQO)	0.16
2	Sukude, N (SUKD)	0.09	Mbatha, T (TMBA)	0.07
3	Ngidi, Z (ZNGD)	0.35	Gambushe, S (SGAM)	0.17
4	Cele, Z (ZCEL)	0.22	Bhengu, P (PB)	0.24
5	Mkhabela, B (BMKH)	0.25	Identity withheld (TMSO)	0.19
6	Ngwane, T (MAKAS)	0.24	Identity withheld (CHNDL)	0.25
7	Madiba, E (MYS)	0.44	Dlamini, Z (ZADL)	0.37
8	Identity withheld (TNGWN)	0.16	Identity withheld (SHEZ)	0.40
9	Cele, P (PUNCH)	0.28	Mbuto, JB (JB)	0.23
10	Msomi , M (MUN)	0.25	Identity withheld (DSHA)	0.23
11	Nkomo, Z (ZNK)	0.30	Msani, V (MSAN)	0.40
12	Mbili, M (MAMBA)	0.23	Mbutho, A (MBUTHO)	0.46
13	Duma, V (MAMDUM)	0.17	Identity withheld (BKHW)	0.37
14	Dlamini, Z (MADL)	0.26	Zungu, J (JZ)	0.27
15	Msomi, K (KV)	0.09	Phewa, (PHEW)	0.16
16	Identity withheld (NOMV)	0.26	Hlongwa, J (HLO)	0.26
17	Mgozi, C (MGOZ)	0.19	Duma, K (REVDUM)	0.41
18	Mhlongo, B (BMHL)	0.27	Dlamini, Mr (DLAM)	0.40
19			Madlala, E (MRMAD)	0.23

CHAPTER 5: CONCLUSIONS

Indigenous knowledge of medicinal plants at Amandawe is characterised by a large diversity, as shown by 359 species, 859 vernacular names and 1423 medicinal uses that have been recorded. Many ailments and their treatments have also been described, but traditional concepts of diseases and healing are not well understood and deserve further study.

The data presented in this dissertation represent a noteworthy contribution to Zulu ethnobotany and the cultural heritage of southern Africa. It also gives some insights into the importance and urgency of ethnobotanical research and the need to preserve and protect precious cultural information for the benefit of future generations. Given the fact that Zulu medicinal plants have been the subject of several publications and books, it is expected that other rarely studied categories of use, such as magic, ritual, food, veterinary and craft uses will also yield many unrecorded species with novel uses.

Despite the large number of publication devoted to Zulu medicinal plants, and especially the important inventory by Hutching et al. (1996), it is evident that a substantial part of Zulu indigenous medicinal knowledge has remained part of the oral-traditional knowledge system and that it has not yet been documented in the popular or scientific literature.

In Chapter 1, the main hypothesis and research questions were introduced. These are repeated here, with brief answers or summaries.

“The hypothesis was that Zulu medicinal ethnobotany has been adequately documented, given the large number of publications and books devoted to the topic. The premise was that if at least 25% of the species, vernacular names and Zulu plant uses at Amandawe have hitherto remained unrecorded in the scientific and popular literature, then the nul-hypothesis should be rejected.”

The hypothesis has to be rejected, because of overwhelming evidence (in the form of quatitative data) to show that Zulu medicinal ethnobotany is not yet systematically recorded, and that it actually appears to be very poorly recorded.

When revisiting the four main aims of this study as formulated in Chapter 1, the following can be reported:

Aim 1: A quantitative ethnobotanical survey of all medicinal plants of the Amandawe area, in order to generate a checklist.

A comprehensive and quantitative checklist of useful plants of the Amandawe area was successfully compiled. The highly detailed and quantitative primary data in the inventory provide useful information on the medicinal ethnobotany of Zulu people that can be used for future comparative analyses.

Aim 2: Determining the number of previously unrecorded medicinal plant species, vernacular names and medicinal uses, in order to test the hypothesis as stated above.

The numbers of previously unrecorded species for the Zulu culture have been successfully determined and quantified. The hypothesis that Zulu medicinal plants and their uses have been well documented must therefore be rejected. This conclusion is supported by the fact that 110 medicinal species (ca. 31% of the total number), 560 *isiZulu* vernacular names and name variations (66% of the total number), 60 praise names (88% of the total) and 1106 new use-records (78% of the total) are here recorded for the first time for Zulu medicinal ethnobotany. These numbers far exceed the premise of lack of novelty, set at an arbitrary cut-off point of 25%.

Aim 3: Analyses of the main patterns of medicinal plant use (i.e. which species are the most popular or best known for particular health-related applications?)

The main patterns of plant use were analysed for all the categories of medicinal use and the most popular plants for different applications were identified. Rigorous and high quality data is available for further analyses and comparisons at the local, regional and even global level.

Aim 4: To provide high quality primary data on the medicinal plants of the Amadawe area that can be used for further research and for comparative analyses by future researchers.

Detailed ethnobotanical information for a total of 359 medicinal plant species have been documented for the Amandawe area, and analysed in terms of their importance for various categories of use. Numerous species, plant uses and and vernacular names

were recorded for the first time for Zulu medicinal ethnobotany, as detailed above. This result demonstrates the urgency of documenting and preserving indigenous plant use knowledge for the cultural, scientific and socio-economic benefit of future generations. This study successfully synthesized the diversity of medicinal plant use by the people of Amandawe but also generated many unanswered questions that still need to be explored and answered.

Suggested topics for future studies:

1. The biomedical equivalents of traditional Zulu health concepts are poorly understood and deserves further study.

2. The study revealed many new Zulu vernacular names for plants and it will be interesting to explore the relationships and associations between the meanings of the names and the uses of the plants.

3. The extent to which the medicinal plants and plants uses of Amandawe is also applicable to the surrounding areas (and the rest of KwaZulu-Natal Province) need to be determined. The novel species and uses may either be unique to Amadawe, or they may be geographically more widespread but have simply never been recorded.

4. The data presented in this dissertation, as well as the research instrument (flip-file) that is provided, will make it possible for future researchers to test the perceived loss of indigenous knowledge associated with inevitable cultural changes.

5. The newly recorded medicinal plants and newly recorded uses should be studied in greater depth to confirm their novelty and to evaluate their biological activities and chemical constituents.

6. The distinction between medicinal, magic and ritual uses are not very clear. Hutchings et al. (1996) only briefly mentioned numerous magical uses of plants in the inventory of Zulu medicinal plants. The other categories of use are equally poorly known. Medicinal plants have hitherto been the main focus of research efforts and one can only imagine how much novelty remains to be scientifically documented for other categories of use. It will be interesting and important to know the extent to which the medicinal plants also serve various other purposes at Amandawe.

7. To get a more complete understanding of traditional plant use at Amandawe, it is suggested that a comprehensive study of all plant uses be undertaken, including ethnoveterinary, magic, ritual, craft and food uses. Such a study can be extended to cover other areas of KwaZulu-Natal, in order to work towards a comprehensive synthesis of Zulu ethnobotany. Publications emanating from such a study could have much value as contributions to the local, regional and global cultural heritage.

Acknowledgements

Firstly, I would like to thank Professor Ben-Erik Van Wyk for suggesting and initiating the topic of this study. In addition to that, I thank him for his endless support, guidance in developing me as a botanist and inspiration throughout the course of this study. The guidance of Professor Van Wyk, as well as the response, enthusiasm and appreciation received from local people (as well as people from outside of Amandawe), was such a great inspiration for me that I have decided to extend such studies to cover greater parts of KwaZulu-Natal. This study has helped me to better understand the flora, ethnobotany, culture of the Zulu people which I greatly appreciate. In addition to that, the study has empowered me and helped me in developing my scientific skills.

Furthermore, I want to thank the local Chief of KwaCele (Inkosi Sfiso D. Cele) and the rest of the KwaCele tribal authority for their appreciation of this study, as well as their interest in and support for the documentation of traditional knowledge.

Without the community of the Amandawe area in the chieftainship of KwaCele, this study would not have been possible. I want to convey my sincere gratitude to the people who sacrificed their time in sharing such valuable and important information. The female participants were Cele, Zethu B; Cele, Punch; Dlamini, Zibuyile; Dlomo, Nondumiso; Duma, V.T.; Anonymous 1 (NOMV); Anonymous 2 (TNGWN); Madiba, Eunice L; Mbhele, Zibuyile; Mbili, Tholakele; Mgozi, Cecelia; Mhlongo, Barbara S; Mkhabela, Bonisile; Msomi, Khale; Msomi, Munuza; Ngidi, Zibuyile; Ngwane, Thembisile; Nkomo, Zanele, Emmerentia and Sukude, Ntombifuthi. The male participants were Bhengu, Phinda P; Dlamini, Mr; Duma Khuphuka; Gambushe, Shenge L; Hlongwa, Mandlenkosi; Anonymous 3 (BKHW); Anonymous 4 (CHNDL); Anonymous 5 (DSHA); Anonymous 6

(SHEZ); Anonymous 7 (TMSO); Madlala, E T; Mbatha, Thamsanqa; Mbutho, Amos; Mbutho, J; Msani, Velaphi; Ngidi, Mnqobi; Phewa, Mr and Zungu, Jonah.

I also wish to thank the following persons: My family and friends for their moral support; Fellow students of the Research Chair in Indigenous Plant Use for their friendship and support; The Honorary Officers and staff of Vernon Crookes Nature Reserve for their encouragement; Staff of the KwaZulu-Natal herbarium for their support and their help with the identification of specimens.

Finally, I wish to thank the National Research Foundation of South Africa for financial support and the University of Johannesburg for both financial and logistic support and the opportunity to do this study.

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Appendix 1: Inventory of medicinal plants of Amandawe, KwaCele chieftainship, KwaZulu-Natal, South Africa.

Data in paragraph:

Paragraph 1: *Species name* – **newly recorded species in bold** – and author citation; (family name)

Paragraph 2: *local vernacular name or names* – **newly recorded names in bold** (praise names / praises in round brackets)

Paragraph 3: Statistics in square brackets – [Species Popularity Index]; [Cultural Importance Index]; Vouchers – Photograph number: P1, P2, P3, etc. or herbarium specimen number: *Mhlongo 1*, *Mhlongo 2*, *Mhlongo 3*, etc.

Paragraph 4: Zulu names recorded in the literature, with references given as superscripts: Pooley (2005)[1], Boon (2010)[2], Pujol (1990)[3], Walker (1996)[4], Bryant (1983)[5], Hutchings (1996)[6], Van Wyk and Gericke (2000)[7]; Watt and Breyer-Brandwijk (1962)[8], Ngwenya et al. (2004)[9]; Raymond (2005)[10], Van Wyk et al., (2009)[11], Van Oudtshoorn (2012)[12], Gerstner (1938, 1939, 1941)[13], Bromilow (2010)[14], De Wet et al (2010; 2012; 2016)[15]; Van Wyk et al. (2008)[16]; Fox and Norwood Young (1982)[17], Thomas and Grant (1989)[18], Von Ahlefeldt et al. (2003)[19], Moll (1989)[20], Venter and Venter (2002)[21], Raymond (2005)[22], Bews (1921)[23], Doke and Vilakazi (1972)[24], Corrigan et al.[26], Pooley (2006)[27], Grace et al (2003)[28], Nchabeleng et al (2012)[29] , Cunningham and Terry (2006)[30] Vernacular names misspelt in the literature are given in round brackets. Five species names are underlined – these were tentatively identified on the basis of their (well-known) vernacular names but have not yet been verified *in situ*.

Paragraph 5: Local uses recorded in this study; **new records in bold**, [partially new records in square brackets]; (abbreviations of participants, e.g. MNQO = Mnqobi (initials and surname or nicknames), see Appendix 2). Use-records for which the source was not recorded are given as ANON.

1. *Abrus precatorius* L. (Fabaceae)

Umkhokha

[0.91] [0.14] P1

(Umkoka[6]), *Umkhokha*[1, 3,6,10,13,22,23], *Umuthi wenhlanhla*[1, 13]

Uses at Amandawe: This plant is an ingredient in medicines used to treat *isibhobo,* the sharp internal body pains (BMKH); Unidentified plant parts are used to get rid of *idliso* (TMSO); Unidentified parts are used medicinally (SGAM, JHLO, JZ, MYS).

Uses in the literature: Gerstner, 1939; Gilges, 1953; Watt and Breyer-Brandwijk, 1962; Bryant 1966; Kokwaro, 1976; Adesina, 1982; Tarafder, 1983; Arseculeratner et al.,1985; Duke, 1985; Gelfand et al., 1985; Jenkins ,1987; Hedberg and Staugard, 1989; Johns et al., 1990; Hutchings et al., 1996.

Zulu uses: Root or leaf decoctions are taken for pleuritic chest complaints, chest pains and as love charms (Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Bryant, 1966). Seeds are carried as good luck charms (Hutchings et al., 1996).

Other uses: The vapour from the crushed leaves in hot water is used by the Luvale to treat inflamed eyes (Gilges, 1953; Watt and Breyer-Brandwijk, 1962). In East Africa, the seed is used to treat venereal diseases, stomach complaints and eaten as a vegetable (Watt and Breyer-Brandwijk, 1962).

2. *Abutilon sonneratianum* (Cav.) Sweet (Malvaceae)

Unginakile, Unukani, Uthangithini

[0.32] [0.19] P2

Isimunywane[4]

Uses at Amandawe: Parts of the plant are an ingredient in medicines used to treat human inflicted lice infestation (JZ); Unidentified plant parts are used in the preparation of *umuthi obovu* (MYS, ZNK, PHEW, PB, MUN, NOMV).

Uses in the literature: Phillips, 1917; Watt and Breyer-Brandwijk, 1962; Moffett, 2010.

Zulu uses: No use record found in literature.

Other uses: The southern Sotho people use it to stimulate bulls in spring (Watt and Breyer-Brandwijk, 1962).

3. *Acacia dealbata* Link. (Fabaceae)

Uwatela

[0.24] [0.30] P3

Uwatela[14]

Uses at Amandawe: Boiled bark mixture is administered by gargling to relieve painful tooth (SGAM, BKHW, MUN); The bark mixture is administered orally to stop diarrhoea and dysentery (MGOZ, ZNGD); Bark mixture is used in treating *isela* (ZNGD); Bark decoction is used to get rid of *idliso* (ZCEL, a mango tree serves a similar purpose MBUTHO); Unidentified plant part is used as an ingredient in preparation of *imbiza* which is used medicinally (MYS).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: *Acacia dealbata* is used for firewood, as construction poles, for shelter and shade (Boon, 2010).

4. *Acacia mearnsii* De Wild. (Fabaceae)

Uwatela

[0.24] [0.27] P4

No names found in literature

Uses at Amandawe: Bark decoction is gargled with to relieve toothache (SGAM, BKHW, MUN); Root bark decoction is administered by steaming to treat flu and to relieve congested nasals (MSANI); The bark mixture is administered orally to treat and to stop diarrhoea (MGOZ, ZNGD); Some parts of the plant are used in treating a sickness called *isela* (ZNGD); The bark decoction is administered orally by drinking the mixture or as an emetic to get rid of *idliso* (ZCEL, a mango tree serves a similar purpose MBUTHO); The bark decoction is administered as a hot tonic to treat chest problems (DLAMINI); The bark decoction is used as a tonic (MYS).

Uses in the literature: Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: Twigs are eaten as spinach (Palmer and Pitman, 1972a). Timber is used for firewood and fence poles. Bark, leaves and roots have medicinal and magical properties and it is used in dying purposes (Boon, 2010).

5. *Acalypha glabrata* var. *glabrata* Thunb. (Euphorbiaceae)

Isithobothi, *Uthobothi*

[0.11] [0.11] P5

IsiThombothi[2, 22, 23], Isitomboti[23], U (lu) Thovathi[22], Umpututlo[23], Uthobothi[17, 20], Uthovothi[2], (Umthombothi[2])

Uses at Amandawe: Part(s) of this plant are administered as an emetic for medicinal use (MAKAS, ZCEL, MUN); Dried and powdered bark is used as *izihlungu* probably to ease pains, and administered by licking the powder or inhaling it (ZADL).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: Stems are used to make a fishing basket and to build clay ovens (Boon, 2010). Twigs are eaten as spinach (Palmer and Pitman, 1972a).

6. *Acalypha glandulifolia* Buchinger & Meisn. ex C.Krauss (Euphorbiaceae); ***Umsununundu***

[0.05] [0.05] P6

(iGibonisela[22]), Ungibonisela[22], Isithombothi[10], Uluthovane[10], Usununundu[1]

Uses at Amandawe: Whole plant is used to treat impotence in men, probably administered orally as drink (ZADL); A root decoction of this plant is used to treat inflammation (MSANI).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: Twigs are eaten as spinach (Palmer and Pitman, 1972a). Stems are used to make fishing baskets (Cunningham and Terry, 2006)

7. *Acokanthera oblongifolia* (Hochst.) Codd (Apocynaceae)

***Inhlungunyemba**, Inhlungunyembe*

[0.22] [0.43] P7

Inhlungunyembe [2,6,20], Umhlagashiso[6, 22] (Ubuhlungu-benjoka[6]), Ubuhlungubenyoka, [6, 10, 22], Umhlangashiso[10, 22]

Uses at Amandawe: Part(s) of this plant are used to relieve constipation (ZNK); Dried and powdered bark is inhaled to relieve headache (JHLO); Part(s) of this plant are used in treating sharp internal body pains (DLAMINI, JHLO); The root concoction mixed with *insangu-Cannabis sativa* is gargled with to relieve toothache (BKHW); [Bark decoction is administered as a tonic to treat all ailments (REVDUM]; Bark concoction is drunk as a tonic to treat most chronic ailments (MSANI, MBUTHO, DLAMINI, REVDUM high blood pressure in particular CHLZA); The bark of this plant is an ingredient in mixtures prepared to treat diabetes (BMKH, MSANI, MBUTHO, DLAMINI, REVDUM); Unspecified parts of the plant are used as *intelezi* in treating a person who is a victim of *isihlungu* made from the same plant "*umuntu oshawe ngomuthi*" (JHLO); Bark powder is administered by licking to stop and treat symptoms of meat allergies, thus enabling one to start eating meat (JHLO).

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Palmer and Pitman, 1972c; Hutchings et al., 1996.

Zulu uses: Root or bark is used to treat snakebite and it is administered as an emetic (Gerstener, 1939). Root bark is used to treat body itch by mixing it with ointment and applying topically (Palmer and Pitman, 1972c). Unspecified parts are used as an anthelmintic (Hutchings et al., 1996). Roots are used to destroy marauding dogs (Watt and Breyer-Brandwijk, 1962).

Other uses: The Xhosa people use the leaf infusion as an emetic and leaf poultices with ground root applied onto the swollen area to treat the snakebite (Watt and Breyer-Brandwijk, 1962). While the amaMpondo people mix the root scrapings with ointment to treat itch (Hutchings et al., 1996).

8. *Acokanthera oppositifolia* (Lam.) Codd (Apocynaceae)

Inhlungunyembe

[0.61] [0.62] P8

Inhlungunyembe[2,6,18,20,22], Inhlungunyemebezi[10, 22], (inNhlungunyembezi[22]), Unhlungunyembe[3,11], Ubuhlungu-benyoka[3,6,20,22], Umkhwangu[6,10,22], Umhlangaliso[6], Umhlangashiso[3,20]

Uses at Amandawe: Bark powder is administered by licking to stop and treat symptoms of meat allergies thus enabling one to start eating meat (JHLO); Dried powdered bark is administered as *izihlungu* by licking the powder after one has been bitten by a snake and it may also be taken as a precaution (MYS, ZNK, MRMAD, JZ, JB, PUNCH, PB, SHEZ, MUN, CHNDL, MAMBA, DSHA, ZNGD, DLAMINI, REVDUM, MSANI, MBUTHO); **Unspecified plant parts are used in the preparation of *izihlungu* used during fights and stick fights. The addition of *isithobothi- Acalypha glabrata* makes a dangerous mixture this may cause serious swelling on the person who has been hit and may even result in death ZADL); Dried powdered bark are used to prepare *izihlungu* probably administered by licking the powdered bark (PHEW, BMKH, NOMV); Unspecified plant part are used in treating constipation (ZNK);** [**Dried powdered bark is inhaled to relieve headache (JHLO)]; [Unspecified parts are used to treat sharp internal body pains (DLAMINI, JHLO)]; [The plant root concoction together with *insangu- Cannabis sativa* is gargled with in relieving toothache (BKHW)]; Bark of this shrub used in concoction administered as a tonic to treat all ailments (BMKH); The bark of this plant is an ingredient in mixtures prepared to treat diabetes (BMKH, MSANI, MBUTHO, DLAMINI, REVDUM); Bark concoction is drunk as a tonic to treat most chronic ailments especially and high blood pressure (MSANI, MBUTHO, DLAMINI, REVDUM).**

CAUTION: One who is using the *izihlungu* may not hit/tap anyone after having taken *izihlungu.*

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Forbes, V.S.ed., 1986; Neuwinger, 1994; Hutchings, A & Van Staden, 1994); Hutchings et al., 1996; Van Wyk and Gericke, 2000; Wink and Van Wyk, 2008; Van Wyk et al., 2009; Boon, 2010.

Zulu uses: Emetics from small pieces of leaf or root are taken for snakebite (Gerstner, 1939). Powdered roots are also administered orally or as snuff for snakebite and pounded leaves are applied to the swelling around the bite (Watt and Breyer-Brandwijk, 1962). Powder from the root, ground with the gall bladder of a wild pig, is taken in pinches for any sort of pain, including that from snakebite also used to acquire immunity to snakebite (Hutchings et al., 1996). Powder from the plant is used in urinary tract treatment (Hutchings et al., 1996). Root decoctions are taken for anthrax and tapeworm (Watt and Breyer-Brandwijk, 1962). Plants are used to destroy marauding dogs and hyenas (Gerstner, 1939).

Other uses: It is used to treat excessive and irregular menstruation, snakebite, pain from anthrax and tapeworm (Van Wyk and Gericke, 2000).

9. *Acorus calamus* L. (Acoraceae)

Iklalamuzi, ***Indaluqwatha****, Indawolucwatha,* ***Uzulucwatha***

[0.79] [0.92] P9

Ikalamuzi[6, 10, 11]*, Iklalamuzi*[3, 6]*, (ili) Khalamusi*[13]*, Ikhalamuzi,* [22, 23]*, Indawolucwatha*[3, 6, 10, 22]*, (Indawolucwata*[10, 22]*)*

Uses at Amandawe: Unspecified plants are used for an unspecified medicinal purpose (SHEZ, MRMAD); **The roots of this plant are used in treating coughs and can be administered by chewing the root (JHLO, ZNK, ZCEL, TMSO, JB, PUNCH, NOMV, CHNDL, MADLAMINI, MUN, DLAMINI, MAMDUMA, MSANI, JZ, BMKH, ZNGD, MAMBA, BHKW, ZADL), the root mixture is administered as an emetic (MAKAS, ZADL), battered root added to 1 litre of boiled water and 400 ml of vodka or brandy are mixed together resulting in a tincture are used (REVDUM);** The root is used in the preparation of a chest remedy and this is administered as an emetic (PHEW, MADLAMINI), it is administered orally as a tonic made from boiled root (MYS); **The root mixture is used in treating flu (PUNCH, DSHA, MBUTHO); The root mixture is prepared and administered as an emetic and as a drink to treat sores (PB, MGOZ); The root mixture is used to treat stomach cramps (ZNGD).**

Uses in the literature: Marloth, 1917; Gerstner, 1938, 1939; Watt and Breyer-Brandwijk, 1962; Smith, 1966; Pujol, 1990; Arnold et al., 2002; Van Wyk and Gericke, 2000.

Zulu uses: The plant is used for dyspepsia, flatulence and as charm (Gerstner, 1938, 1939). Rhizomes are used for chest colds and for nervous disorders Pujol (1990). They are reported to be ground and mixed with dagga (*Cannabis sativa L*.) by dagga smokers to mask their distinctive smell (Hutchings et al., 1996).

Other uses: It is used medicinally to retard ejaculation in men used for its sedative and analgesic activity, to combat fatigue and hunger (Van Wyk and Gericke, 2000).

10. *Acridocarpus natalitius* A. Juss. (Malpighiaceae)

Umabopha igxolo*, Umabopha wehlathi*

[0.05] [0.03] P10

Ibophe[10, 22], I (li) Bophe[22]), Umabophawentaba[9], Umabopha[9], Umabophe[2, 10, 22, 23], (UmaBophe omkhulu[22]), Umabophe okhulu[10, 22], Ihlalanyosi[9]

Uses at Amandawe: The stems are used as an ingredient in the preparation of *umuthi* obovu (PB).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 1993; Boon, 2010.

Zulu uses: Root is chewed or placed under the tongue by the offender as charm to avert anger (Gerstner, 1941). Root infusions are sprinkled as protective charm against any dangers and as a protective war charm (Watt and Breyer-Brandwijk, 1962). Roots are used medicinally (Pooley, 1993). Leaves are placed under the tongue to make opponents tongue-tied (Watt and Breyer-Brandwijk, 1962). It is used to either hinder or speed up or result in continuous postponements of court proceedings, making the plaintiff say the irrelevant things to the case, mute or highly repetitive (Ngwenya et al., 2004). Herd boys place a small piece of under the tongue or chew it and place under a rock to avoid punishment at home after the cattle have strayed into crops. It used as a protective against lightning, strengthen the stick fighters before the competition as well as to cleanse the whole family after lightning has struck (Ngwenya et al., 2004).

Other uses: Used by Xhosa for protection against lightning and sorcerer by placing the sticks in the thatch and around the homestead (Watt and Breyer-Brandwijk, 1962). The

Tsonga people of Mozambique use it as a war medicine and for purification rites after death (Watt and Breyer-Brandwijk, 1962). Tsonga and Shangaan use it to treat colic and constipation as a purgative and as an ointment in treating pemphigus (Watt and Breyer-Brandwijk, 1962).

11. *Adenia digitata* (Harv.) Engl. (Passifloraceae)

Uthangazane

Not in the matrix P311

Isifulwane[1, 22], Isimufu[22], Umbulelo[1], Umphata[1, 22], Utshwalabezinyoni[22]

Uses at Amandawe: The leaves are used as an ingredient in tonics prepared to treat diabetes (MBHELE); The leaves are used in treating high blood pressure (MBHELE).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: Tswana people use it for homicidal purposes (Watt and Breyer-Brandwijk, 1962). This plant is used medicinally (Pooley, 2005).

12. *Adenia gummifera* (Harv.) Harms (Passifloraceae)

Imfulwa, Impinda, (***Impindamshaye eluhlaza***)

[0.03] [0.05] P11

ImFule[22], Imfulwa[6,10,17,23,24], Impinda[6,1,22], (Infulwa [17, 23]), Isifulwane[2,6,22] Umpindamshaya[2,6,10,15,22,26]

Uses at Amandawe: Mature stems are used in treating eye infections or problematic eyes, the sap or the stem infusion with water is released as droplets directly onto the eyes (PHEW); The root infusion of this plant is administered as an emetic for an unspecified medicinal use, probably as a tonic (PHEW).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Mabogo, 1990; Hutchings et al., 1996; Boon, 2010; De Wet et al., 2010.

Zulu uses: Root infusions are used as emetic tonics or stimulants for seediness or depression caused by febrile conditions known as *umkhuhlane* (Bryant, 1966). Sprinkling protective charms are made from the plant (Gerstner, 1938; Doke and Vilakazi, 1972). Leaves and stem infusions are taken as emetics for biliousness, the root decoctions for malaria, sharp pains in the chest, leprosy and malaria (Hutchings et al., 1996). Powdered leaf and stem is used to treat biliousness, while the root is for malaria and the powdered leaf is used as a protective charm against evil deeds (Watt and Breyer-Brandwijk, 1962). Although poisonous, the leaf infusion used as a tonic in convalescence (Breyer-Brandwijk, 1962). Ripe fruits are edible (Gerstner, 1938). The infusion of the plant and water is administered by steaming and as a bath by the whole family to revenge against enemies (Corrigan et al., 2010). The roots of this plant are used in treating sexually transmitted diseases (De Wet et al., 2010).

Other uses: The Vhenda people use the root for menorrhagia and infertility (Mabogo, 1990). The ripe black drupes are eaten by the blacks of Matimba Gate and the leaves are eaten as spinach by the Vhenda people in the Soutpansberg (Fox and Norwood Young, 1982).

13. *Adenopodia spicata* (E. Mey.) C.Presl (Fabaceae)

Sondelangange, ***(Umaqabulane), Usondelangange wesi Zulu, Usondelangaye***

Not in the matrix P312

Umbambangwe[2]

Uses at Amandawe: Some parts of this plant are used in treating lice infestations (MRGUMEDE).

Uses in the literature: Boon, 2010.

Zulu uses: No use record found in literature.

Other uses: Root parts are used in treating syphilis and chest problems (Boon, 2010).

14. *Afroaster hispida* (Thunb.) J.C. Manning & Goldblatt (Asteraceae)

Udlutshana, **(*Udlutshani*)**

[0.28] [0.57] P35

Idlutshane[4,6,22]*, (iDluthsane*[22]*), IsiHlangashola*[22]*, iSihlangasola*[22]*, Udlutshana*[3,4,11,6,22]*, Udlutshane*[10]*, Udlatshana*[6,10 23,25]*, (Udlushana*[10]*), Uhloshana*[6,10]*, Umaqhunsula*[6,10,22,25]*, Umhlundlwana*[6,1]*, UmHlungwana*[22]*, umHlungwane*[23]*, Unozihekana*[3]

Uses at Amandawe: The roots mixture is used to treat the fear and the trauma experienced by one during lightning, it is administered as an emetic where the whole process is done outside the yard (MAMDUMA); Unspecified part are used medicinally and administered as an emetic and as an enema (BMHL, JHLO, ZADL, MYS, ZNGD); **The roots it is used to treat impotence (ZADL, REVDUM, MRMAD, DLAMINI); The roots is used to treat wounds and sores (PB); A root mixture is used to help women conceive (ZCEL); A root mixture is administered as an emetic to treat the over production of sebum around the nose area (ZNK); A root mixture is used to treat *isela*, administered as an enema (ZNK); The root mixture prepared by the prolonged boiling of the roots with milk, and administered by drinking and as an enema to treat kidneys (MRMAD, DLAMINI); The root mixture administered as an enema and as an emetic to treat back problems (MBUTHO); Unspecified plant parts are used to treat hysteria, probably works as a sedative where the mixture is administered through the nose with hollowed reed (MAMDUMA, MAKAS, also administered as an enema REVDUM);** The root powder is snuffed to cleanse, the nostrils (REVDUM); **The roots part are used to cleanse lower abdomen complaints (DLAMINI).**

Uses in the literature: Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Guillarmod, 1971; Hutchings & Van Staden, 1994; Moffett, 2010.

Zulu uses: The root is used to treat snakebite (Watt and Breyer-Brandwijk, 1962), coughs, stomach complaints and intestinal problems (Watt and Breyer-Brandwijk, 1962). Root decoction with *Cucumis hirsutus* is taken for chronic cough, psychiatric disturbances, urinary infection, eye infection and shortsightedness (Hutchings et al., 1996). Roots are used in cleaning the nostrils and as snakebite remedy (Hulme, 1954).

Other uses: Sotho people administers the root decoction to an infant with fontanels that are not closing (Watt and Breyer-Brandwijk, 1962; Walker, 1996). It is used to treat syphilis and bone decay (Walker, 1996).

15. *Albizia adianthifolia* (Schum.) W. Wight (Fabaceae)

Isibhaha (?), (***Isikhukazi esimatshwele)***, ***Isiyengelele,*** *Umgadankawu,* ***Umhlandluli,*** *Usolo*

[0.14] [0.14] P12

Igowane[2,3,4,6,10,15, 22,26,28], Inhlanhlothi[10,22], Umbhelele[22], Umbhelebhele[2,3,4,6,10, 22], Ubudlo[28], Umgadankawu[2,3,11,6], Umgadawenkawu[10,22], Umgadenkawu[6], Umdlandlothi[10,18,22], Umhlandlothi[2,3,6,28], Umnala[10], Umnalahanga[6], Umnebelede[10,22], Umnebelele[6], uNgwebo-omkhulu[20], Usolo[2,4,6,10,18,22]

Uses at Amandawe: A bark decoction is administered as an enema to treat sexually transmitted infections (MADLAMINI); A leaf mixture is used to treat swollen testicles (MSANI); Unspecified parts are used to treat lice infestation (MSANI, REVDUM, DLAMINI, MUN specified that as a mixture, it is administered as a cold bath); A bark mixture is administered as an enema to treat female discharge and gonorrhoea (MSY); [A bark mixture is administered as an enema to treat to treat boils (MYS -administered as an enema where the bark is used]; Unspecified plant parts are administered by steaming and as an emetic to treat skin related problems (ZNK, REVDUM, JHLO, it treats facial problems and administered by steaming MNQO, ZCEL); A paste made from the bark is applied directly onto the face to treat acne and pimples in addition to that, the bark infusion can be administered as an emetic (MKH), a bark decoction is administered by steaming in treating big pimples (MAMBA). A bark infusion is used to treat itching skin and it is administered as a bath, the infusion must not be too strong (BKHW); The bark infusion is used in treating scabies (ZNGD); Bark mixture is used to treat sores (DLAMINI); **Dried bark powder is used to treat an ailment called *isela*, the powder is inserted into the anus of the patient (CHNDL, DSHA, the bark infused with water is administered as an enema MAMBA); The bark is an ingredient in the preparation of *umuthi obovu*, which is administered by steaming, as an emetic and by bathing (TMBA, MAKAS, JZ, TMSO, DSHA, MGOZ, MAMBA, ZNGD); A bark mixture is used to treat lower back problems, it is administered as an enema (MRMAD);** The bark of this tree is one of the main ingredient in all medicines (JZ); **Dried powdered bark is used to treat headache, it is administered by inhaling the powdered bark material through the nostrils:(BMHL, ZNGD, ZADL, DZA); A bark mixture is used in treating the symptoms of *izichitho* believed to be results of witchcraft (MYS, JB); A bark decoction is used as a tonic when one is not feeling well, also termed blood purifier or blood cleanser (KV administered as an enema), (it is administered by steaming, emetic and enema**

NOMV); [This plant is used medicinally (it is administered by steaming and too much may result in lice infestation MSANI, DZA), (it is administered as an emetic DLAMINI, SHEZ, ZADL), (it is administered by steaming NDU)] **(it is administered to children as an enema BMHL, TNGW, DLAMINI, MBUTHO).**

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Jeskins, 1987; Mabogo, 1990; Pujol, 1990; Hutchings et al., 1996; Walker, 1996; Van Wyk and Gericke, 2000; Van Wyk et al., 2008, Corrigan et al., 2010; Boon, 2010; De Wet et al., 2010; De Wet et al., 2012; Naidoo et al., 2013; De Wet et al., 2013, Nciki et al., 2016.

Zulu uses: Cold or hot root infusion is used for scabies and other skin related problem, and the root infusion is for inflamed eyes (Walker, 1996). Some part of the tree is an ingredient in love charm emetics and a sauce is made from the seeds (Walker, 1996). Aqueous lotions made from the pounded bark and roots are used for eczema and other itchy skin complaints (Bryant, 1966). Roots pounded in little cold water are used to make drops for the inflammation of the eyes. Bark is used to make love charm emetics and in enemas administered to pregnant women to clear their urine (Watt and Breyer-Brandwijk, 1962; Pujol 1990). Powdered bark is taken as snuff for the headaches (Hutchings et al., 1996). Unspecified parts are used for stomach ailments (Gerstner, 1939). A hot leaf decoction is administered by steaming to treat chickenpox (Corrigan et al., 2010). The leaves of this plant are used in treating a sexually transmitted diseases (De Wet et al., 2010), syphilis (De Wet et al., 2012) and gonorrhoea (Naidoo et al., 2013). The bark is used in treating rash and body itch by the people of Maputaland (De Wet et al., 2013, Nciki et al., 2016).

Other uses: Leaves and roots are used by the Vhavhenda to treat stomachache, dysentery, haemorrhoids and as a purgative and roots for improving memory, inducing dreams about (Van Wyk et al., 2009) and for inflammation of the eyes (Mabogo, 1990).

16*. Albuca bracteata* (Thunb.) J.C. Manning & Goldblatt (Hyacinthaceae)

*Umababaza**, Imbabazane, Unsunsu***

[0.14] [0.14] P13

Umababaza[6, 10, 22]

Uses at Amandawe: The bulb is used for wound healing (MBUTHO); A tonic made from the bulb decoction is used as a blood purifier (REVDUM); The bulb is used as a tonic to treat all ailments (it is administered as an emetic JZ, it is administered as an enema ZNGD, SHEZ).

Uses in the literature: Gerstner, 1941.

Zulu uses: The bulb is used as a protective charm for the household (Gerstner, 1941).

Other uses: This plant is used in traditional medicine (Arnold et al., 2002).

17. *Albuca setosa* Jacq. (Hyacinthaceae)

Umalilisa, *Umaphipha,* ***Umaphipha omncane***

[0.05] [0.05] P14

Ichiya[4], Ingcino[1, 10, 4,6,22]

Uses at Amandawe: The bulb infusion is used medicinally and administered as an enema (MAKAS); **The bulb is used to treat skin problems (REVDUM).**

Uses in the literature: Cunningham, 1988.

Zulu uses: Bulbs are used in traditional medicine (Cunningham, 1988). Crushed bulbs are added to a little water in washing shields to bring up the colour and sheen on ox-hide shields (Walker, 1996). The girls who are about to get married use the root infusion to *phalaza*, usually on the day of the wedding to ensure happy married life (Walker, 1996).

Other uses: It is used in ritual cleansing and as a protective charm against lightning and to end quarrels between enemies (Pooley, 2005).

18. *Albuca virens* (Ker Gawl.) J.C. Manning & Goldblatt subsp. *virens* (Hyacinthaceae)

Ixhaphozi

[0.05] [0.05] P15

No names found in literature

Uses at Amandawe: A cold bulb infusion is administered as an enema to treat *isela* (JHLO); The bulb is used for wound healing (MBUTHO).

Uses in the literature: none found.

Zulu uses: Bulbs are used as powerful sprinkling charms to protect the household (Gerstner, 1941).

Other uses: It is used as a charm to cause good or evil (Pooley, 2006). It cooked with meat by the coloured people of Namaqualand.

19. *Aloe arborescens* Mill. (Asphodelaceae)

***Inhlabane**, Inkalane*

[0.67] [0.84] P16

Ikalame[10], Inhlaba-encane[2,3,6,2,22,25], Inhlazi[10, 22], Inkalane-encane[2,3,10,25], Inkalane[11,22], (InKalame[22]), Isankala[10,22], (IsAnkala[22]), (Umhlabane[2,10,22,25]), Unhlabana[2,3,6,10,22,25]

Uses at Amandawe: The leaves are used to treat painful inflammation (REVDUM); A fresh leaf sap infusion is an ingredient in mixtures used in treating or lowering high blood pressure, it is administered orally as a tonic (DLAMINI, MAKAS, ZNK, MADLAMINI, BMKH, KV, MAMBA, DLAMINI); Leaf sap infusion is taken orally to treat stomach cramps (DLAMINI, MSANI, MAKAS, ZNK, JHLO, ZADL); Leaf sap infusion is used to deworm humans (MSANI, DLAMINI), the same infusion is used in "*ibhekisa phansi iziklelemu*" (ZCEL , PHEW, SUKD); Leaf sap infusion is taken orally to counter act the effect of a snakebite venom (SGAM, MYS); The leaves are used as a flu remedy (TMBA); The leaves are used in treating impotence in men

(TMSO); The leaf sap is applied onto the nipples by the breast-feeding mothers to stop babies from suckling. The bitter tasting sap has a very unpleasant taste for the babies, thus discouraging them from suckling (PHEW, NDU, MGOZ); The leaf is an ingredient in tonics used to treat all ailments (PB); The leaf sap is used to treat gall sickness or to empty the overflowing gall administered as an emetic (MUN); The leaf sap is applied directly onto the sores or wounds to where it kills germs and serves as a deterrent/repellent of flies (KV); A leaf infusion is administered as an emetic to boost appetite (CHNDL, ZADL).

Uses in the literature: Gerstner, 1939; Bryant, 1966; Van Wyk and Gericke, 2000; Boon 2010.

Zulu uses: A cold leaf decoctions are used in childbirth (Watt and Breyer-Brandwijk, 1962). Cold leaf infusion is used as a drench to treat sick calves (Hutchings et al., 1996). Leaf infusions are used as sprinkling protective charm against storms (Hulme, 1954). The plant is used to treat burns and wounds (Van Wyk and Gericke, 2000).

Other uses: The root bark is an ingredient in decoctions known as *imbiza* and is taken for scrofulous swellings (Bryant, 1966). It is also used as a blood purifier and for stomach disorders. Roots are used in a mixture with other plants and a sharp instrument is used to insert the mixture into the chest skin for pleurisy. They are also used for venereal disease known as drop (urethral discharge) and dysmenorrhoea. A strong enema is made from unspecified parts (Gerstner, 1939). Bark is used in a mixture to treat urinary tract infections, venereal diseases and susceptibility to sores (Watt and Breyer-Brandwijk, 1962).

20. *Aloe ferox* Mill. (Asphodelaceae)

Inhlaba

[0.94] [0.84] P18

(iNhlaba [20, 22]), Inhlaba [10, 20, 22, 25], Umhlaba [2,6,11,23]

Uses at Amandawe: Snuff powder made from the charred dried leaves is administered by dipping *ukupolomba*, to keep one awake especially while driving (MIKE); Snuff powder is us used to treat snakebite, administered by licking the powder (MYS, NOMV, CHNDL, ZADL, TMSO, MSANI, REVDUM, the powder is mixed with water that has been struck by lightning and drunk SHEZ, the fresh leaf sap mixture is drunk DZA); The leaf sap is an ingredient in tonics taken orally as drinks to lower high blood pressure (MAKAS, ZNK, ZNGD, ZCEL, JZ, MUN, REVDUM, DLAMINI); Unspecified plant parts are used to in making a tonic to treat all ailments, it was used by the nuns at the convent as a tonic to treat all sickness just after the World War 2 when medical supplies were very scarce (REVDUM); Unspecified part of the plant is used in treating stomach cramps (MAKAS, ZNK, DLAMINI, ZNGD); Unspecified parts are used in treating an ailment called *ibhande* (PB); Unspecified parts are used to deworm humans (BMKH, DLAMINI); Unspecified parts are used to treat sores and wounds (MNQO, leaf sap is applied directly onto the affected area REVDUM); The leaf sap applied directly onto the wounds to destroys germs, it also serves as a deterrent/repellent of flies and other

insects (BKHW, MNQO); The leaf is an ingredient in treating a baby sickness called *isolo* in babies (SGAM, MYS); The leaf sap is applied onto the nipples by the breast feeding mothers to stop the baby from suckling or to promote weaning (JHLO, TNGW, MAMBA); Unspecified plant parts are used in an emetic used to treat a post traumatic effect experience by someone who is terrified of thunder and lightning, the infusion is taken as an emetic a day after the lightning (ZADL). MIND-ALTERING: Snuff made from the leaves is administered by inhalation probably for relaxation (MYS, ZCEL, MRMAD, TMBA, JZ, TMSO, JB, SUKD, MNQO, SHEZ, TNGW, BKHW, NOMV, MUNU, MGOZ, CHNDL, PHEW, PB, PUNCH, MAMBA, BMHL, DSHA, DLAMINI, MSANI, REVDUM, MBUTHO, DZA, MRSMADL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Bruce 1975; Pujol, 1990; Hutchings et al., 1996; Boon, 2010; Moffett, 2010.

Zulu uses: The Zulu people use the leaf decoction to treat venereal diseases (Watt and Breyer-Brandwijk, 1962). Fresh leaf juice is applied as an ophthalmic (Watt and Breyer-Brandwijk, 1962). Leaf decoctions and powder from the charred, ground leaves are applied to venereal sores (Bryant, 1966). Ground leaves are used for snuff (Hutchings et al., 1996). Young Zulu herd boys suck the nectar from the flowers (Fox and Norwood Young, 1982).

Other uses: The Xhosa children enjoy sucking the sweet nectar (Watt and Breyer-Brandwijk, 1962). A prepared leaf is used for washing purposes (Watt and Breyer-Brandwijk, 1962; Van Wyk and Gericke, 2000). Leaf gel is used as food in the form of *konfyt* (Van Wyk and Gericke, 2000). Gel used as skin and hair product (Van Wyk and Gericke, 2000). Swazi men used it as soap and hair bleach (Coertze, 1930; Watt and Breyer-Brandwijk, 1962;). Dry leaves are used to make snuff (Van Wyk and Gericke, 2000). Leaf sap is used in rock painting (Van Wyk, 2008).

21. *Aloe maculata* All. (Asphodelaceae)

Icena, ***Ichenyane, Inhlaba***

[0.38] [0.54] P19

Amahlala[1, 3], *Icena*[1, 3,4,6,10,22], *Ihala*[10, 22], *Inkalane*[3]

Uses at Amandawe: The leaf is used in treating snakebite, the mixture is administered orally (MRMAD, SHEZ, REVDUM, PHEW); The leaf sap infusion is administered as a tonic to lower high blood pressure (PB); The leaf is used as an ingredient in treating gall sickness or to treat an overflowing gall better known as *inyongo* (MSANI); A piece of a freshly cut leaf is used to treat inflammation, the leaf is heated over fire and placed over the affected area or it is chopped into smaller pieces and mixed with hot water which is used as *isithobo* (SGAM, ZCEL, TMSO, TNGW, NOMV, MUN, MAMBA, ZADL, MBUTHO); Unspecified parts are used for virility (PUNCH, administered as *ukuncinda* DLAMINI); The leaves are an ingredient in a tonic, administered orally during the late stages of pregnancy to ease childbirth (MAMBA); The bitter tasting leaf sap is applied onto the nipples of a breast-feeding mother to stop the baby from suckling or to promote weaning (DZA).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 2005; Hutchings et al., 1996; Walker, 1996.

Zulu uses: For *Aloe saponari*a, a cold leaf infusion is used to treat 'blood scours' in calf and of enteritis and 'indigestion' in poultry (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Leaf decoctions are also used on hides in preparation to tanning (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Powdered flower is used to treat fever and colds in children (Hutchings et al., 1996). Stems and leaves are used to treat the effects of the narcotic substances and the powdered roots and stem are used to treat the discomfort of too much food and alcohol (Pujol, 1990).

Other uses: Xhosa people use *Aloe saponari*a the leaf sap to treat wounds (Watt and Breyer-Brandwijk, 1962). African people in Transkei and the Xhosa use the leaf to treat wounds (Walker, 1996). The leaf pulp is used by the Gcaleka and the Mfengus to treat boils, sores and inflammation resulted from injuries (Watt and Breyer-Brandwijk, 1962). African people use the leaf pulp and the yellow juice to treat ringworm (Walker, 1996). Cooked leaves are edible (Pooley, 2005). This plant is used traditionally to treat colds, wounds, ringworms, dysentery in poultry and as a protective charm against lightning and in hide tanning (Pooley, 2005).

22. *Aloe thraskii* Baker (Asphodelaceae)

Inhlaba yasolwandle, Isgoba

[0.05] [0.08] P20

iNhlaba[20]*, Umhlaba*[2, 10, 22, 23]

Uses at Amandawe: Dry and powdered leaf is used is treating snakebite, fresh leaf sap is also used for the same purpose (REVDUM); The leaf sap is used to treat sores and wounds, it is applied directly onto the affected area. This is known to kill germs (REVDUM); The leaf infusion is used in treating sharp internal body pains (DLAMINI). MIND ALTERING: Dried leaves are used in the preparation of snuff, which is snuffed probably for relaxation (REVDUM).

Uses in the literature: Hutchings at al., 1996

Zulu uses: Cooked flower is eaten as a vegetable (Watt and Breyer-Brandwijk, 1962). Chewed roots are used in enemas for babies (Gerstner, 1939). Leaf sap is applied to mother's breast to hasten weaning (Hutchings et al., 1996). Dried leaf ash is used to make snuff pungent (Hutchings et al., 1996).

Other uses: Used by the Southern Sotho to treat infertility by drinking the root decoctions (Watt and Breyer-Brandwijk, 1962).

23. ***Aloidendron barberae*** Dyer (Asphodelaceae)

Isigoba, Inhlabende, Inhlaba yesilungu, *Umpondonde,* ***Umpondondo****,* ***Uphondolwendlovu***

[0.32] [0.38] P21

Inkalane enkulu[2,3,10,22]*, Umgxwala*[10,22]*, Umhlabandlazi*[2,3,10,22]*, Umhlalampofu*[2,3,10,22]*, Umpondonde*[2,3]*, Uphondonde*[10,22]

Uses at Amandawe: The leaves of this plant are an ingredient in a tonic used to lower high blood pressure (MAKAS, MSANI, PB, MRMAD, DLAMINI, NOMV); Leaf sap infused with water is used to treat blood marks on the eyes of humans (REVDUM, MKP mentioned that the affected eye is washed with the leaf infusion, JHLO states that a dry leaf is crushed, burnt and applied onto the affected eyes); Unspecified plant parts are used to deworm humans "*ibhekisa iziklelemu phansi"*(PUNCH); The leaf is used to stop the babies from suckling, probably the sap is applied onto the nipples (NDU); A dried and powdered leaf is used to treat sharp internal body pains (MADLAMI, DLAMINI, BKHW).

MIND-ALTERING: Dried and powdered leaf is an ingredient in making snuff (MSANI).

Uses in the literature: Boon, 2010.

Zulu uses: The branches are used to protect the fields from hippos on the Pongola River floodplain (Boon, 2010).

Other uses: Bark used for fevers and eye complaints and as a good luck charm (Boon, 2010). Timber used for furniture and carving (Boon, 2010).

24*. Alsophila dregei* (Kunze) R.M. Tryon (Cyantheaceae)

Inkomankoma, ***Inkombandlela***

[0.11] [0.13] P22

Inkomankoma[6]*, Isikhomakhoma*[6, 13, 23, 24]*, Isikhomane*[6]

Uses at Amandawe: This plant is used medicinally (SHEZ, MRMAD); This plant is used as *imbiza* (ZADL); **Unspecified parts are used to treat impotence (MYS); Unspecified parts are used to treat *izibhobo* sharp internal body pains (SHEZ); This plant is used to treat a sickness called *ibhande:* (MBUTHO).**

Uses in the literature: Gerstner, 1941; Hutchings et al., 1996.

Zulu uses: Some plant parts are the ingredients in preparing an infusion used to ease childbirth (Gerstner, 1941). Roots are used to deworm humans (Doke and Vilakazi, 1972). It is used in a form of an infusion to make a protective charm against witchcraft (Hutchings et al., 1996).

Other uses: It is traditionally used for medicinal purposes (Boon, 2010).

25*.* ***Amaranthus deflexus* L.** (Amaranthaceae)

Imbuya, Ugagabo*,* ***Ugobolo***

[0.05] [0.08] P23

Uses at Amandawe: Whole plant it is used to get rid of lice infestation (SHEZ, MBUTHO, MRSMADL).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: Leaves are cooked and eaten as spinach (Van Wyk and Gericke, 2000).

26. *Amaranthus hybridus* L. (Amaranthaceae)

Imbuya*, *Ugobolo, Ugobolo wamandiya, Umabonda

[0.05] [0.05] P24

Amangamane[1], Ingcwaza[10], Imbuya [17], Isheke[10, 17], Umbhido[1, 14], Umdwabazane[10]

Uses at Amandawe: Whole plant it is used to get rid of lice infestation (SHEZ, MBUTHO).

Uses in the literature: Arnold et al. 2002.

Zulu uses: No use record found in literature.

Other uses: Leaves are cooked and eaten as spinach (Van Wyk and Gericke, 2000; Pooley, 2005).

27*. Amaranthus spinosus* L. (Amaranthaceae)

Isinyembane

[0.08] [0.08] P25

Imbuyabathwa[10, 22]

Uses at Amandawe: Whole plant it is used to get rid of lice infestation (SHEZ, MBUTHO); The leaves are used in treating *isibhobo* sharp internal body pains (BKHW).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: Leaves are cooked and eaten as *imifino* (Fox and Norwood Young, 1982).

Other uses: This herb is used to treat piles and as an expectorant in Ghana, it is used to treat eczema in India and Philippines (Watt and Breyer-Brandwijk, 1962).

28. *Amaranthus thunbergii* Moq. (Amaranthaceae)

Imbuya*, *Ugobolo

[0.05] [0.05] P26

Imbuya[14], [17, 22], (Imbuyu [14]), Indwabaza[17], iNgcaza[22, 24], Umdwabaza[22]

Uses at Amandawe: Whole plant it is used to get rid of lice infestation (SHEZ, MBUTHO).

Uses in the literature: Moffett, 2010.

Zulu uses: No use record found in literature.

Other uses: The Basotho people use it to cleanse blood (Moffett, 2010). Leaves are eaten as *imfino* in Zimbabwe by the Shona (Gelfand, 1971).

29. *Amaranthus viridis* L. (Amaranthaceae)

Imbuya*, *Ugobolo

[0.05] [0.05] P27

Uses at Amandawe: Whole plant it is used to get rid of lice infestation (SHEZ, MBUTHO).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

30. *Anastrabe integerrima* E. Mey. ex Benth. (Scrophulariaceae)

Isiphampathi

[0.05] [0.03] P28

Isangqunyane[10], isiBhembedu[2, 20, 22], Isibhembedu[2], isiPhampathi[20, 22], Isiphampatho[2, 22], Isingunjana[2, 22], (isiPhambatho[22]), isiQunjana[20]

Uses at Amandawe: The bark of this plant is used in the preparation of *umuthi omhlophe* (PHEW).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: Timber is used to make spoons and as building poles (Boon, 2010).

31. *Aneilema aequinoctiale* (P.Beauv.) Loudon (Commelinaceae)

Idangabane

[0.13] [0.14] P29

Idangabane elikhulu[1, 4]

Uses at Amandawe: Whole plant is used to treat burn wounds (MNQO); Whole plant is used to treat inflammation (MBUTHO, SHEZ, BKHW); Whole plant is used to make *imbiza* (PB).

Uses in the literature: Arnold et al., 2002.

Zulu uses: The leaves are cooked as spinach and the tuberous root boiled or roasted (Walker, 1996).

Other uses: Leaves used as spinach, roots are boiled or roasted (Pooley, 2005; Fox and Norwood Young, 1982).

32. *Ansellia africana* Lindl. (Orchidaceae)

Imfe yenkawu, *Iphakama*

Not in the matrix P315

Imfeyenkawu [4,6,8,19,22], Iphamba[8], (Phakama[19])

Uses at Amandawe: Unspecified plant parts are used to treat heartburn (DZA); Whole plant is used to treat sharp internal body pains (DZA).

Uses in the literature: Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Gelfand et al., 1985.

Zulu uses: Root infusion and stem decoction used as love charm (Gerstner, 1941) and as an aphrodisiac (Watt and Breyer-Brandwijk, 1962). It is used as a charm for courting and against bad dreams (Hutchings et al., 1996).

Other uses: The Pedi people use it against coughs in children (Watt and Breyer-Brandwijk, 1962), as a protective charm and as an aphrodisiac in Zimbabwe (Gelfand et al. 1985)

33. *Antidesma venosum* E.Mey. ex Tul. (Phyllanthaceae)

Isibangamlotha

[0.19] [0.19] P30

isihlalamagwibi [17], Incwincwi [17], Isibangamlotha[2,10,18, 20,22,23,20], Isibamloti[4], isiBangamlotha [20,22,23,20], Isibangamlothasenkangala[10,22], Isiquthwane[2,4,10], isiQuthwane[20] Umhlabahlungulu[10,18], Umhlalanyoni[4], umhlalamagwababa [17], Umhlabahlungu[2,22], Umhlala [17,23], umHlalanyoni[20,22], umShongi[20,23], (UmTshongi[23])

Uses at Amandawe: A bark decoction is administered as an emetic to get rid of *ubiyane* probably a thick phlegm on the chest (ZNK); A bark concoction is used as a tonic *umuthi obovu*, administered as an emetic (ZNGD, MSANI, JZ); A bark decoction administered by steaming and as an emetic, is used to treat acne (DLAMINI); The bark is used for an unspecified ailment (REVDUM, SHEZ).

Uses in the literature: Gerstner, 1938; Watt and Breyer-Brandwijk, 1962; Boon, 2010; Bryant, 1966.

Zulu uses: Leaf is an ingredient in infusion used to treat abdominal complaints (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Leaves administered as enemas are used for abdominal disorders as enemas (Bryant, 1966). Root bark is used for dysentery (Gerstner, 1938).

Other uses: Fruits are used as fish bait (Watt and Breyer-Brandwijk, 1962). Swahili use the leaf, twig and fruit infusion to treat abdominal pain (Watt and Breyer-Brandwijk, 1962; Walker, 1996).

34. *Apodytes dimidiata* E.Mey. ex Arn. (Icacinaceae)

Umdakane, (***Uqomangambili*****)**

Not in the matrix P316

iDakane[22], Umdakana [6,8], Umdakane[2,6,8,23,20,22 23,24], (umDakane[20,22,23,24])

Uses at Amandawe: A leaf infusion made from this plant, is used by men for virility (MSANI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Hutchings et al., 1996.

Zulu uses: It is an ingredient in treating intestinal parasites (Bryant, 1966). It is used as a purgative for calves (Gerstner, 1938). It treats worms in cattle and used as a protective charm against evil (Hutchings et al., 1996; Corrigan et al., 2010).

Other uses: In East Africa the bark treats gastric complaints (Kokwaro, 1976), while the Luo use the leaves against ear inflammation (Watt and Breyer-Brandwijk, 1962). Strong, heavy and elastic wood is used is used to make wagons (Watt and Breyer-Brandwijk, 1962).

35. *Araucaria heterophylla* (Salisb.) Franco (Araucariaceae)

(*Abangqongqozi)*

Not in the matrix P317

Abangqongqozi[19]

Uses at Amandawe: The bark of this tree is an ingredient in the preparation of *umuthi obovu* (MYS).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

36. *Artabotrys monteiroae* Oliv. (Annonaceae)

Umadwabe, Umazenda, Umazende, *Umazwenda,* **(*Umgogo wezinhlanya*), *Unozende***

[0.05] [0.05] P32

Amahlungulu[10, 22], (Dwaba[23]), iDwaba[23], (Mazwenda mnyama[23]), Umazwenda[2, 3, 10, 22], (Umdzidzi[10, 22]) (Umgogi wezinhlanya[3]), Umgogo wezinhlanya[3]

Uses at Amandawe: Unspecified plant parts are an ingredient in the preparation of *umuthi omhlophe*; This plant is used to treat *ukuhlanya kwezizwe* not schizophrenia (REVDUM). The roots of this climber are used together with *umayime- Haemanthus albiflos* to treat hysteria, probably as a sedative (REVDUM).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: The fruit is edible (Watt and Breyer-Brandwijk, 1962) and used in making intoxicating liquor (Watt and Breyer-Brandwijk, 1962). Parts of this plant are used to treat gonorrhoea in East Africa (Watt and Breyer-Brandwijk, 1962). Tonga people use it to treat blenorrhagia (Watt and Breyer-Brandwijk, 1962).

37. *Artemisia afra* Jacq. ex Willd. (Asteraceae)

Umhlonyane

Not in the matrix P318

(UmHlanyane[22]), Umhlonyane[6, 8,1,22], Umhlonyane omncane[6]

Uses at Amandawe: The leaves of this plant are used in treating colds and flu (JHLO, leaf infusion is administered as a drink SUKD).

Uses in the literature: Bryant, 1966; Watt and Breyer-Brandwijk, 1962; Kokwaro, 1976; Gelfand et al. 1985; Gerstner, 1939; Hutchings and Johnson, 1986; Roberts, 1990; Hutchings et al., 1996; Van Wyk, 2008.

Zulu uses: Leaf infusion is used to treat febrile problems (Bryant, 1966; Gerstner, 1939). Leaf steam is inhaled to treat headache, colds (Hutchings et al., 1996), measles, and fever including malaria (Watt and Breyer-Brandwijk, 1962). It is used to relieve constipation and rid intestinal worms in children (Roberts, 1990). Decoction is used for blood purification, boils and diabetes (Hutchings et al., 1996).

Other uses: In Lesotho and Transkei, the leaf infusion is used to treat colds and influenza (Hutchings and Johnson, 1986). In Zimbabwe the roots are used in treating pneumonia (Gelfand et al. 1985). Tswana and Venda people use it in treating pimples, boils, mumps, sprains, colic in infants and aching teeth (Roberts, 1990). The Sotho people make a body was lotion from the plant (Watt and Breyer-Brandwijk, 1962).

38. *Arundo donax* L. (Poaceae)

Imbombotho, Umhlanga, Umhlanga omkhulu, Umhlanga wesilungu

[0.03] [0.05] P33

No names found in literature

Uses at Amandawe: The roots of this plant are used in the preparation of *imbiza* that is administered as an emetic to treat stomach problems (ZNGD); The roots of this plant are an ingredient in preparing *umuthi omhlophe* (SIZWE).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Arnold et al. 2002.

Zulu uses: No use record found in literature.

Other uses: In Italy rhizome infusions are used as an antigalactogogue, diaphoretic and diuretic (Watt and Breyer-Brandwijk, 1962) and the rootstock used to treat dropsy (Watt and Breyer-Brandwijk, 1962)

39. *Asclepias gibba* (E.Mey.) Schltr. (Apocynaceae)

Isende lengulube, (Udelani), Udelunina, Ukati

[0.03] [0.03] P34

Umanqanda[1, 6,10,22,25]

Uses at Amandawe: Whole plant is used to treat stomach cramps (MUN).

Uses in the literature: Pooley, 2005; Hulme 1954.

Zulu uses: Dried powdered roots are licked for snakebite, causing the patient to vomit and bring up the foam believed to be caused by the poison from the snake (Hulme, 1954).

Other uses: This plant is eaten in Southern Sotho (Watt and Breyer-Brandwijk, 1962). Rootstocks are eaten by people (Pooley, 2005). Children chew the sweet flowers as sweets (Pooley, 2005). It is used by the Basotho to treat snakebite (Moffett, 2010).

40. *Asparagus laricinus* Burch. (Asparagaceae)

Isgoba, ***Uvucu***

Not in the matrix P319

IButha[22]*, Isgoba* [6]*, (Isgobo*[6]*)*

Uses at Amandawe: Unspecified plant parts are used to treat internal side pains in babies (MYS); **unspecified plants parts are used in treating chest complaints (JB).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966

Zulu uses: Leaves and roots treat pleurodynia and pleurisy (Bryant, 1966).

Other uses: Tswana and Kwena people use the plant to treat women sickness and to induce pregnancy (Watt and Breyer-Brandwijk, 1962). The young succulent shoots are edible (Fox and Norwood Young, 1982).

41. ***Asystasia gangetica*** **(L.) T. Anderson** (Acanthaceae)

Imboza, Isiphondo, Umanongwe

Not in the matrix P320

Isihobo[1]*, Idowane*[4, 22]

Uses at Amandawe: The leaves of this plant are used to treat acne, they are crushed and applied onto the face after it has been washed (MSANI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: It is used by the Swahili to treat snakebite (Watt and Breyer-Brandwijk, 1962). Used for enlarged spleen in new-born babies by the Chagga by rubbing a mixture

of powdered root and the juice of young banana into scarification (Watt and Breyer-Brandwijk, 1962).

42. *Athrixia phylicoides* DC. (Asteraceae)

***Inkalane**, Ishanelo*

[0.03] [0.03] P36

Icholocholo[1,6,22,29], Iphephetha[1], Ishanela[1,10], Ishanelo[9,10,11,22], Ishayelo[1,9,11], Ishayelana[9], Itiye labantu [17], itshalo [17], Itshelo[10,29], (Umtshanela elikhulu[4]), Ishanelo elikhulu[4], (Umtshanela[6,17,22,29])

Uses at Amandawe: Twigs and leaves are used is used to treat inflammation (MSANI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Mabogo, 1990; Roberts, 1990; Hutchings et al. 1996; Pooley, 2005; Walker, 1996, Van Wyk and Gericke, 2000; Ngwenya et al., 2004; Rampedi & Oliver, 2005; Kleinhans et al., 2017; Nchabeleng et al, 2012.

Zulu uses: A decoction of the root is used as a cough remedy and as a purgative (Watt and Breyer-Brandwijk, 1962; Walker, 1996). The Lobedu, the Zulu (Fox and Norwood Young, 1982; Nchabeleng et al, 2012) and the Gcaleka use the infusion of the herb as tea (Walker, 1996; Ngwenya et al 2003). While the Zulu and the Whites take the infusion as a 'blood purifier' for sores, boils and the like (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Walker, 1996). The branchlets are tied together and used as a broom (Walker, 1996, Ngwenya et al. 2003). Boiled bundle of leaves are taken as enema to treat uncontrollable menstruations (Ngwenya et al., 2004).

Other uses: The Southern Sotho bathes their sore feet after scarification in the leaf decoction with the root of *Athrixia eleta* (Watt and Breyer-Brandwijk, 1962). The Venda people use it as an aphrodisiac (Gericke and van Wyk, 2000) and as an anthelmintic (Mabogo, 1990).

43. *Baphia racemosa* (Hochst.) Baker (Fabaceae)

*Isfithi, **Isifithi esibovu, Isifithi esimnyama, Umadlozane***

[0.05] [0.05] P38

(isiFithi[20]), Isifithi[2, 20, 23, 24], Umfithi[10, 22]

Uses at Amandawe: Unspecified plant parts are used medicinally, and administered as an emetic (PHEW, MSANI)

Uses in the literature: none found.

Zulu use: No use record found in literature.

Other uses: The timber is used for making wagon frames, hoe handles and for fighting sticks (Boon, 2010).

44. *Barringtonia racemosa* (L.) Spreng. (Lecythidaceae)

Umwululuka

[0.92] [0.92] P39

Ibhoqo[10, 22], Iboqo[2, 3, 6, 18, 23], (Iliboqo[3, 6]), Umhululuka[3], Umululuka[6, 10, 22]

Uses at Amandawe: The fruit is used to treat gall sickness or to empty the overflowing gall (SGAM, JHLO, MYS, MAKAS, ZCEL, ZNK, MRMAD, TMSO, JZ, JB, PB, PUNCH, NDU, MADL, PHEW, SHEZ, TNGW, BMKH, BKHW, NOMV, MUN, MAMBA, ZNGD, ZADL, DSHA, BMHL, CHNDL, DLAMINI, MGOZ, REVDUM, MAMDUMA, MBUTHO, MSANI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Gerstner, 1938); Van Wyk et al., 2008.

Zulu uses: Tree fruits are said to make a good emetic solution against malaria (Gerstner, 1938; Van Wyk et al. 2008).

Other uses: In East Africa the bark is used for tying purposes (Watt and Breyer-Brandwijk, 1962). It is used as a fish poison, stupefying the fish (Watt and Breyer-Brandwijk, 1962). Stem and root bark is used for tanning (Watt and Breyer-Brandwijk, 1962). In Madagascar, the seed is used as a vermifuge (Watt and Breyer-Brandwijk, 1962). Leaves are edible after soaking it in lime to rove the bitterness (Watt and Breyer-Brandwijk, 1962). Bark is used in tanning, fish poison and insecticide (Van Wyk et al., 2008)

45. *Berchemia zeyheri* (Sond) Grubov (Rhamnaceae)

Umcaka, Umnini

Not in the matrix P321

nToyi,[22], uManzimane[22], Umgologoti [17], Umgologolo [6,22,28], umKhaze[22], Umncaka [6,17, 22], Umneyi [6,21,22], Umnini[6,28], (Umyeni[6]), umNeyi[22], umTimatane[22]

Uses at Amandawe: Unspecified plant parts probably the bark, are used in the preparation of *umuthi obovu* (MYS).

Uses in the literature: Hutchings et al., 1996; Mabogo, 1990; Watt and Breyer-Brandwijk, 1962.

Zulu uses: Bark infusion treats back pains and rectal ulceration in children (Watt and Breyer-Brandwijk, 1962; Pulgrave, 1981) and also treats dysentery in adults (Hutchings (1996). Zulu people eat the ripe fruit (Fox and Norwood Young, 1982).

Other uses: The fruit are eaten by Swazi and Shangaan people. The Venda people use the bark against back pains and rectal ulcers (Mabogo, 1990).

46. *Berkheya bipinnatifida* (Harv.) Roessler (Asteraceae)

Ubani

[0.41] [0.51] P40

Umdizawethafa[1, 6]

Uses at Amandawe: Twigs and leaves are used to treat *amahlaba* internal side pains in babies (ZNGD); The leaf infusion is used to treat eye infections (MAKAS, ZCEL, MRMAD, JZ, PUNCH, TNGW, BKHW, NOMV, MAMBA, BMHL, ZADL, PUNCH, ZNGD, MADLAMINI, ANON, new leaf shoots are squeezed over the infected or affected eyes MUN, PHEW); Unspecified parts of this herb are used in the preparation *umuthi omhlophe* (DLAMINI).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

47. *Berkheya speciosa* (DC.) O.Hoffm. (Asteraceae)

Ikhakhasi, Umalumvumba

[0.05] [0.05] P41

Ikhakhasi elikhulu[1, 4, 6]*, (Ikhakhasana omkhulu*[6, 10, 22]*), Ikhakhasana elikhulu*[6, 10, 22] *Umaphola*[10, 22]*, Umphola*[1, 4, 6]

Uses at Amandawe: Whole plant is used to treat tonsillitis, the infusion is administered by gargling (MYS); A root infusion is used to treat lower abdomen problems, it is administered orally where the roots are used (BKHW).

Uses in the literature: Gerstner, 1941; Bryant, 1949; Hulme 1954; Watt and Breyer-Brandwijk 1962; Pooley, 2005; Walker, 1996; Arnold et al., 2002.

Zulu uses: Infusions are taken or administered as enemas for abdominal disorders, especially for pains experienced after eating (Gerstner, 1941; Watt and Breyer-Brandwijk, 1962). Root infusions are used for schistosomiasis (Watt and Breyer-Brandwijk, 1962). Warm water infusions of crushed leaves are used to bath sore eyes (Hulme, 1954). The Zulu people use the root decoction of a *Berkheya* species as an enema or orally to treat itch. Bryant (1949) says that the Zulu drink a decoction of the root of *Berkheya* species for urinary troubles and pains felt after eating (Walker, 1996).

Other uses: Used traditionally to treat abdominal disorders, bilharzias and to bath sore eyes (Pooley, 2005). Root infusion used to treat schistosomiasis (Watt and Breyer-Brandwijk, 1962).

48*. Berkheya umbellata* DC. (Asteraceae)

Ikhakhasi, Ulimi lwenkomo

[0.11] [0.14] P42

Ikhakhasana elincane[1, 4]*, (Ikhakhasana omncane*[6, 10, 22]*) Ikhakhasana elincane*[6, 10, 22]

Uses at Amandawe: Unspecified parts of this plant are used treat inflammation (JZ, TMSO); The bulb is used to treat body sores (REVDUM); A leaf infusion is used to stop diarrhoea (REVDUM); Unspecified plant parts are used to treat gall sicknesses or to empty the overflowing gall (MUN).

Uses in the literature: Hulme, 1954.

Zulu uses: Infusions made from unspecified parts of this plant are used as scented body lotions by young girls (Hulme, 1954).

Other uses: It is used as a scented body lotion by girls (Walker, 1996, Pooley, 2005).

49. *Bidens pilosa* L. (Asteraceae)

Ucadolo, Uqadolo

[0.54] [0.78] P43

Amalenjane[1,6,14], Isikhathula[1], Ingcadolo[10,22], Ucadolo[10,22], Ucucuza[1,10,14,22], Ugamfe[1,14,24], uGamfefe[22], Umalenjane[4], Umhlabangubo[1,10,22], Umasisi[10]Umesisi[1,14], Unqandolo[15], Uqadolo[1,4,6,14,23,24], Ungcugcuza[10,22]

Uses at Amandawe: Fresh leaves are used to treat wounds and sores (JHLO, ZCEL, JZ, BP, DZA); Fresh leaves are used to treat lice infestation (MRSMADL, mixed with *umvuthuza- Kalanchoe pinnata* MADLAMINI); A leaf infusion is used medicinally probably as a tonic and administered as enema (JB); **A fresh leaf infusion is used to treat fever in infants (PUNCH); A fresh leaf infusion is used to treat stomach cramps in infants (MNQO, ZNGD); Leaves are used to prepare a tonic administered as a drink to ease childbirth. It helps to gradually remove excess water from the womb that may affect the baby during pregnancy (PHEW); Leaves are used to heal the umbilical cord of a newborn baby (PUNCH); The leaves are used to treat *isilonda sesela* and *inyoni* (BMKH, a leaf infusion is administered as an enema DLAMINI); A leaf infusion is used to stop excessive vomiting in infants MYS, NDU); Leaves are used to treat heartburn (SUKD, BKHW, leaves are chewed MSANI); This plant is used to help raise the depressed frontal fontanels of a sick baby. Fresh crushed leaves are mixed with a little bit of water and squeezed. The extract is allowed to run down the forearm in the direction of the elbow, where it is allowed to drip on the affected area (NOMV); The whole plant is used to treat swollen feet where it is mixed with *Foeniculum vulgare* (BMHL); The leaves of this herb are used as an ingredient in mixtures prepared to treat flu where it is mixed with *Spilanthes mauritiana* (ZADL); The leaves are an ingredient in mixtures used to treat a sexually transmitted infection popularly known as cauliflower (DLAMINI); A leaf concoction made from the leaves is administered orally as a tonic (PHEW).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Mabogo, 1990, Hutchings et al., 1996; Walker, 1996; Kokwaro, 1967; Ayensu 1978; Iwu, 1993; Houghton and Osibogun, 1993; Gurib-Fakim et al. 1993; Walker, 1996; Bryant, 1966; Van Wyk and Gericke, 2000; Pooley, 2006; De Wet et al., 2010; De Wet et al., 2012; De Wet, 2013; Naidoo et al., 2013.

Zulu uses: It is used to treat rheumatism (Walker, 1996, Watt and Breyer-Brandwijk, 1962; Pooley, 2006), abdominal troubles, body pains (Hutchings et al., 1996), abdominal troubles, relief of pain (Watt and Breyer-Brandwijk, 1962). The flower is a Zulu diarrhoea remedy (Watt and Breyer-Brandwijk, 1962; Walker, 1996) and a hot infusion of the leaf and root is a colic remedy (Watt and Breyer-Brandwijk 1962; Walker, 1996), stomach complaints (Bryant, 1966). Flowers are used for diarrhoea and ear ailments (Pooley, 2005). Cooked leaves are eaten as vegetable (Pooley, 2005; Van Wyk and Gericke, 2000). Whole plant is used to treat ringworms (De Wet, 2013). All plant parts are used in treating a sexually transmitted diseases (De Wet et al., 2010), genital sires and warts (De Wet et al., 2012). A leaf paste is used to treat ringworms while the leaf sap treats new wounds (De Wet et al., 2013). This plant is used in treating syphilis (Naidoo et al., 2013).

Other uses: The Vhenda use it to treat excessive menstruation, promote conception and administered to newborn babies (Mabogo, 1990).

50. *Boophone disticha* (L.f.) Herb. (Amaryllidaceae)

Inconco, *Incotho,* ***Ingcotho, Umayime***

[0.14] [0.19] P44

Ibhade [1,3,10,22], Incotha[11], Incotho[1,4,10,22, 24], (Incotoho[4]) Incwadi[1,3,4,10,22], iNgxotho[22]

Uses at Amandawe: All plant parts are used to treat lower backaches (DLAMINI); All plant parts are used to cure fits, administered as an emetic (JZ); The stem and the roots are it is used to treat hysteria *ufufunyane* ne *zizwe,* it is administered orally to a person with hysteria to calm them down (SHEZ, REVDUM, BMKH, it is used together with *udakwa -Dioscorea sylvatica* and *uhlunguhlungu* PB).

Uses in the literature: Gordon, 1947; Watt and Breyer-Brandwijk, 1962; Guillarmod, 1971; Gelfand et al.1985; Hutchings et al., 1996; Du Plooy et al. 2001; Van Wyk, 2008.

Zulu uses: *Boophone sp* found to grow in the Umntwentweni in Port Shepstone is used to treat hysteria, asthma, phthisis and other types of dyspnoea (Watt and Breyer-Brandwijk, 1962). The Zulu woman roll snuff about the on a piece of the dried bulb scale, which is said to improve the snuff (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Bulb decoctions are administered by mouth or as enemas to adults suffering for headache, sharp chest pains and persistent bladder pains, and sometimes to hysterical adolescent females (Watt and Breyer-Brandwijk, 1962). It is also given to patients suffering from *inkwantshu*, a condition characterized by the development of cramp-like pains in the calf muscles associated with a feeling of tightness in the fingers and toes. Bulb scales are used as stoppers for ears after piercing (Gerstner, 1941). Cultivated as protective charms (Cunningham, 1988). Used for medicinal and magical purposes and has toxic characteristics (Wright, 1976). The leaves are used for diarrhoea and enteritis by the Swazi (Watt and Breyer-Brandwijk, 1962).

Other uses: The Swazi people chew the outer bark and make a head ring of a chief of Headman (Walker, 1996). The Sotho head boys used the scooped-out bulb as a utensil in which to warm milk (Walker, 1996). The Xhosa people use the bulb to treat red-water in cattle (Watt and Breyer-Brandwijk, 1962; Walker, 1996) and the bulb dry scales to nurse circumcision sores and to treat boils (Watt and Breyer-Brandwijk, 1962; Walker,

1996). The Hottentots use it in arrow poisoning for small game hunting (Watt and Breyer-Brandwijk, 1962), the Bushmen did the same with the aim of eating the kill (Watt and Breyer-Brandwijk, 1962). Leaf, bulb and juice used as an arrow poison in the Cape (Watt and Breyer-Brandwijk, 1962). It is administered to patient to induce visual hallucination, which is later interpreted (Van Wyk and Gericke, 2000). It is used medicinally for headache, chest pains, abdominal pain and insomnia (Van Wyk and Gericke, 2000). It is used to treat circumcision wounds, burns, reduce pain and swelling. It is applied to sores, abscesses and boils, skin rashes and painful joints (Van Wyk and Gericke, 2000). It is used for their poisoning effect in hunting (have fast acting cardiac glycoside) when used as main arrow poison (Van Wyk and Gericke, 2000). It is used to plug sour milk containers. (Pooley, 2005). Bulb used as an arrow poison by the San. It is used in traditional medicine to treat pain, wound and as a narcotic (Pooley, 2005). Leaves striped for fringes and decorative body ornaments (Pooley, 2005). The Manyika people apply the scale locally for the relief of urticaria and burns and plant it outside their huts to ward evil dreams (Walker, 1996).

51*. Bowiea volubilis* Harv. ex Hook.f. (Asparagaceae)

Iguleni, Ugibizisila,

Not in the matrix P433

Igibizisila[6]*, Iguleni* [6]*, Ugibizisila*[6]*, Ugifisila*[9]

Uses at Amandawe: The bulb is used in treating acne and other facial problems (ZMBHELE, VCHLZ).)

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Amusan et al., 2002; Van Wyk et al., 2009; Aston Philander, 2011

Zulu uses: The bulb is used as a love charm by men and used against ascites (Watt and Breyer-Brandwijk, 1962), treat dropsy, and procure abortions, also to ensure easy childbirth (Hutchings et al., 1996). The Zulu people also use it to ensure easy childbirth (Ndawonde et al., 2007). This plant is used in treating sore eyes, skin diseases, venereal diseases as well as a protective charm (Hutchings et al., 1996). According to Van Wyk et al., (2009), this plants id used against asceties, sterility, cystitis, backache, mascular pain, bladder complaints. The bulb is used for venereal diseases, ease childbirth, gastro-intestinal, renal ailments or urinary tract, headaches, swellings, warts, haemorrhoids, scrofula, dropsy, rashes, sores, rectal, wounds, as a hair wash, pain relief on ears, eyes and nose (Pujol, 1990). It is also used a charm plants as for specific spiritual purpose which is invocation of ancestors (Pujol, 1990). This plant is also used to procure abortion (Gerstener, 1941)

Other uses: This plant is used for dropsy (Watt and Breyer-Brandwijk, 1962), as a purgative by Xhosa people, roasted bulb as a purgative by the Pondo, the Mfengus and Baca people (Watt and Breyer-Brandwijk, 1962). The Swazi people used it together with *Boophone disticha* to treat scabies (Amusan et al., 2002), while the Rasta people of the Weastern Cape use it topically for rashes, blisters pimples, burns and bites (Aston Philander, 2011).

52. *Brachylaena discolor* DC. (Asteraceae)

Iphahla, Isiduli, Isiphahluka

[0.10] [0.11] P45

(isiDulusehlathi[22]), (Ipahla[6,26]), Iphahla[2,6,18,24,26], Isiphaluga[6], Umduli[2,6,10,22], Umphapha[6], (uMphahla[20,23]), Umphahla[10,20,23]

Uses at Amandawe: Parts of this plant are used to prevent miscarriage on pregnant women (MBUTHO); Unspecified parts are used medicinally (TMBA, MRMAD, SHEZ).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pujol, 1990; Bryant, 1966; Palmer and Pitman, 1972c; Hutchings 1996; Mabogo, 1990; Arnold et al., 2002; Corrigan et al., 2010.

Zulu uses: Among other diseases, the Zulu people use the bark and leaves to treat fever, bleeding stomach, chest problems and sore joints and (Pujol, 1990). Pounded leaves are ingredients in infusions taken as purgatives against intestinal parasites (Bryant, 1966). Leaf infusions are taken as tonics (Palmer and Pitman, 1972c). They are also used to treat diabetes and renal conditions (Hutchings et al., 1996). Dried leaf milk infusions are used as an anthelmintic for calves, sheep and goats (Hutchings et al., 1996). Root infusions are administered as enemas to stop haemorrhages of the stomach (Palmer and Pitman, 1972c). Roots are used for roundworm and chest pains while roots and stems are used by the *izangoma* [diviners] to communicate with the ancestors (Hutchings et al., 1996). The leaf is an ingredient in treating intestinal parasites (Watt and Breyer-Brandwijk, 1962), and the leaf is used to treat roundworm (Watt and Breyer-Brandwijk, 1962). The plant is used to treat stomachaches, timber for building and the leaves are carried when communicating with the ancestors (Corrigan et al., 2010). The twigs are used to treat sores (De Wet, 2013; De Wet et al., 2013; Nciki et al., 2016).

Other uses: Soap was made by the early Dutch settlers from the Cape which was derived from the ashes of the plant (Watt and Breyer-Brandwijk, 1962). Stems are used as the outer rims of the Tsonga winnowing baskets (Cunningham and Terry, 2006).

53. *Bridelia micrantha* (Hochst.) Baill. (Phyllanthaceae)

(***Umhlahlandlela*****),** *Umhlalamakhwabe,* ***Umluthu***

[0.32] [0.35] P46

(iNcinci[22,23]), Incinci[3,6,10,22,23], (Insheshe[10]), (inSheshe[22]), Insheshe[10,22] Iisibangamlotha [17], (Isibumalothi [17]), (Isihlalamangewibi[3,6,10]), Isihlalamangwebini[3,6,10], Umhlale[10,20], (Umhlali-makabe[3]), (uMhlahle[20]), Umhlahle[2,3,6,10,22], umHlalahlungu[22,24], Umhlalamakhwabe[2,23], Umhlalamagwababa[6,10,18,22], Umhlahlamangcwibi[10,18,22], Umhlalimakwaba,[3],[6,18], Umhlalamahubulu [18], (umHlalamagwababa[20]), Umhlamagwababa[6,20], Umnyelagwababa[22], umhlalathi [17], umntshongi [17], umhlalasemankangala [17] umShonga[22], Umshonge[2,3,6,10]

Uses at Amandawe: An infusion made from the bark and other unspecified part of this tree is administered as an emetic whereby the poison *idliso* is ejected orally

(MBUTHO, MUN); The bark is used to treat heartburn (MUN); The bark mixture is administered as an emetic to treat coughs (MAMBA); The bark is an ingredient in the preparation of *umuthi obovu* (ZNK, JZ, JB, CHNDL, ZNGD, ZADL), [The bark is an ingredient in all medicinal mixtures (PB)]**; The root decoction is administered as an emetic for blood cleansing and purification (PHEW, MGOZ).**

Uses in the literature: Dalziel, 1937; Watt& Breyer-Brandwijk, 1962; Palmer and Pitman, 1972b; Kokwaro, 1976; Gelfand et al., 1985; Mabogo, 1990; Boon 1990; Hutchings et al., 1996.

Zulu uses: Bark infusions are taken as emetics (Hutchings et al., 1996). Root decoction mixed with those of *Dichrostachys* species are taken or rubbed into incisions for lung pain (Palmer and Pitman, 1972b). The Zulu people eat the ripe fruits (Watt and Breyer-Brandwijk, 1962).

Other uses: In Zimbabwe the roots are used in treating coughs in infants and the leaves are used as abortifacients and also as a charm to liberate prisoners (Gelfand et al., 1985).

54. *Bulbine asphodeloides* (L.) Spreng. (Asphodelaceae)

Ibhucu

Not in the matrix P324

Ibhucu[22], Iintelezane, Ishaladilentaba[22], Inthelezane[22]

Uses at Amandawe: The leaves of this plant are used to treat burn wounds. Crushed leaves mixed with or without a raw egg, are applied onto the affected area (MBHELE).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Van Wyk, 2008.

Zulu uses: The leaves are used in treating sores and cracked lips (Hutchings et al., 1996). Tubers are used in stopping vomiting and diarrhoea and as an antispasmodic (Hutchings et al., 1996).

Other uses: Leaf sap is used in treating rashes, sores, and wounds and to stop bleeding (Watt and Breyer-Brandwijk, 1962). The Xhosa people use the tuber as a purge and against scrofula while the Sotho people use it to treat burns and cracked lips. The Nguni, Sotho, Xhosa and the Thswana use it for veterinary purposes (Hutchings et al., 1996).

55. *Bulbine natalensis* Baker (Asphodelaceae)

Ibhucu

Not in the matrix P325

Bhucu[6], Ibucu[6]

Uses at Amandawe: The leaves are used to treat burn wounds (ZNK, NTAKA, it is used together with *Eucomis automnalis* burn wounds).

Uses in the literature: Gerstner, 1938; Watt and Breyer-Brandwijk, 1962; Broster, 1982; Smith, 1895; Pujol, 1990; Hutchings et al., 1996.

Zulu uses: Leaf sap is used in treating eczema and itchy conditions (Watt and Breyer-Brandwijk, 1962). The leaves are used in treating sores and cracked lips (Hutchings et al., 1996). Tubers are used in stopping vomiting and diarrhoea and as an antispasmodic (Hutchings et al., 1996). Tubers sometimes used in strengthening and hastening walking in babies (Hutchings et al., 1996). Parts of this plant used as a harmful charm by young men against the rival lover of their unfaithful girlfriends (Bryant, 1966). Tubers are used in treating syphilis (Gerstner, 1938). This plant is also used for purification rite by young boys entering the adolescent stage at the same time it treats the antisocial behaviour (Hutchings et al., 1996).

Other uses: The Xhosa people use the tuber in treating urinary complaints, dysentery, convulsions in children and (Broster, 1982; Pujol, 1990), lumbago (Smith, 1895) and use it to curb bleeding wounds (Watt and Breyer-Brandwijk, 1962).

56. Burchellia bubalina (L.f.) Sims (Rubiaceae)

Utshwala benyoni

[0.05] [0.08] P48

Isiglowane[2,3,4,6,10,22,23], Iqongqo[23], Ithobankomo[4], Umaphekamoyeni[3,6], (Umavuthwa emfuleni[6,22]), (Umvuthwemifuleni[6,22]), Umkhwakhwane[6], uNcithivane[22], Uqongqo[2,3,4,6,22], uThswalabezinyoni, [22], Utshwala omkhulu[3], Uvuthwemfuleni[2,3,6,22,23]

Uses at Amandawe: The roots and the bark of this shrub are used to purify blood. The decoction is administered as an emetic (MAMBA); Chopped branchlets and the leaves are used in the preparation of *umuthi omhlophe* (it is used with *Maesa lanceolata, Hippobromus pauciflorus* and *Helinus integrifolius* BMHL).

Uses in the literature: Batten and Bokelman, 1996.

Zulu uses: The plant is used as love charm and a philtre (Hulme, 1954; Walker, 1996), as a protective charm against evil (Walker, 1996) and bad dreams (Hulme, 1954).

57. *Callilepis laureola* DC. (Asteraceae)

(Amafutha omhlaba), Impila

[0.22] [0.14] P49

Amafuthomhlaba[1,3,9,25], Ihlamvu[1,3,6,10,22,25], Impila[1,3,4,9,6,10,23,25], (imPhila[22,26])

Uses at Amandawe: This plant used for medicinal purposes (JB, it is used as an emetic MRMAD, administered as a bath PUNCH); **The roots are used in treating body sores, administered as an enema and as a bath (BKHW); Unidentified plant parts are used to treat ear problems (ZNGD).**

Uses in the literature: Gerstner, 1941; Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Doke and Vilakazi, 1972; Cunningham, 1988); Van Wyk and Gericke, 2000); Arnold et al., 2002.

Zulu uses: The Zulu apply the paste of the root to kill maggots in cattle (Watt and Breyer-Brandwijk, 1962; Walker, 1996). The Zulu who take a decoction of the root as a vermifuge and as an infusion as a purgative enema (Walker, 1996). Powdered root infusions are taken as purgatives, sometimes mixed with other ingredients (Bryant, 1966). Boiled roots are taken for tapeworm. Roots are sometimes an ingredient in *inembe* infusion, taken regularly during pregnancy to ensure an easy childbirth, and are also pounded to make an infusion for infertility (Gerstner, 1941; Hulme, 1954; Hutchings et al., 1996). They are sometimes included in medicines known as *isihlambezo*, which are used by traditional birth attendants to ensure the health of both mother and baby during pregnancy (Gumede, 1990). Roots are also taken as tonics by young girls in the early stages of menstruation (Doke and Vilakazi, 1972). Ground roots of the plant known as *impila* are reported to be *Callilepis. laureola* are taken for snakebite and are administered as enemas and in baths to protect the children of parents who have already lost many children (Hutchings et al., 1996). Roots are also used as protective charm to stop bad dreams (Cunningham, 1988). Root decoction is used as a vermifuge; the leaf infusion is used as a purgative enema (Watt and Breyer-Brandwijk, 1962). Pounded roots are put in cold water and used as an enema on a child that is always startles out of sleep, and a piece of the root is also hung on the neck of the child to prevent evil spirits from coming to him/her (Ngwenya et al., 2004). A piece of the root may also be carried with to ward off spooks/ghosts (Ngwenya et al., 2004; Corrigan et al. 2010).

Other uses: Swati use the softened leaf as an external disinfectant (Watt and Breyer-Brandwijk; 1962; Walker, 1996).

58. *Calodendrum capense* (L.f.) Thunb. (Rutaceae)

Umemezi obovu, Ungqonga

[0.39] [0.43] P50

(Umbaba[23]), (umBhaba[20,22,28]), Umbhaba[2,3,10,20,22,23], (Umemeze-omhlophe[2,3,10,16,22,28]), (Umemezi omhlophe[2,3,10,16,22])

Uses at Amandawe: A bark mixture is used medicinally and administered as an emetic (MAMBA); The bark is used as a skin lightener, administered by the applying the paste onto the facial skin (MYS, PHEW, PUNCH, TNGW, NDU, MUN, JZ, BKHW, CHNDL, BMHL, DLAMINI, MAMBA, MSANI, MBUTHO, it is mixed with *umqoqongo- Clerodendrum glabrum* MGOZ).

Uses in the literature: Van Wyk and Gericke, 2000.

Zulu uses: No use record found in literature.

Other uses: Xhosa used the seeds as lucky charm by binding it around their wrists when hunting, to make game easy prey to their weapons (Watt and Breyer-Brandwijk; 1962). It is used for skin treatment (Gericke and Van Wyk; 2000).

59. *Calpurnia aurea* (Aiton) Benth. (Fabaceae)

Umkhiphampethu, ***Usifudu***

[0.14] [0.16] P51

Impande[10,22], Insiphane[10,22,23], (iNsiphane enkulu[22]), (isiKhiphampethu[20]), (inSiphane-enkulu[20]), Insiphane enkulu[2,20,22], Umgibampethu[10,22], Umhlahlambedu[2,10,20,22] (umHlahlambedu[20,22]), Umkhiphampethu[2,10, 22], (umLalandlovane[20,22]), Umlalandlovane[2,10,20,22]

Uses at Amandawe: The leaves are used to treat wounds (JZ); The leaves are used to treat the eruption of body sores *umzimba omubi* (BKHW); The leaves are used to treats lice infestation, the leaf decoction is administered by body steaming (MSANI, BKHW, DSHA).

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Van Wyk et al., 2008.

Zulu uses: *C. subdecandra* is used by the Zulu people to treat maggots in cattle sores (Watt and Breyer-Brandwijk, 1962). Leaves and powdered roots are used for lice and to relieve itches (Gerstner, 1939). Unspecified parts are used to destroy maggots in sores on cattle (Bryant, 1966).

Other uses: *C.intrusa* is used by the Southern Sotho to treat maggots on cattle sores (Watt and Breyer-Brandwijk, 1962)

60. *Cannabis sativa* L. (Cannabaceae)

Igudu, *Insangu,* (***Umthunzi wezinkukhu***)

[1.00] [0.95] P52

Idaka[22], Indlaka[10], Inotha[22], iNsinga[22], Insangu[11, 6,14,23,25], (Intsangu[6, 23]), (Intsinga[6]), Uhungu[10], Unotha[10], uHungu[22], Umunya[10, 24]

Uses at Amandawe: The leaf decoction is used to treat chest complaints, it is administered as an emetic (SGAM, JHLO, MYS, ZCEL, MRMAD, JZ, TMSO), (it is administered as a tonic JB, PHEW, PUNCH, MKHA, MADLAMINI, SHEZ, BKHW, MUN, CHNDL, ZADLA, DLAMINI); [The aerial parts of this herb prepared with milk are used to treat *iphika* shortness of breath (REVDUM)]; **The leaves are used to treat ulcers (MBUTHO); The leaf decoction is used to lower high blood pressure (MBUTHO, BMKH, TNGW, BKHW, CHNDL, BMHL, DSHA, MAKAS, it is administered as an emetic SGAM, it is administered as an oral tonic ZNK, PB);** The leaves together with the male bud of the banana plant are prepared to treat asthma (DZA); Unspecified plant parts are used medicinally (MRMAD, it is administered as an enema ZNGD); **Unspecified plant parts are used in order to lose weight, people usually smoke the leaves to achieve weight loss (TMBA); The leaves are used medicinally to cleanse the body systems, and probably for blood purification or as an immune system booster (SHEZ); Unspecified plant parts are administered as an emetic to get rid of *idliso* (MNQO). MIND ALTERING**: The leaves are the main ingredient in making what is called *dagga* cakes (SUKD, BMKH); The leaves are smoked by headmen *abanumzane* (KV). The leaves are smoked for pleasure (ALL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Trease and Evans, 1983; Hutchings et al., 1996; Oliver-Bever, 1986; Van Wyk, 2008; De Wet et al., 2016.

Zulu uses: *Warburgia salutaris* bark and cannabis sativa leaves are mixed and smoked to treat dry cough (Bryant, 1996). This plant is used to treat asthma, hypertension and diabetes (Hutchings et al., 1996). It is used as a mind-altering drug for relaxation, euphoria, well-being and sociability and to induce a feeling of spirituality. The leaves are edible in the form of cookies. It is used medicinally for asthma, bronchitis, headache, migraine, epilepsy pain, cold and flu, cough, insomnia, labour pains hypertension and diabetes (Van Wyk and Gericke, 2000). This plant is used in treating hypertension by the people of Maputaland (De Wet et al., 2016).

Other uses: The Sotho people grind up the seed and mix it with mealie-pap or bread and administer to children during weaning (Watt and Breyer-Brandwijk, 1962), and the women smoke it to stupefy themselves during childbirth (Watt and Breyer-Brandwijk, 1962). Although its use is illegal many places, in some states in the USA it is legalised for treating cancer (Trease and Evans, 1983).

61. *Canthium inerme* (L.f.) Kuntze (Rubiaceae)

Udakane, *Umvuthwamini*

[0.08] [0.08] P53

(isiTobe[20]), (iTobho[22]), Isitobe[2,6,20], Isiqengqane[9], Ithobho[10,22], Utshwala [17], (UmVuthwamini[20,22, 26]), Umvuthwamini[2,9,6,17,20,22,26]

Uses at Amandawe: The bark is used in the preparation of *umuthi wamadoda* used for virility (CHNDL); Fresh leaf infusion is administered as an enema to babies (NGWANE); A bark mixture is used for unspecified ailment, administered as an emetic (DLAMINI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Cunningham, 1988; Hutchings et al., 1996; Arnold et al., 2002; Van Wyk et al., 2008; De Wet, 2013; De Wet et al., 2013; Nciki et al., 2016.

Zulu uses: It is used as an ingredient to treat stomach and intestinal complaints by the Zulus, they also used in treating dysentery and diarrhoea by orally taking the leaf infusion (Watt and Breyer-Brandwijk, 1962). Roots are used in traditional medicine (Cunningham, 1988). Leaf infusion with milk is used to treat dysentery and diarrhoea (Hutchings et al., 1996). The poles are used in hut building, the roots are used for induced vomiting by trainee diviner and they may also be used as a love charm to make a man attractive as well as a protective charm (Ngwenya et al., 2004). Fruits are eaten by people, birds and monkeys (Ngwenya et al., 2004). The leaves and stems are used to treat acne (De Wet, 2013; De Wet et al., 2013; Nciki et al., 2016).

Other uses: Xhosa people eat the fruit (Watt and Breyer-Brandwijk, 1962). The Luvale people use leaf paste with white clay to treat small pox and use wood to make granaries, while the root infusion makes a man strong as well as a dog medicine (Watt and Breyer-Brandwijk, 1962).

62. *Canthium spinosum* (Klotzsch ex Eckl. & Zeyh.) Kuntze (Rubiaceae)

Ikhanyisani, Ihlalanyosi, Isihlungu sankonka, Ubuchopho bekati, Ubuchopho benja, Udlozini, Umhlabandlazi, Umhlalandlazi, (Ukhanya ebumnyameni)

[0.05] [0.05] P54

(IsiTobe[26]), Umcenyane[10, 22], Umphembedu[2, 1, 22], Umvuthwamini-omncane[2, 10, 22]

Uses at Amandawe: The roots are used in treating sharp internal body pains (DLAMINI); Unspecified part of this plant is an ingredient in preparing *umuthi obovu* (ZCEL).

Uses in the literature: Hutchings et al., 1996; Arnold et al., 2002.

Zulu uses: Parts of this plant are used in traditional medicine (Hutchings et al., 1996). The fruits are eaten by the Zulu people of KwaNibela (Corrigan et al., 2010).

Other uses: Fruits are eaten by people (Fox and Norwood Young, 1982; Boon, 2010).

63. *Carica papaya* L. (Caricaceae)

Uphopho

Not in the matrix P327

Upopo[15]

Uses at Amandawe: The roots of this plant are used to treat coughs (MANGIDI, MACEL the roots are used); The ripe fruit pulp is applied onto the face as a poultice for anti-aging (BMHL).

Uses in the literature: Gurib-Fakim, 2006; De Wet et al., 2010; De Wet et al., 2012; Aravind, et al, 2013; Naidoo et al., 2013.

Zulu uses: Both the roots and leaves of this plant are used by the people of Maputaland in treating a sexually transmitted diseases (De Wet et al., 2010), specifically gonnorhoea (De Wet et al., 2012; Naidoo et al., 2013). This plant is also used by the same people to treat internal sores (De Wet et al., 2012).

Other uses: *Asimina* spp is effective against ovarian cancer (Gurib-Fakim, 2006). This plant is used in treating abdominal and digestive disorders (Aravind, et al, 2013)

64. *Carissa bispinosa* (L.) Desf. ex Brenan (Apocynaceae)

Amathungulu

[0.27] [0.14] P55

Isibethankunzi[4], Umshayankunzi[23], Umvusankunzi[2, 4, 10, 17,22,23,24], Umvusankunzi-omhlophe[3]

Uses at Amandawe: Unspecified plant parts are used to stop diarrhoea (REVDUM); Some dried and powdered parts of this plant are used as *isihlungu* to treat flu, administered by licking the powder (TMSO); Some dried parts are used as *isihlungu* to relieve headache, administered by inhaling the powder (JB, MBUTHO).

Uses in the literature: Pooley, 1993.

Zulu uses: Roots are used as traditional medicine (Pooley, 1993).

Other uses: Swazi paramount chief uses a switch of this tree to strike the back of a black bull that is to be slaughtered during the annual ceremony. This makes the bull fierce, strong and to prevent it falling an easy victim to warriors who have to overcome it with bare hands (Watt and Breyer-Brandwijk, 1962). Fruits are eaten in Transkei (Rose and Guillarmod, 1974).

65. *Carissa macrocarpa* (Eckl.) A.DC. (Apocynaceae)

Amathungulu

[0.24] [0.11] P56

Umqhubankunzi[10, 22]*, (umThungulu*[20, 22]*), Umthungulu*[2, 10,17,20,22]

Uses at Amandawe: Roots are used medicinally, administered as an emetic (PHEW); Unspecified plant parts are used to treat boils (MYS); Dried parts used as *isihlungu* to relieve headache, administered by inhaling the powdered mixture (MBUTHO); Unspecified parts of the plant are prepared or cooked with meat, it is unclear how this is administered to heal a broken or fractured bone (MBUTHO).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: Fruits are edible (Fox and Norwood Young, 1982), the whole plant is used as hedge Wehmeyer, 1976). Ripe fruits give pink dye (Gumede, 1990).

66. *Carpobrotus dimidiatus* (Haw.) L.Bolus (Aizoaceae)

Ibohlololo, Ubohlololo lesilungu, Impinda ebovu yasolwandle

Not in the matrix P328

Ikhambi lamabulawo[8]*, umgongozi*[8]

Uses at Amandawe: The leaves are used to treat inflammation (PHEW, JHLO, TMSO, MYS, BMHL, ZNK, NTAKA, MBHELE, DSHA, JZ, JB, PB, PUNCH, REVDUM, BKHW, MSANI, BMKH, MBUTHO, MRMAD, DLAMINI, ZADL, ZNGD).

Uses in the literature: Gerstner, 1938; 1941; Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; De Wet et al., 2016.

Zulu uses: This plant is administered as an enema in treating baby ailments and also used as a household remedy (Gerstner, 1938, 1941). Both the stems and leaves are used as traditional medicine (Hutchings et al., 1996). This plant is used in treating hypertension by the people of Maputaland (De Wet et al., 2016).

Other uses: In the Transkei it is used in treating allergies, diabetes and sore throats (Hutchings et al., 1996). The Khoi women use the leaf infusion to ease childbirth and the sap is applied on the infant's head to make it nimble and strong (Hutchings et al., 1996). The leaves are used against sore throats, diphtheria, thrush, digestive troubles, diarrhoea and dysentery in southern Africa (Watt and Breyer-Brandwijk, 1962).

67. *Cassipourea flanaganii* (Schinz) Alston (Rhizophoraceae)

Umemezi, ***Umqonga, Ungqonga***

[0.56] [0.65] P57, *Mhlongo 11*

Isibindangulube[9], Isiziba[9], Umanuka[9], Umemezi[9], (Umemeze-obovu[3, 28]), (Umemezi-obovu[3]), Umhlalamagwababa[9], Umjuluka[9], Unukaniweyiziba[9]

Uses at Amandawe: The bark is used for skin lightening (MAKAS, ZNK, MRMAD, ZJ, JB, PHEW, PB, BMKH, SHEZ, BKHW, MUN, KV, CHLNDL, BMHL, MBUTHO, REVD, MGOZ, DLAMINI, PHEW, ZADL, ZNGD, DSHA, BMHL, MAMBA); the bark is used as *umuthi omhlophe* (MAMDUMA).

Uses in the literature: Van Wyk and Gericke, 2000; Ngwenya et al., 2003; Boon, 2010.

Zulu uses: It is used to get rid of excess body water by steaming, the bark is used with that of *Ocotea bullata* and *Albizia adianthifolia* to dispel a charm that causes estrangement. The timber is used for fuel and the poles for hut building (Ngwenya et al., 2003). The bark is used in treating *umeqo omkhulu*, *izichitho*, lice infestation together with the barks of *Ocotea bullata* and *Albizia adianthifolia*, administered by steaming and as an emetic and in *ukukhafula* by men (Ngwenya et al., 2003).

Other uses: Bark is used mostly by women as a skin lightener and for skin problem (Boon, 2010; Van Wyk and Gericke, 2000).

68. *Cassipourea gummiflua Tul.* var. *verticillata* (N.E.Br.) J.Lewis (Rhizophoraceae)

Umemezi

Not in the matrix P329

(iSamunyu[22]), (isiNukane[20,22]), Isinuka[2,6,22,28], isnukani[6], (isinukati[6]), umanuka[6,22], umbhovane[6,2,6,22,28], umbomvana[6], (umbomvane[6]), (umnyamanzi[6]), Umnyamanzi[2,6,22,28], Umjuluka[2]

Uses at Amandawe: The bark is use for skin lightening (CHLZ).

Uses in the literature: Pooley, 1993; Boon, 2010.

Zulu uses: The bark is used in traditional medicine (Pooley, 1993).

Other uses: The bark is used medicinally (Hutchings et al., 1996; Boon; 2010).

69. *Catharanthus roseus* (L.) G.Don (Apocynaceae)

Imbali yamathuna, Imbali yesibaya, Isona, Ubani bezwe, Umangashi

[0.19] [0.32] P58

Ikwhinini[2, 6,10,15,22], Imbali [15], Isishungushlungu[1, 11, 14]

Uses at Amandawe: Boiled root mixture is gargled with to relieve toothache (ZNK, ZNGD, ZCEL, DSHA, PUNCH, CHNDL); All plant parts are used to treat stomach

cramps (PUNCH, MBUTHO); The roots are used to treat diarrhoea (BKHW)**; Roots and leaves are used as an ingredient in the making of *isihlungu* a powder used to treat headache, this is either inhaled or licked (BKHW); Roots and leaves are used to deworm humans, especially when the worms attempt to come out orally. As a result, they are forced to come out through the anus (BMHL); The leaves are used to lower the high blood pressure (REVDUM, leaves are cooked with beetroot together with a can of beer and the mixture is administered as a drink BMHL); The roots and leaves are used to treat sexually transmitted infection, especially the one commonly known as drop (ZNGD).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Roberts, 1983; Bruneton, 1995; Marles & Farnsworth, 1995; Van Wyk and Gericke, 2000; Arnold et al., 2002; Pooley, 2006; De Wet et al., 2010; De Wet et al., 2016.

Zulu uses: Tea made from the flowers is used for blood cleansing and the milky sap is used for insect bites and warts. The leaf is used to treat diabetes (Watt and Breyer-Brandwijk, 1962). It is used to treat diarrhoea (De Wet et al., 2010). This plant is used in treating hypertension by the people of Maputaland (De Wet et al., 2016).

Other uses: It is widely used in traditional medicine to treat diabetes, rheumatism and insect bites, warts and gonorrhoea (Pooley, 2006).

70. *Celtis africana* Burm.f. (Cannabaceae)

(***Umathekapheli*)*,*** *Umvumvu,* ***Uvuvu***

[0.04] [0.05] P59

(inDwanwdazane[20,22,23]), Indwandwazane[2,6,10,20,22,23], uMvuma[22], (umVumvu [20,22]), Umvumvu[2,10,20,22,23], umVuvu[20]

Uses at Amandawe: The bark and leaves are used to treat nausea (MSANI); Unspecified parts are used to deworm people *"igobisa iziklelemu"* (MSANI).

Uses in the literature: none found.

Zulu uses: Wood is used with crocodile fat as a charm against lightning (Pooley, 1993).

Other uses: It is believed that using the fork part of the plant to stir meat during cooking will increase the livestock in the Southern Bechuanaland (Watt and Breyer-Brandwijk, 1962). It is used by the Lovedu people as a protective charm against witches by hammering the sticks into the ground (Watt and Breyer-Brandwijk, 1962).

71. *Celtis gomphophylla* Baker (Cannabaceae)

(***Umathakapheli*)*,*** *Umvumvu****, (Uqhoboka zavithi), Uvuvu***

[0.03] [0.03] P60

Indwandwazane[2], (umVumvu[20]), Umvumvu[2, 20]

Uses at Amandawe: The bark is it is used to treat acne (DLAMINI).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: The bark is used by some African tribes as a snake deterrent (Pulgrave, 1984).

72. *Centella asiatica* (L.) Urb (Apiaceae)

Umangobozane, Isgoba

[0.27] [0.43] P61

Icukudwane[6], Icuduwane[10, 22]

Uses at Amandawe: All plant parts are used to stop excessive bleeding (MYS); Whole plant it is used to ease childbirth (ZCEL); Whole plant is used to treat sores and wounds, it is administered by pasting the crushed leaves on the affected areas (TMSO); [All plant parts are used to treat *isipatsholo* a venereal disease in females (JB, PUNCH, administered by taking cold leaf infusion orally and as an enema MADLAMINI)], All parts of this herb are used to treat sexually transmitted infections, it is administered by taking it orally and as an enema (MADLAMINI); **Whole plant is used to treat stomach cramps, it is administered by chewing the leaves and swallowing the extract (PUNCH); A decoction made from all the plant parts is administered as a hot tonic i*siphungo* (BMKH); All plant parts are used to treat *imvilaphu* the swelling of inguinal lymphatic nodes, it is administered as an enema and orally (BKHW); All parts of this herb are used to treat *isithakathi* in babies (BMHL, NOMV); The leaves are used to treat *izilonda zasendlebeni* ear infection (BMHL); Whole plant is used to treat sharp internal body pains (DLAMINI); Whole plant is used to treat body itch mixed with *uxhapozi* probably *Ranunculus maltifidus* (MBUTHO). This plant is mixed with *uxhapozi* with a yellow flower is used to treat *umhlume*. In this process incisions are made on the affected area of the patient of which the blood is taken a buried underground in a muddy puddle. Then the mixture is applied on the incisions (MBUTHO).**

Uses in the literature: Boiteau.et al., 1949; Watt and Breyer-Brandwijk, 1962; Martindale, 1967; Iwu, 1993; Bruneton, 1995; Pooley, 2005; Arnold et al., 2002.

Zulu uses: Plants are widely used for skin complaints (Hutchings et al., 1996).

Other uses: Leaves are eaten as cooked vegetable by Xhosa (Watt and Breyer-Brandwijk, 1962; Fox and Norwood Young, 1982). It is used in the Cape to treat leprosy (Watt and Breyer-Brandwijk, 1962).

73. *Ceratotheca triloba* (Bernh.) Hook.f. (Pedaliaceae)

Incamashele

Not in the matrix P331

Udekani[19], udoncalwabathwa[4,19,22], Udonqa[4,8,19,23], Udonga lwzithutha[4,19,22], Udonqabathwa[1,8,9,22,24], (umDonqa[23])

Uses at Amandawe: Unspecified plant parts are used to enhances sexual performance in men and improves sperm production (REVDUM, BHEKI, ANON); Leaves and roots of this plants are used in treating venereal discharge in females (MUN).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Walker, 1996; Van Wyk and Gericke, 2000.

Zulu uses: Infusion made from the plant is used to treat painful menstruation (Watt and Breyer-Brandwijk, 1962), gastric complaints and intestinal problems (Walker, 1996).

Other uses: This plant is used as an abortifacient (Van Wyk and Gericke, 2000).

74. *Chromolaena odorata* (L.) R.M.King & H.Rob. (Asteraceae)

Usandanezwe, Uwayiwayi

Not in the matrix P332

Uses at Amandawe: This plant is used to relieve *izinseka* the afterbirth pains (BMHL).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

75. *Citrus limon* (L.) Osbeck (Rutaceae)

Ulamula

Not in the matrix P333

Ulamula[8, 15]

Uses at Amandawe: Through steaming, the vapour from the hot infusion of fresh leaves is used in treating particular eye problems (LKHOMO).

Uses in the literature: none found.

Zulu uses: This plant is used in treating respiratory problems (York et al., 2012). This plant is used in treating hypertension by the people of Maputaland (De Wet et al., 2016).

Other uses: The *Citrus lemon* fruit juices are used in various foods around the world (Goodrich, 2003).

76. *Clausena anisata* (Willd.) Hook.f. ex Benth. (Rutaceae)

Umnukambiba

Not in the matrix P334

Isifudu[6,22]*, Isifundu*[23]*, Isifutho*[23]*, Isifuthu*[6]*, Umkhambiba*[23]*, Umnukambhiba*[6,22,23,25]*, (UmNukelambiba*[22]*), Umnukelambiba*[6,22,23]*, Umsanka*[6]*, Umsaga*[25]*, Umsanga*[23]*, (uSanga*[22]*), uMwashampunzi*[22,23]

Uses at Amandawe: Administered as an emetic, the scented leaves and twigs are used as *ubulawu* or *umuthi omhlophe*. One of the benefits is that it leaves a nice smell on the person using it (MSANI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: This plant is used in treating respiratory problems (York et al., 2012). Roots are a remedy against tapeworm (Bryant, 1966). Infusion of the leaves with other plants is used as parasiticide and as a purgative (Hutchings et al., 1996). Wood smoke is used to fumigate newborn babies, leaf decoction steam cleanses the body internally, treat rheumatism, fever, deodorant and strengthen the heart (Hutchings et al., 1996). Root decoction treats bad breath and heart problems (Pujol, 1990). Root infusion treats illnesses brought upon by evil spirits or the ancestors (Hutchings et al., 1996).

Other uses: Xhosa use the plant to treat calves (Watt and Breyer-Brandwijk, 1962).

77. *Clematis brachiata* Thunb. (Ranunculaceae)

Ikhambi lesiduli, ihlozi, Ihluzi, *Umdlonzo*

[0.53] [0.54] P65

Idlonzo[3]*, Ihlalahlathi*[24]*, Ihlonzo lesduli*[3,22,25]*, Inhlabanhlanzi*[3,6,10,22, 25]*, Inhlongo*[3,6]*, (isiFudu*[20]*), Umdlozo*[4,6]*, (umSanga*[20]*), Umdlandlasi*[10,22]*, Umdlonzo*[6,10,22]*, Umhlabahlanzi*[10,25]*, Umhlalahlathi*[10]*, Umhlahlathi*[10,22]*, umNhlongo*[22]*, umNukambiba*[20]

Uses at Amandawe: Twigs and leaves are used to treat fever in babies (MGOZ, SGAM, CHNDL, DSH); Twigs and leaves are used to treat meat allergies (TMSO, NOMV); Leaves and twigs are used for blood cleansing and purification, it is administered as a tonic (BMHL); Leaves and twigs together with *Dalbergia obovata,* are used to stop excessive menstruation (BMHL); Leaves are crushed and inhaled to relieve congested and blocked nasals (JB, BKHW, MUN, MSANI); Unspecified plant parts are used to treat stomach cramps (TNGW); Unspecified parts are used to treat back problem (MSANI); Unspecified parts are used treat body sores *umzimba omubi* (SHEZ, MSANI, MYS); Unspecified plant parts are used to treat body/skin rash (ZNGD).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Batten and Bokelmann, 1966; Gelfand et al., 1985; Hedberg and Staugard, 1989; Mabogo, 1990; Pooley, 2005; Walker, 1996; Pooley, 2005; Van Wyk et al., 2008; De Wet et al., 2010; York et al., 2012; Naidoo et al., 2013.

Zulu uses: Leaf and stem infusions are taken or administered as enemas for abdominal disorders (Watt and Breyer-Brandwijk, 1962). Pounded leaves, mixed with red earth, are applied to children's rashes (Hulme, 1954; Walker, 1996). The roots of this plant are used in treating sexually transmitted diseases (De Wet et al., 2010). Whole plant is used in treating a sexually transmitted diseases (De Wet et al., 2010), specifically syphilis

(Naidoo et al., 2013). This plant is used in treating respiratory problems (York et al., 2012).

Other uses: In Botswana the smoke from the burning leaves is inhaled for blood problems associated with itchy sores (Hedberg and Staugard, 1989). Swati and Sotho use it as an ingredient to treat syphilis (Watt and Breyer-Brandwijk, 1962). Xhosa sniff the bruised stem to clear the head and to treat colds, while the Pedi and in Zimbabwe the root is sniffed for headache (Watt and Breyer-Brandwijk, 1962).

78. *Clerodendrum glabrum* E.Mey. (Lamiaceae)

Umqoqongo

[0.31] [0.38] P66

Ifamu[6], Ongqogqongo[10], Umemezomhlophe[23], Umqangazane[6], Umqaqonga[2,4,6,18,22], Umqwaqwane[6], umQoqongo[10,20, 22], Umgogongo[10,22], (Umnukelambeba[6]), umNukelambeba[20], Umnukambiba[6], Umnukelambiba[2,4,6,20,22], Uphehlecwathi[2,4,6,20,22]

Uses at Amandawe: Unspecified parts are used to empty the overflowing gall or treat gall sicknesses (MUN); Unspecified parts administered as an enema are used to treat flu (ZCEL); Unspecified parts are used to treat stomach cramps (JZ, JB, PUNCH, MNQO, TNGW, MAMBA, ZADL); Unspecified parts of this plant mixed together with *uwayiwayi-Chromolaena odorata* are used to treat *izinseka* (BMHL); Unspecified plant parts are used to treat hysteria, administered by body steaming and bathing (MBUTHO); The bark is used to relieve toothache (ZNGD); Bark is used together with *Calodendrum capense* for skin lightening (SIZWE, MGOZ).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Roberts, 1990; Hutchings et al., 1996; Walker, 1996.

Zulu uses: It is used as a purgative for calves (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996). They use the leaf to treat cough and fever (Hutchings et al., 1996). The root infusion is an ingredient in treating rheumatic problems and dropsy (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996). Roots or root infusion is used for snakebite (Hutchings et al., 1996). Leaf infusions are used for intestinal parasites (Watt and Breyer-Brandwijk, 1962; Hutchings; 1996; Walker, 1996). Zulu people eat the fruit as famine food (Gerstner, 1938).

Other uses: Lobedu use the plant to treat convulsion in children by putting the leaf in the armpit and on the neck while the leaf is used as a beetle repellent (Watt and Breyer-Brandwijk, 1962). The pounded leaves are placed in the armpit and the back of the neck are said to induce sleep and provide a remedy for convulsions in children (Walker, 1996). Blue-green dye is produces from the fruits (Cunningham and Terry; 2006).

79. *Clivia miniata* (Lindl.) Bosse (Amaryllidaceae)

Umayime

Not in the matrix P335

uBuhlungubemamba[22], Ubuhlungu beyima[22], Umayime [4,6,23]

Uses at Amandawe: The roots are used to treat hysteria (REVDUM); The roots are used as *intelezi* that blunts and destroys ailments in one's body (MBUTHO).

Uses in the literature: Gerstner, 1941; Veale et al., 1992; Walker, 1996; Hutchings et al., 1996.

Zulu uses: Root infusion treat wounds and snakebite (Bryant, 1966; Walker, 1996), fever, facilitate childbirth (Hutchings et al., 1996). It is used as a tonic to ease childbirth (Gerstner, 1941; Veale et al.1992). It is also used as a charm against evil spirits (Walker, 1996; Wright, 1976). It is taken as a tonic to ease childbirth and against febrile conditions (Walker, 1996).

Other uses: The Xhosa people use the bulb decoction against infertility and urinary problems (Wright, 1976).

80. *Clutia ovalis* Sond. (Euphorbiaceae)

Umembesa

[0.03] [0.05] P67

Ikhambi[13], Ikhambi lenkosi[6, 22, 24], (UmEmbesa[22]), Umembeza umsiphana[6], (UmFiyo[22, 23]), uMkhondo[22], (uGwalane[22]), (Ungwalene[23]), Ungwaleni[6, 22, 23], Uphumela-umkhondo[6]

Uses at Amandawe: Dried and powdered bark is used to treat snakebite, administered by licking the powdered plant parts (REVDUM); The powdered leaves are inhaled to treat blood clots on people suffering from madness. This is from the belief that mental disturbances may be results of blood clots in the head area (DSHA).

Uses in the literature: Gerstner, 1939, 1941; Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Hutchings et al., 1996, Bryant, 1966.

Zulu uses: Leaf infusion is used to treat stomachache (Bryant, 1966), diarrhoea, dysentery (Hutchings et al., 1996). The powdered plant leaves and root ash are applied into incision to treat bone fractures and sprains (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996). Leaves, roots and stems infused with milk are used to treat pains in children, and for the same purpose, the calves are drenched into the infusion (Hutchings et al., 1996). It is used as a general household remedies including as a purge and tying it around the ankles as a protective charm for pregnant women against *umkhondo* (Gerstner, 1939; 1941). The infusions of the plant are used as a love and protective charm used by sprinkling (Doke and Vilakazi, 1972).

Other uses: Xhosa people use the root as protective charm against lightning by hanging the branches around the hut eaves and in the yard (Smith, 1895). In Lesotho, it is used to thicken the milk (Fox and Norwood Young, 1982).

81. *Coddia rudis* (E.Mey. ex Harv.) Verdc. (Rubiaceae)

Isisikilinjane, Umsibilinjane, Umsikilinjane

[0.68] [0.08] P68

Isagogwane[10,22], Isibihla[6,10,22], Isibihli[6], Isidindwane[10], (iSidondwane[22]), Isikleyane[10,22], Isikwakwane[6], Umdondwane[2,6], Umgogwane-omncane[2]; Umgogwane[6,10,22], Umkwakwane omncane[6,10,22], umKwenyane[22], Umsilinjane[6,10], Usosbihli[10]

Uses at Amandawe: Unspecified parts are used to treat impotence (MYS, parts are mixed with *Mimusops obovata* ZADL); **Unspecified parts of this shrub are used before or sometimes with *umuthi omhlophe* (MRSMADLALA).**

Uses in the literature: Gerstner, 1939; Hulme, 1954; Arnold et al., 2002.

Zulu uses: Some parts of the plant are used to treat fevers and as an emetic (Gerstner, 1939) and root decoctions' treat impotence (Hulme, 1954).

Other uses: Fruits are eaten by people (Boon, 2010). It is reported to provide wholesome beer (Watt and Breyer-Brandwijk, 1962).

82. *Coix lacryma-jobi* L. (Poaceae)

***Uchwabase**, **Uqhwabase**, Ulozisi*

[0.08] [0.08] P69

Ilozisi[6], (isiLozi[22])

Uses at Amandawe: Unspecified parts of this plant are used to stop diarrhoea (MADLAMINI, DLAMINI); Unspecified parts are used to stop diarrhoea in teething babies (BKHW).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Hutchings 1996; Van Wyk and Gericke, 2000.

Zulu uses: Used as a protective charm against teething problems in children (Watt and Breyer-Brandwijk, 1962). Seed necklaces are worn by the infants as a protective charm; they are also chewed up upon during teething troubles (Roberts, 1983).

Other uses: A wholesome beer is made from the glumes (Watt and Breyer-Brandwijk, 1962).

83. *Combretum kraussii* Hochst. (Combretaceae)

(***Intombi ibhincela nxanye), Umdubu, Umdubu omhlophe, Umdubu wamanzi*** [0.35] [0.32] P70

Uhwabhu[10, 22], (uMkhakhasi[22]), Umkhakhasi[10, 22], Umbondwe[2], Umdubuwehlanze[2], Umdubu wehlathi[6, 10,20,22,24], (Umdibuwehlathi[10, 24]), (umDubu-wehlathi[20, 22])

Uses at Amandawe: The bark is used as a tonic *imbiza* (MBUTHO, MAMBA, it is used alone DSHA); [Unspecified plant parts are used medicinally (SHEZ, administered as an enema BMHL, MYS)]; **Parts of this plant are used are used to clean and flush the kidneys (REVDUM, the roots are used ZADL); A root decoction is used to clean and treat *isinye* the lower abdomen, it is administered as a tonic (BKHW); The roots are used for virility by men also known as *umuthi wamadoda* (MSANI, DLAMINI), it is used as a *umuthi wokuziqinisa* protective/strengthening medicine**

before a sexual intercourse and administered as a drink (CHNDL); Unspecified plant part are used for medicinal cleansing, administered as a tonic, probably for blood purification (NOMV)**; The bark is an ingredient in mixtures used to help a woman conceive (JHLO); The bark is an ingredient in the preparation of *imbiza yamanzi* for young women (ZNK-*ikhipha amanzi kubantu abasha*)*;* A bark decoction is used to prevent a miscarriage, it is administered as a tonic and as an enema (BP).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pujol, 1990; Hutchings et al., 1996; Van Wyk et al. 2008.

Zulu uses: This plant is used to treat heart problems and to stimulate appetite (Pujol, 1990). It is taken as an enema to cleanse the urinary system and to strengthen the spinal column (Hutchings et al., 1996). Root powder is an ingredient in treating sores. It is used on cattle and dogs (Pujol, 1990).

Other uses: As a tonic, it cleanses the urinary system, purging the kidney and strengthens the spinal cord (Pujol, 1990). The Lobedu people drink the root decoction of the male plant to treat a blood illness and side pains. They also use the branch as a protective charm against witchcraft and lightning, by erecting a pole to protrude straight up from the roof (Watt and Breyer-Brandwijk, 1962).

84. *Combretum molle* R.Br. ex G.Don (Combretaceae)

***Isibondwe**, **Umbonda,** Umbondwe*

[0.54] [0.62] P71

Umbondo[6,15,22,28], Umbondwe[2,10,20,22,26,28], (umBondwe[20]), Umbondwe-omhlophe[2,6,10,18,22,28]

Uses at Amandawe: [Unspecified plant parts are used to clear *udende* phlegm in chests (ZNK)]; [The bark and the root are used to clear a tight chest (MYS, MAMBA, together with *uhloyile Scadoxus puniceus* DZA, it is administered *isiphungo* a hot tonic- BMHL, DLAMINI, SHEZ, PHEW)]; [A warm bark infusion is used to treat coughs, it is administered as an emetic (CHNDL)]; The bark is used to stop diarrhoea (MSANI); The bark is used to treat *isibhobo* internal sharp body pains, it is administered by steaming (PUNCH); A mixture made from the bark is used to remove *idliso*, a poisonous substance taken orally with food (JZ, DZA, MBUTHO, it is administered as an emetic NOMV, MRGUMEDE); Dried and powdered root is used as *isihlungu*, administered as *isincindo* (PHEW); The bark and root are used as ingredients in the preparation of *umuthi obovu* (MAKAS, JB); A bark decoction is used to lower high blood pressure, it is administered as an emetic (DSHA); A bark infusion is used to treat lower back pains (DLAMINI, it is administered as an enema ZNGD).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Mabogo 1990; Hedberg et al., 1982; Gelfand et al., 1985; Van Wyk et al., 2008; Boon, 2010; Corrigan et al., 2010; De Wet et al., 2010; De Wet et al., 2012; York et al., 2012.

Zulu uses: Fresh or dry leaves are used for wound dressing, leaves and the roots are used for snakebite, the roots alone are used for abortion and constipation (Hutchings et

al., 1996). The inner bark is used in an infusion to treat stomach problems, where it is taken orally or as an enema (Hutchings et al., 1996). Unidentified parts are reported to be used for fevers (Pooley, 1993). The leaves are used in treating chest problems and removing worms from the body (Corrigan et al., 2010). Both the roots and the leaves of this plant are used in treating a sexually transmitted diseases (De Wet et al., 2010) and sores (De Wet et al., 2012). This plant is used in treating respiratory problems (York et al., 2012).

Other uses: Leaves provide red dye, roots produce yellow-brown dye. It is used against snakebite, for fertility, post-partum bleeding, fever and stomach complaints (Boon, 2010). Roots are used to produce yellow-brown dye (Van Wyk et al. 2008).

85. *Combretum woodii* Dümmer (Combretaceae)

Umdubu, ***Umdubu wehlathi***

[0.95] [0.05] P72

Umbondwe[6, 10], Umdubu[10], Umdubu wehlanze [18,6,10]

Uses at Amandawe: The root is an ingredient used to prepare tonic for all ailments (TMSO); Bark and roots of this plant are used in the preparation of a mixture that is used for virility by men (DLAMINI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Gelfand et al., 1985; Veale et al., 1992.

Zulu uses: Tonics made from the roots are used to fatten the dogs (Watt and Breyer-Brandwijk, 1962).

Other uses: In Zimbabwe the roots are used against venereal diseases and applied onto the vagina as an aphrodisiac to reduce the size of the vaginal orifice (Gelfand et al. 1985). The roots are used as a purgative, to treat venereal diseases and the wood powder treats wounds. At the same time, the timber is used for furniture and household utensils and the root is used for tanning (Van Wyk et al. 2008).

86. *Commelina africana* L. (Commelinaceae)

Idangabane, ***Idangabane lomfula,*** **(*Umafavuke*)**

[0.16] [0.24] P73

Ucolane [6], Ucolwane[10, 22] (iDangabana) [22], Idangabane[1, 6, 10, 25], Idangabane elikhulu[4]

Uses at Amandawe: Whole plant and leaves are used to treat *iphika* shortness of breath (MBUTHO); The leaves of this herb are used as a compress to treat inflammation (JHLO, JZ, PHEW, SHEZ, BKHW, MGOZ); The leaves are used to treat a sexually transmitted infection called "drop", it is ground and mixed with testicles of a dog, *unkonka* and a chameleon (DZA); Whole plant is used medicinally as *imbiza* a tonic, it is administered orally (PB).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Wright, 1963; Van Wyk and Gericke, 2000; Arnold et al., 2002; Pooley, 2005.

Zulu uses: Cold infusions are used to address the issue of restless sleeps especially children (Watt and Breyer-Brandwijk, 1962). It is used to treat sterility in women (Wright, 1963).

Other uses: It is used by the Ndebele to treat venereal diseases, menstrual problems, hip pains and bladder complaint (Watt and Breyer-Brandwijk, 1962).

87. *Commelina benghalensis* L. (Commelinaceae)

Idangabane, ***Idangabane lentaba,*** **(*Umafavuke*)**

[0.19] [0.19] P74

Idambiso[1], Idangabane[1, 6, 22], Idemadema[1], Idwangubane[10, 22], Indlebendlebe[1]

Uses at Amandawe: The leaves are used to treat inflammation: (PHEW, SHEZ, BKHW, MGOZ, MBUTHO, inflammation caused by an injury JHLO); The leaves are used medicinally as *imbiza*, it is administered as an emetic and orally (PB).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Jacot Guillarmod, 1971; Rasoanaivo et al., 1992; Gurib-Fakim, 1993.

Zulu uses: This plant is used as poultice (Gerstner, 1938), to reduce high blood pressure (Hutchings et al., 1996). Cooked leaves are eaten as spinach (Gerstner, 1938).

Other uses: This plant is used for menstrual cramps, to facilitate conception (Van Wyk and Gericke, 2000). The leaves are used to treat burns (Watt and Breyer-Brandwijk, 1962). Cooked leaves are eaten in Transkei (Rose and Guillamord, 1974) and in Malawi (Williamson, 1972).

88. *Commelina eckloniana* Kunth (Commelinaceae)

Idangabane, ***Idangabane lamanzi***

[0.13] [0.19] P75

Idangabane elincane[1, 10, 22]

Uses at Amandawe: Whole plant is used as *imbiza,* it is administered as an enema (PB); This plant is used to treat sexually transmitted diseases in women (MYS); The leaves are used as a compress to treat inflammation (JZ, SHEZ, BKHW, MBUTHO); The leaves are used to treat problematic eyes, administered by washing the eyes with the leaves and water infusion (MNQO).

Uses in the literature: none found.

Zulu uses: Cooked leaves are eaten as *imfino* (Gerstener, 1938).

Other uses: This plant is occasionally eaten as spinach (Pooley, 2005). Leaves are eaten as *imfino* in the Transkei (Rose and Guillamord, 1974).

89*. Commelina erecta* L. (Commelinaceae)

Idanganane

[0.11] [0.11] P76

Uses at Amandawe: The leaves are used to treat inflammation (JZ, BKHW, MBUTHO); Whole plant is used as *imbiza* (PB).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: This plant is used for particular charm purposes (Arnold et al., 2002).

90. *Commiphora harveyi* (Engl.) Engl. (Burseraceae)

***Umhlunguthwa**, Umumbu*

[0.16] [0.22] P77

Iminyela[2,3,18], Ihlunguthi [18,20,22], Inhlunguthi[2,10], Umbumbungane[2,3,10], Umnyela[10,20,22], umBumbungane[20,22], Umumbu[10,18,22,23], Ungubiziyeweni[3]

Uses at Amandawe: The bark is used medicinally for an undisclosed ailment (SHEZ); **The bark is used medicinally as *umuthi obovu* (BKHW); The bark is used to treat *uzokozela* a septic wound, charred bark is powdered and applied directly onto the affected area (NOMV); Unspecified parts of this plant are used to treat a disease of flaking facial skin (ZADL, it is used with snake skins/moults DLAMINI); Unspecified parts are used to treat wounds (DLAMINI, specifically burn wounds ZNGD); The bark is used as *umhlabelo* which helps bone reformation or to hasten the recovery of a fractured or a broken bone (MSANI).**

Uses in the literature: Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: The wood is used to carve spoons and other household utensils (Van Wyk et al., 2008).

91. *Crabbea hirsuta* Harv. (Acanthaceae)

Umusa, (***Umusawakhe*), *Umusa omncane,* (*Uvelemoyeni*)**

[0.03] [0.05] P79

Ihlasi[1], (uMunywana[22]), Umusa[2, 6, 10, 22], Indlulamithi[10]

Uses at Amandawe: Whole plant is used to treat skin problems (ZNGD); Unspecified plant parts are used medicinally (SHEZ).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 2005; Arnold et al., 2002.

Zulu uses: Root infusion froth is used as a charm to (Watt and Breyer-Brandwijk, 1962). Whole plants are used as traditional medicine (Cunningham, 1988).

Other uses: The Pedi people use the powdered burnt root to treat a hydrocephalic child by applying the powder over the body (Watt and Breyer-Brandwijk, 1962).

92. *Crassula obovata* Haw. (Crassulaceae)

Ushisizwe

Not in the matrix P339

No names found in literature

Uses at Amandawe: All the aerial parts of this plant are used in treating lice infestation (MYS, DSHA, MBHELE, MUN, NTAKA, MGOZ, BMHL, JB, TMSO, JHLO, PB, MRMAD, BKWH, CHLZ, JZ, REVDUM, MBUTHO, ZMBUTHO, SIPHO, NGWANE, MADL, ZNGD, CHNDL, DLAMIN).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature

93. *Crassula sarmentosa* Harv. (Crassulaceae)

Umvuthuza womfula

Not in the matrix P340

No names found in literature

Uses at Amandawe: The leaves are reported to be used in treating body lice, probably a hot or cold water and leaf infusion or maybe the succulent leaves are applied onto the body (MR GUMEDE).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

94. *Crinum macowanii* Baker (Amaryllidaceae)

Intelezi, Uguqu, *Umduze*

[0.39] [0.41] P80

Umduze[1, 4, 6,10,11,22]

Uses at Amandawe: The leaves are used to as poultice to treat inflammation (SGAM, JZ, ZADL, MBUTHO, MNQO, SHEZ, CHNDL, ZNGD, MYS, DLAMINI); **Roots and leaves are used to treat stomach problems, it is administered as an enema (PHEW); The root is an ingredient in mixtures used to treat body sores (BMKH);** The bulb is used as *imbiza yamanzi* (ZNK); **The bulb decoction is used to enhance milk production in humans (BKHW); The bulb is used to treat impotence in men (REVDUM).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Pujol, 1990; Neuwinger, 1994; Hutchings et al., 1996; Pooley, 2005; Walker, 1996; Van Wyk and Gericke, 2000; Arnold et al., 2002.

Zulu uses: This plant is used for blood purification, against scrofula (Bryant, 1966), for urinary tract problems, body swelling and pains in rheumatic fever (Hutchings et al., 1996). It is used by the Zulu people to treat tuberculosis, rheumatic fever, kidney and bladder diseases (Van Wyk and Gericke, 2000). The bulb is used for scrofula and urinary complaints (Walker, 1996).

Other uses: In Zimbabwe it is used to treat backaches and as an emetic while among the Southern Sotho people *C. bulbispermum* root taken with food to treat venereal diseases (Van Wyk and Gericke, 2000).

95. *Croton sylvaticus* Hochst. (Euphorbiaceae)

(*Umahlabekufeni),* ***Umgweba,*** *Umzilanyoni*

[0.19] [0.27] P81

Ilabele[2], Idumbadlozi[23], Indumbahlozi[3,6,10,22,28], Inkubathi[2], Isikhumaphuphu[2], Iminya[3,6], (iMinya[22,23]), (iSendelenkawu[22]), Ugibeleweni[3,6,10,22,23], Uhubeshane[2], Umahlabekufeni[2,3,4,6,9,10,22, 23,28], Umbila[10,22], Umbilu [23], Umhlalajuba[3,4,6,10,22, 23,24,28], Umhlalampethu[24], (umHloshazane[22]), Umhloshozane[3,4,6,23], Ummbila[3], Umgeleweni[6], Ummbila[6], Uminya[10], Umzilanyoni[3,9,10,22,23,28]

Uses at Amandawe: Unspecified parts of this plant are used medicinally (SHEZ); The bark is used medicinally as *imbiza* (BMHL); **Unspecified plant parts are used to treat stroke (MBUTHO); The bark is used to treat *isithakathi* in babies (MBUTHO); The bark is used to treat sharp internal body pains (REVDUM); The bark is an ingredient in the preparation of *umuthi obovu* (MAKAS); The bark is used for medicinal cleansing of body systems and for blood purification (TMSO); The bark is used in the preparation of a tonic taken by pregnant women to ease childbirth. It is administered from the seventh month of pregnancy until birth (PUNCH, MADLAMINI); The bark is used to treat a toothache (MAKAS).**

Uses in the literature: Gerstner, 1938; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Hutchings et al., 1996; Walker, 1996; Ngwenya et al., 2003.

Zulu uses: It is used as a cathartic and as an eruptive irritant (Watt and Breyer-Brandwijk, 1962). The Zulu also use the powdered bark as one of the ingredients inserted into the uterus as a remedy for disorder of that organ (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Bark is used for abdominal disorders, internal inflammations, dropsically swellings and uterine disorders in the same way as the bark of *C. gratistimus*. (Bryant, 1966). Enemas made from the bark are administered for febrile conditions (Gerstner, 1938; Watt and Breyer-Brandwijk, 1962). Bark makes a tonic for listlessness (Hutchings et al., 1996). Roots are used as purgatives, in enemas for fevers and for pleurisy and indigestion (Gerstner, 1941). Some parts are known to have magical powers to kill a lover who has committed adultery (Hutchings et al., 1996). Medicine made from the bark is believed to go straight to the affected area, and the timber is used in carving meat

serving board and for fuel (Ngwenya et al., 2003). A bark infusion is used as a protective sprinkling charm (Ngwenya et al., 2003).

Other uses: Bark and leaves used for fever, bleeding gums and respiratory ailments despite being poisonous (Boon, 2010).

96. *Cryptocarya latifolia* Sond. (Lauraceae)

Umkhondweni

Not in the matrix P341

Umhlangwenya[2, 28]*, Umkhondweni*[2, 28]*, Umngqabe*[2, 28]*, Umthungwa*[2, 28]*, Umdlangwenya*[28]

Uses at Amandawe: The bark of this tree is used as *umuthi obovu*. The bark treats an ailment called *umkhondo* in infants (CHLZ, MYS, SHEZ).

Uses in the literature: Gerstener, 1938; Hutchings et al., 1996; Pujol, 1990; Cunnningham, 1998

Zulu uses: The bark is used in treating chest ailments, internal pains, mascular cramps, menstrual cramps and urinary ailments (Hutchings et al., 1996). It is used to treat intestinal pains, uterine spams, menstrual pains and urinary tract disease (Gerstener, 1938, Cunningham, 1998, Pujol, 1990).

97. *Cryptocarya myrtifolia* Stapf (Lauraceae)

Umkhondweni, Umdlangwenya, ***Umantungwa, Intungwa***

Not in the matrix P434

Igqeba[6, 22, 28]*, Umcqabi*[23]*, Umdlangwenya*[19]*, Umkhondweni* [6,19,22,28]*, umNgqaba*[22]*, Umngqabe* [2,6,19]

Uses at Amandawe: Powdered bark is and inserted into the anus of the baby suffering from *isela* (PUNCH); The bark is used to treat *isipatsholo* a venereal disease in females (DLAMINI); Powdered bark is inhaled to relieve blood clots, especially when somebody has been injured and has *ipopo* or *ithubulela* (REVDUM); The fruit kernels are used to prepare a tonic for the babies used in treating a sickness called *umkhondo* probably where the name is derived from. The tonic found over the counter called *intungwa* is believed to be made from the same kernels (BMKH, ANON).

Uses in the literature: Boon, 2010.

Zulu uses: Bark is use as a substitute for *Octea bullata* bark (Cunningham, 1988).

Other uses: Bark is used for both medicinal and magical purposes and as an alternative to *Octea bullata* (Boon, 2010).

98. *Cucumis zeyheri* Sond. (Cucurbitaceae)

Umhlikihlo, Uthangazane, Intshungu, Umhlakahlo, Umhlakathiso, Intshungu yezalukazi, *Isendelenja*

[0.14] [0.19] P84

Inhlakahlela[1], Iselwa lenja[1], Isende lenja[3], Umaselwane[10]

Uses at Amandawe: Whole plant is used to treat fits (MBUTHO); Unspecified part of this plant are used medicinally, administered as an enema (MADLAMINI, MYS, CHNDL, ZCEL); Unspecified plant parts are used to prevent miscarriage (BKHW); [The root infusion is used are used as *imbiza* administered orally (REVDUM)]**.**

Uses in the literature: Pooley, 2005.

Zulu uses: No use record found in literature.

Other uses: Leaves are eaten as spinach (Pooley, 2005). It is used in traditional medicine to treat chest complaints and diarrhoea (Pooley, 2005).

99. *Cussonia nicholsonii* Strey (Araliaceae)

Insengane*, Umsenge*

[0.33] [0.43] P85

Indlulamithi[10, 22], Umsenge[2]

Uses at Amandawe: A bark mixture is administered as an emetic after eating a lot of honey (JHLO); Unspecified parts of this plant are used to treat inflammation (BMHL); Unspecified part of this plant are used to treat gall sickness or to empty the overflowing gall (JHLO, MYS, DSHA, DLAMINI, MSANI, administered as an emetic-leaves are used BMKH, new shoots are used TMSO, NOMV, CHNDL, MRMAD); A tonic made from the bark mixture is administered as an emetic for different ailments (SGAM, ZNK, BKHW).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

100. *Cussonia spicata* Thunb. (Araliaceae)

Umsenge

[0.35] [0.38] P86

Imfenge[4], Umboza [18], Umsenga [17], Umsenge[4, 6,10,22,24], (Umsingomzana)[18]

Uses at Amandawe: Different parts of this plant are used to treat gall sickness or to empty the overflowing gall (JHLO, MYS, DSHA, MYS, BKHW, DLAMINI, administered as an emetic CHNDL, a leaf mixture is used as an emetic BMKH, new shoots are used MRMAD, TMSO, NOMV); A bark mixture is administered as an emetic as a tonic for different ailments (ZNK); Unspecified parts of this plant are used to treat inflammation (BMHL).

Uses in the literature: Doke and Vilakazi, 1972; Walker, 1996.

Zulu uses: The root is used as an antifebrile and a venereal disease remedy (Doke and Vilakazi, 1972; Walker, 1996).

Other uses: In Tanzania it is used as fish poison (Walker, 1996). The large succulent root is taken for food in times of drought (Walker, 1996). It is used for malaria, stomach complaints and venereal diseases. Swollen roots are used for moisture in times of drought (Boon, 2010). Lobedu use the cold root infusion to wash a newborn baby to prevent pimples, skin irritation and to make the infant strong and fat (Walker, 1996). The bark is used to treat malaria (Walker, 1996). The stem without the soft pith is used as a water gutter (Walker, 1996).

101. *Cyanotis speciosa* (L.f.) Hassk. (Commelinaceae)

Iphindemuva elincane*, Umakoti ugoyile, Iphindemuva,* (*Udabulamafu*)*,* ***Unkungwini***

[0.11] [0.14] P87

Ingogo[10], (inGongo[22]), Ingonga[1,25], Ingongi[3], Inkombo[1,10,22,25], Insonga[1,22], (iNsongo[4]), Indabulamafu[1,9,25], Isosonga[25], Umakotigoyile[1,3,10,22,25], (Mafinga[3]), (Makoti-eqoyile[3,10,25]), (Udabulamafu[1,25])

Uses at Amandawe: Whole plant is used for undisclosed medicinal ailments (MRMAD, SHEZ); **Whole plant is used to treat lice infestation (MNQO); Whole plant is used to treat gonorrhoea (MNQO); Whole plant is used to treat inflammation as a compress (MGOZ).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962, Hutchings et al., 1996; Walker, 1996.

Zulu uses: It is administered by men to their women as a charm to cause genital diseases if they engage in an illicit sexual intercourse (Watt and Breyer-Brandwijk, 1962; Walker, 1996). In the Umtali district, a root decoction is for dysmenorrhoea and for sterility (Walker, 1996). The whole plant is mixed with *Adenia gummifera* to send the ailment back to the witch (Ngwenya et al., 2003). Leaves are cooked and eaten as *imfino* (Gerstner, 1938).

Other uses: It is used in traditional medicine to treat infertility and as a love and protective charm (Pooley, 2005). The root infusion is used to treat infertility in the Transkei (Hutchings et al., 1996). The root decoction is used to facilitate conception and for dysmenorrhoea in Zimbabwe an in East Africa (Watt and Breyer-Brandwijk, 1962).

102. *Cymbopogon caesius* (Hook. & Arn.) Stapf (Poaceae)

Imbalumbenjane, Imbanjane*, *Imbenjane

[0.07] [0.05] P88

Imbubu [12]

Uses at Amandawe: Aerial parts of the grass are used medicinally, administered as an emetic and by steaming (BMHL); A tonic made from the decoction of the roots, stems and leaves of this grass is used to boost the immune system (MBUTHO).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: In East Africa, this geraniol rich grass is used to treat snakebite (Watt and Breyer-Brandwijk, 1962).

103. *Cymbopogon excavatus* (Hochst.) Stapf ex Burtt Davy (Poaceae)

Isiqunga

[0.26] [0.35] P89

(isiCunga[22]), Isicunge[6, 10], Isiqunga[6, 10, 22], Imbanjane[10, 22], imBubu[22], Ububu[10]

Uses at Amandawe: The roots are used after the use of *umuthi obovu* before *umuthi omhlophe* is used (MAKAS); A root infusion is used medicinally as a tonic when one is not feeling well, administered as an emetic (SGAM, SHEZ, DZA, JHLO, NDU, MAKAS, administered after eating a lot of honey ZNGD); An infusion of the roots is used to treat shock or the after effect of shock, depression and anxiety (REVDUM, DZA); A warm root infusion is administered as an emetic to empty the overflowing gall or to treat gall sicknesses (SUKD).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996.

Zulu uses: Roots are used in ritual cleansing washes. Sap from cooked roots is used as an antiemetic (Hutchings et al., 1996), *Cymbopogon excavatus* roots are used in ritual cleansing washes. Root sap boiled in water is used as an anti-emetic (Hutchings et al., 1996)

Other uses: *Cymbopogon nardus* used medicinally in Mozambique (Watt and Breyer-Brandwijk, 1962), used as a vermifuge, febrifuge and as a remedy for treating cold in Southern Africa (Watt and Breyer-Brandwijk, 1962). It is used for thatch (Van Wyk and Gericke, 2000). It is used by Xhosas as a hut building material (Van Wyk and Gericke, 2000).

104. *Cynanchum viminale* (L.) L. (Apocynaceae)

Amabhelebhele, ***Umgontsho***

[0.03] [0.03] (P90)

Igotsha[6], Ingotsha[17, 22], Ingotshwa[1], (Kontsha[6]), Umbelebele[1, 17, 22], Umbhelebhele[1, 15, 17, 22], Umnembelele[22], Umpelepele[1]

Uses at Amandawe: Unspecified plant parts are used to enhance milk production in breast feeding mothers (PUNCH, JB).

Uses in the literature: Pooley, 2006; De Wet , 2010; De Wet et al., 2016.

Zulu uses: Stems and fruits are edible (Fox and Norwood Young, 1982; Corrigan et al., 2010). This plant is used in treating hypertension by the people of Maputaland (De Wet et al., 2016), while the stems are used in treating diarrhoea (De Wet, 2010).

Other uses: Swazi people eat the plant (Fox and Norwood Young, 1982). Young stems and fruits are edible, while the plant is used for a number of ailments (Pooley, 2006).

105. *Cynodon dactylon* (L.) Pers. (Poaceae)

Inglazi

Not in the matrix P345

Isifulwane[22], Isinandi[22, 23], Ungwengwe[22, 23], Uqambalala[22], Uqethu[22]

Uses at Amandawe: Whole plant is used as an ingredient in treating lice (DLAMINI); Whole plant is an ingredient in treating gonorrhoea (DLAMINI).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

106. *Cyperus dives* Delile (Cyperaceae)

Umhlahlo, Ukati, Uluzi, Igceba, Igceba elincane

[0.86] [1.16] P92

Ikhwane[1], Insikane[1]

Uses at Amandawe: The roots are used for an undisclosed ailment (SHEZ); The roots are used in treating *izinseka* (PHEW); A root infusion is administered as an enema to treat a baby suffering from a sickness diagnosed by strange looking faeces (MGOZ).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: It is used to make sleeping mats (Pooley, 2005).

107. *Cyperus papyrus* L. (Cyperaceae)

Ibhuma, Intandelo

[0.08] [0.08] P94

Ibumi[1], Ibungu[10, 22]

Uses at Amandawe: The roots are an ingredient in the preparation tonic (PB); unspecified plant parts are used to treat inflammation (DLAMINI); Roots and culms are used to prevent miscarriage in women (MYS).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: This sedge is used in mat making in northern Botswana (Terry, 1994). Stems are split, dried and woven to make traditional doors (Pooley, 2005). It is also used in making the scrolls of the emergent literate civilization (Pooley, 2005). Culms are used to make sleeping mats (Cunningham and Terry, 2006).

108*. Cyphostemma cirrhosum* (Thunb.) Desc. ex Wild & R.B.Drumm. (Vitaceae)

Isidikili

Not in the matrix P346

No names found in literature

Uses at Amandawe: The roots are used to treat inflammation (MGOZ, MUN, MBUTHO).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: Ripe fruits of this species are edible (Fox and Norwood Young, 1982).

109. *Dais cotinifolia* L. (Thymelaeaceae)

Intozane

Not in the matrix P435

No names found in literature

Uses at Amandawe: [Dried and charred leaves are used to dress and heal sores and wounds (JHLO).]

Uses in the literature: Madikizela, 2012

Zulu uses: No use record found in literature.

Other uses: The bark of this plant is used in making ropes (Boon, 2010). The leaves are used to treat diarrhoea in the area of Bizana (Mdikizela et al., 2012),

110. *Dalbergia armata* E. Mey. (Fabaceae)

Umhluhluwe, ***Umhluhlube***

[0.27] [0.22] P98

Umhluhluwe[2, 10, 18, 20,22,23,26]*, (umHluhluwe*[20]*), Uthathawe,* [2, 10, 22]*, Umklovathi*[23]

Uses at Amandawe: The spines are used in treating *izibhobo* sharp internal body pains (MYS, ZNGD, ZADL, MADLAMINI, DLAMINI, it is an ingredient in mixtures taken as emetic BKHW); The spines are used in treating *ukubhajwa* sexually transmitted disease (DLAMINI); Unspecified plant parts are used to treat boils (MBUTHO);

Uses in the literature: Gerstner, 1939; Corrigan et al., 2010.

Zulu uses: Roots are an ingredient in love charm emetics (Gerstner, 1939). Paste of charred and powdered stems are mixed with water is used for sore mouths and in infants (Watt and Breyer-Brandwijk, 1962). A mixture of boiled roots is gargled with to treat toothache (Corrigan et al., 2010).

Other uses: Slender branchlets used to make muzzles to prevent calves from drinking from cows (Boon, 2010).

111. *Dalbergia obovata* E.Mey. (Fabaceae)

Umzungulu, (***Uzungu*)**

[0.26] [0.32] P99

Isimbahlube[6,20], Isibandlube[2,6,10,22], (iSimbahlube[20]) Isimbandlubu[10,22], Izimbandlovu[6], Udukuduku[2],[6,10,20], Uphandlazi[2,10,18,22,23,24], Umangcina[6,22], uMangqina[22], Umanyenyana[6,10], uManyenyenyane[22], Umzungulu[6,10,18,20,22], Uphandana[10], Uphondlana[6], Umanqina[10], (umZungulu[20])

Uses at Amandawe: Unspecified parts are used as a tonic taken orally (MYS); This plant is used to treat the symptoms of *umeqo* (BMKHA), Unspecified parts are used for virility and serves as a sex stimulant and (JB); The bark is used to treat ear ache (MNQO); The bark of this plant is the host of an unidentified fungus that is used to treat ear aches (MNQO, PUNCH, ZNGD). This plant is used as *ubulawu* or *umuthi omhophe* (BMKH, NOMV, ZNGD, the roots are used BMHL); A bark decoction is administered by steaming to treat acne (CHNDL); Unspecified parts are used to help ease childbirth, it is mixed with *Strelitzia nicolai* (DLAMINI). MIND-ALTERING: [The bark is charred and mixed with other plants to make *ugwayi wamakhosi* which is smoked for relaxation (MSANI)].

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; De Wet et al., 2013; Nciki et al., 2016.

Zulu uses: Roots are an ingredient in love charm emetics (Gerstner, 1939; Boon, 2010). Charred stem in a paste form is used to treat sore mouths in infants and also add the ash to snuff (Watt and Breyer-Brandwijk, 1962). Ash from the plant is used in snuff (Hutchings et al., 1996). People of Maputaland use a leaf paste to treat burn wounds (De Wet et al., 2013; Nciki et al., 2016).

Other uses: Stems used for woven hut walls and fishing baskets in Maputaland (Boon, 2010). Bark ashes added to snuff and used to treat sore mouths in babies (Boon, 2010).

112. *Datura stramonium* L. (Solanaceae)

Iyoli, Iloyi

[0.36] [0.35] P100

Ijoli[1], Ijoye[1], Iloyi elimhlophe[6], Iyoli[6,10], Iloyi[1,6,10,11,22], Iyoyi[10,22], Iloqi[11,14,22], (iVooi [23])

Uses at Amandawe: The leaves are used to treat boils (MAKAS, MRMAD, MADLAMINI, PUNCH, BKHW, the leaves are crushed and placed on the opening of the boil to speed up the "ripening" of boils ZNK, SGAM, ZNGD); Fresh leaf infusion is administered orally to people suffering from hysteria and madness (MBUTHO); **The leaves are used to treat lice (ZADL);** A leaf infusion is used to treat sores (JZ). **Crushed leaves are inserted into the baby's anus to treat a sickness called *isela* (TMSO); The fruit is used to remove maggots from wounds (MSANI).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bruneton, 1995; Hutchings et al., 1996; Van Wyk and Gericke, 2000; Van Wyk et al., 2009.

Zulu uses: Some parts probably the leaves of the plant with a *Dioscorea* species is used as a hypnotic drug against hysteric fits in girls and are also smoked for the relief of headaches and asthma (Gerstner, 1941). Leaves are laid over painful wounds and sores and used against scrofulous swelling tumours (Bryant, 1966). Powdered leaves are applied to human and animal bruises and wounds to draw out the inflammation and pus (Watt and Breyer-Brandwijk, 1962). It is used with dossier urine and devil's claw to treat septic wounds (Watt and Breyer-Brandwijk, 1962, Hutchings et al., 1996).

Other uses: In Angola it is used as fish poison, (Watt and Breyer-Brandwijk, 1962). In Namibia, the leaf infusion is used against plant aphids (Watt and Breyer-Brandwijk, 1962). To enhance the intoxicating effects, the leaves are added to beer in Zimbabwe (Van Wyk and Gericke, 2000). This plant is used traditionally to treat asthma, headache, wounds and as a diviner's aid (Pooley, 2006).

113. *Desmodium incanum* DC. (Fabaceae)

Inamathela, *Isinama*

[0.39] [0.46] P100

Isinama[1]

Uses at Amandawe: The roots and leaves of this plant are used to treat heartburn, it is administered as an emetic (JHLO); Part(s) of this plant are used to treat stomach problems, it is administered orally and as an enema (PHEW); All plant parts excluding the fruits are used to treat septic wounds and sores, it is administered as a bath (DLAMINI, PHEW); The roots and leaves of this plant are used are used to heal the umbilical cord of a newborn baby (PUNCH, BKHW, MGOZ, CHNDL, MAMBA, MAKHOMO); A tonic made from leaves and the roots of this plant is administered during pregnancy to prevent miscarriage (MYS); The roots are used to treat an overflowing gall or gall sicknesses, the mixture is administered as an emetic (MSANI, REVDUM); This plant is used medicinally for an undisclosed ailment (MBUTHO, SHEZ); **The roots of this plant together with the roots of *Eriosema* species are administered orally as soup to treat impotence (JB).**

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

114. *Desmodium setigerum* (Poir.) DC. (Fabaceae)

Isimana, Isinama esikhulu, Umunyu

[0.13] [0.19] P101

Uses at Amandawe: Parts of this plant are used to treat stomach problems, it is administered orally and as an enema (PHEW); All plant parts excluding the fruits are used to treat septic wounds and sores, it is administered as a bath(PHEW); This plant is used medicinally (MBUTHO, SHEZ); **This plant is used to treat lice infestation (CHNDL); The roots are used to treat an overflowing gall or gall sicknesses, the root mixture is administered as an emetic (MSANI); The roots and leaves of this plant are used are used to heal the umbilical cord (MAMBA).**

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: This plant is used for magical purposes (Arnold et al., 2002).

115. *Dichrostachys cinerea* (L.) Wight & Arn. (Fabaceae)

Ugagane, ***Udonsuthando, Utshwala bezinja***

[0.05] [0.05] P103

Isizaka[10], Ugagane[2,6,10,11,18,22,24,26], Ugagu[10,22], (uGagu[22]), Ugagane[6,11], (Ugagane[11]), Umgagane[23], Umthezane[2,4,11,12], Umnukelambiba[2,10,22], Uqagane[4], Umsasana[23], Umsheshane[10,22], Umthezane[10,18,22], (umThezane[20,22]), Umzilazembe[2,6,20,22], Usegwane[6], (uShashane[26])

Uses at Amandawe: This plant is used to treat *isibhobo* sharp internal body pain (JB); This plant is used to treat *amahlaba* internal side pains in babies (MYS).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Arnold & Gulumian, 1984; Gelfand et al., 1985; Hedberg and Staugard, 1989; Mabogo, 1990; Walker, 1996; Von Koenen, 2001; Boon, 2010; Corrigan et al., 2010; De Wet et al., 2013; Nciki et al., 2016.

Zulu uses: Roots are an ingredient in a decoction taken to ease pain or rubbed onto incisions cut over painful area (Palmer and Pitman, 1972b). Other ingredients are the roots of *Vangueria infausta* and *Bridelia micracantha* (Hutchings et al., 1996). The pods are boiled and removed from the water, which is later used to remove insects from the ear by releasing droplets into the ear (Corrigan et al., 2010). The twigs are used in combination with *Canthium inerme* to treat acne (De Wet et al., 2013; Nciki et al., 2016).

Other uses: The leaf and bark are used to treat snakebite and scorpion-sting (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Pedi drink the root decoction and apply the charred root ointment to ward off the evil when a visitor has departed (Watt and Breyer-Brandwijk, 1962). Lobedu swallow the bark juice as a cleansing ritual after visiting a dead relative and as a prophylactic (Watt and Breyer-Brandwijk, 1962).

116. *Digitaria eriantha* Steud. (Poaceae)

Isikhonko

[0.05] [0.05] P104

Isikonko [12, 23, 24], Isikhonko[10, 12,22,23,24], (Ubhethsezane[10, 22]), Umbhijo[10, 22]

Uses at Amandawe: The roots, culms and leaves are used medicinally (MRMAD, SHEZ).

Uses in the literature: Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: This plant is used in traditional medicine (Arnold et al., 2002).

117. *Dioscorea dregeana* (Kunth) T.Durand & Schinz (Dioscoreaceae)

Ingevu**, **Intana ebovu**, Ufudu, **Ufudulwehlathi**, **Udakwa

Not in the matrix P347

Ilabatheka[1,19], (iNcola[22]), Ingwevu[19], (isiDakwa[11,19,22,23]), Isithundlathundla[1,19,23], Intane[19], Udakwa[2,11,24], Ufudu[19], (uNdiyaza[1]), (uNgcolo[19,22]), Undiyaza[1,19,24], (iNgololo[22])

Uses at Amandawe: This plant is used to treat sharp internal body pains (DLAMINI); Unspecified plant parts are used to treat flu (REVDUM); the roots are used in the preparation of a tonic (REVDUM).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Van Wyk et al., 2009; Pooley, 2006**.**

Zulu uses: It used against hysteria, convulsions, epilepsy and, scabies, acute psychosis (Watt and Breyer-Brandwijk, 1962; Van Wyk et al., 2009). This plant is used to treat insanity (Doke and Vilakazi, 1972).

Other uses: This plant is used in traditional medicine against insanity, fits, sores, wounds, to ease childbirth, and as a protective charm against lightning (Pooley, 2006).

118*. Diospyros lycioides* Desf. (Ebenaceae)

Umnqandane

Not in the matrix P348

Impishimpishi[19], Umbulwa [6, 19, 22], Umnqandane[19, 22], Umnqandane wezinja [6, 19]

Uses at Amandawe: Unripe fruits and leaves are used to treat diarrhoea (REVDUM).

Uses in the literature: Pooley, 1993; Arnold and Guiliman, 1984.

Zulu uses: The Zulu people use the twigs for teeth brushing and other parts as a purgative (Pooley, 1993).

Other uses: It is used by the Vhavhenda people against epilepsy (Arnold and Gulumian, 1984). Fruits are eaten in Botswana (Fox and Norwood Young, 1982), Namibia (Story, 1958) and in Zimbabwe (Fox and Norwood Young, 1982)

119. *Diospyros whyteana* (Hiern) P.White (Ebenaceae)

Umnqandane

Not in the matrix P351

uManzamnyama[22], Umanzimane[6, 20, 23], uManzimane[20], Umkaza[6, 22], Umkhaze[6], Umthimathane[6, 23], Umtimatane[6], (umNqandane[20, 22, 23])

Uses at Amandawe: Unripe fruits and green leaves are used to treat diarrhoea (ANON).

Uses in the literature: Mabogo, 1990; Fox and Norwood Young, 1982.

Zulu uses: It is used as an enema against dysmenorrhoea (Bryant, 1966).

Other uses: The Vhavenda people use the roots and leaves to treat rash (Mabogo, 1990). The seeds are used as coffee substitute (Fox and Norwood Young, 1982).

120. *Dipcadi viride* (L.) Moench (Hyacinthaceae)

Ugebizisila, Uguleni, Umakhweyana

[0.05] [0.35] P106

Ikhakhakha eliluhlaza[1, 4, 6, 22, 25]

Uses at Amandawe: Unspecified parts are used to get rid of lice *izintwala zengulube* (JHLO, SHEZ); The underground parts are used to treat STI's, it is administered as an enema (JHLO); The roots are used to treat *inyoni, isithakathi* and *ukuthukeza* startling in babies in babies, administered to babies as an enema (BMHL); The roots are used as a purgative (BMHL); The bulbs are used to treat acne, the mixture is administered by steaming MUN, BMHL, DSHA, it is also directly applied on to the face ZADL), small incision are made on the face and then cut bulbs are applied or rubbed on the face (MADLAMINI, CHNDL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Batten and Bokelman, 1966; Broster, 1982; Walker, 1996.

Zulu uses: Bulb infusions are used as sprinkling charms against thunder (Walker, 1996; Hulme, 1954).

Other uses: Crushed leaf infusion is sprinkled around the homestead as a protective charm against thunderstorms (Pooley, 2005; Walker, 1996). In Lesotho the bulb and the leaves are edible (Fox and Norwood Young, 1982).

121. *Dissotis canescens* (E. Mey. ex Graham) Hook. f. (Melastomataceae)

Ismuncwane, Ulimi lwenkomo

[0.03] [0.03] P107

Ikhakhakha eliluhlaza[10], Imfeyenkala[1, 22], Imfeyesele[1, 17], Uhlazifukwe oluncane[1, 4]

Uses at Amandawe: Unidentified parts of this plant are used in treating gall sicknesses. (MUN).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 2005; Walker, 1996; Bryant, 1966; Arnold et al., 2002.

Zulu uses: An infusion made from the leaves is used as an enema to cure dysentery and diarrhoea (Bryant, 1966; Walker, 1996). Root, stem and leaf infusion are used to treat symptoms of new season's mealies (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Reported to be eaten by the people of Richard's Bay in KwaZulu-Natal (Fox and Norwood Young, 1982).

Other uses: A leaf infusion administered as an enema is used to treat diarrhoea and dysentery Watt and Breyer-Brandwijk (1962). This plant is eaten in Lesotho (Phillips, 1917), leaves and bulb eaten as potherb (Watt and Breyer-Brandwijk, 1962; Guillarmod, 1966), bulbs eaten by Bushmen (Tanaka, 1976).

122. *Dombeya rotundifolia* (Hochst.) Planch. (Malvaceae)

(***Umthathanduku)**, Unhliziyonkulu*

[0.37] [0.35] P108

(Inhliziya enkulu[6,28]), (Isadlulambazo[6,28]), Isahlulambazo[3,6], Unhliziyonkulu[2,3,4,6,10, 11,18,20,22,28]

Uses at Amandawe: The bark and wood are in the preparation of used as *umuthi obovu* (JZ, MADLAMINI, ZNGD, CHNDL, MUN, DLAMINI, it is administered as an emetic and by steaming MUN); **The bark of this shrub is used to treat overflowing gall or to treat gall sicknesses (REVDUM); This plant is used to treat acne (ZADL);** This plant is used medicinally for an undisclosed ailment (SHEZ); **The bark is used for general medicinal cleansing, probably as a tonic to boost the immune system where the bark mixture is administered as an emetic (MGOZ); A bark decoction it is administered as an emetic to clear the chest congestion and to clear chest phlegm (MAMBA, DSHA).**

Uses in the literature: Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Pujol, 1990) Hutchings et al., 1996; Smith, 1966; Walker, 1996; Arnold et al., 2002; Boon, 2010.

Zulu uses: Bark and wood infusions are taken orally or as an enema or even chewing the bark to treat intestinal ulceration, (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Inner bark is used for weakness of the heart (Gerstner, 1941). Bark and root decoctions are used in treating for palpitation, nausea, especially in pregnant women as well as dyspepsia and stomach pains (Pujol, 1990). Root decoctions are taken or administered as enemas for dyspepsia and sharp pains in the stomach (Hutchings et al., 1996). It is used in different medicinally ways and as *intelezi* (Walker, 1996).

Other uses: Bark decoction is taken orally by the Kgatla and Shangaan women during irregular menstruation or to speed up the delayed labour (Watt and Breyer-Brandwijk,

1962; Walker, 1996). In Tanganyika leaf and root used in witchcraft, the bark is used for rope making and the wood to make bows and spears (Watt and Breyer-Brandwijk, 1962).

123. *Dombeya tiliacea* (Endl) Planch. (Malvaceae)

***Iklolo**, **Iklolo elibovu**, **Iklolo elimnyama**, Ibunda*

[0.12] [0.11] P109

Ibunda[2, 10, 20, 22, 23, 24], (iBunda[20, 22, 23]), Ibunga[10, 22, 24], Umbovu[23]

Uses at Amandawe: The roots and bark are used medicinally by men, probably for virility as *umuthi wamadoda* (CHNDL, REVDUM); The roots and bark are used by men improve the quality of sperms (ZADL, REVDUM).

Uses in the literature: Hulme, 1954; Hutchings et al., 1996.

Zulu uses: Cold bulb infusions are warmed and used as enemas to children with stomach problems (Hulme, 1954).

Other uses: In the Transkei the bulb infusions are used to purge infants suffering the sickness called known as *ipletyi* (Hutchings et al., 1996).

124. *Dovyalis caffra* (Hook.f. & Harv.) Sim (Salicaceae)

Umqokolo

Not in the matrix P110

Uhlabankunzi[22], Umbambhane[22], Umqakalo [17], (umQokolo[20]), (unShozi[22])

Uses at Amandawe: This plant is used to treat sharp internal body pains (MRSMADLALA).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: Fruit is eaten by the Pedi people (Quin, 1959). It was once exported to other overseas countries (Wehmeyer, 1976)

125. *Dracaena aletriformis* (Haw.) Bos (Ruscaceae)

Isikhothakhotha, Iskhothakhotha esikhulu, isikhothakhotha esincane, Ufayibe

[0.03] [0.35] P112

Igonsi-lehlathi[2, 4,18,22,23], Isithokothoko[10], Ithokothoko[2, 4, 22, 23]

Uses at Amandawe: Unspecified parts of this plant are used medicinally for an undiscloded ailment (SHEZ); **Unspecified parts are used to treat ear infections (MYS, MAKAS, JB, PUNCH, NDU, BKHW, BMHL, ZNGD, REVDUM, it treats ear infections especially sores in the ears PHEW); All parts of this plant are used to treat toothache (PHEW); Parts of this plant are used to treat inflammation (REVDUM).**

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: This plant is used for magical purposes (Arnold et al., 2002).

126. *Drimia elata* Jacq. (Hyacinthaceae)

Untanganazibomvana

Not in the matrix P354

Indongana-zibomvana[6, 22, 25]*, Isiklenama*[6, 22, 25]*, Umqumba*[4, 6, 25]

Uses at Amandawe: The bulb infusion with water is used to treat sores (ANON, BMHL, MADLAMINI, TMSO).

Uses in the literature: Hutchings et al., 1996; Walker, 1996

Zulu uses: Bulb is used to relieve chest stabbing pains where it is administered by rubbing it directly on the chest (Hutchings et al., 1996). Bulbs are an ingredient in preparing mixtures known as *intelezi* used as a protective charm (Hutchings et al., 1996). Leaves and bulbs are used in treating feverish colds (Walker, 1996).

Other uses: No use record found in literature.

127. *Dysphania ambrosioides* (L.) Mosyakin & Clemants (Amaranthaceae)

Ikhambi leslumo, Ikhambi lamahhashi, Isinuka, Isinukamasimba, Umanxiweni, Umnukampethu, Uzansikwesibaya

[0.73] [1.08] P114

Ikhambi [15]*, Insukumbili*[6, 10, 22]*, Puniyi*[15]*, Umhlabampethu*[10, 22]*, (Unsukumbili*[10, 22]*), Unukani*[10, 15,22,23,24]

Uses at Amandawe: Fresh leaf infusion is used to treat fever in babies, it is administered by bathing the baby (MYS); Leaves are used to treat stomach cramps (MYS, SHEZ, BKHW, this is specifically used for babies ZNK); Aerial parts are used to treat fever (SHEZ, BMKH, REVDUM, MSANI, TMSO, JB, MNQO, CHNDL, BMHL, administered as an emetic MAKAS, ZCEL, MUN); Aerial parts are used to treat *isela* (TNGW, administered as an emetic JZ, administered as an enema to a baby with *isela eliphula umqala* NDU); The leaves are used to treat sorcery inflicted bad body odour (TMSO, MYS, it is administered by steaming and as an emetic BMKH); Leaves are used to deworm humans, it is administered orally (MADLAMINI, NOMV, MAMBA, MBUTHO, PHEW, SUKD); Aerial parts are used to treat flu (SHEZ); **Leaves are used to treat sores (ZADL, the infusion is administered as an enema in babies MGOZ); Leaves are used to treat lice infestation (BKHW, MSANI, MRSMADLALA); Leaves are an ingredient in mixtures made to treat *ukubhajwa* a venereal disease, it is mixed with *Cynodon dactylon* roots and *Bidens pilosa* and an *Amaranthus* species *imbuya* DLAMINI); The leaves are used to treat the lower abdomen and kidney problems, it is mixed with *Cynodon dactylon* roots and *Bidens pilosa* and**

***imbuya* DLAMINI). Leaves are used to treat boils (DLAMINI);** The leaves are an ingredient in the preparation of *umuthi obovu* (BKHW).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Jenkins, 1987; Hedberg and Staugard, 1989; Manandhar, 1991; Desta, 1993; Gurib-Fakim et al., 1993; Hutchings et al., 1996; Van Wyk and Gericke, 2000; De Wet et al., 2010.

Zulu uses: This plant is used as an enema for intestinal ulceration (Watt and Breyer-Brandwijk, 1962) treats anaemia in sheep and goats (Watt and Breyer-Brandwijk, 1962). Whole plant is used in treating diarrhoea (De Wet et al., 2010).

Other uses: Leaves are an ingredient in medicines used against madness, convulsions, uterine pain, chest pain and fevers in infants, it is also planted as a snake repellent in Zimbabwe (Gelfand et al., 1985). Parts of this plant are inhaled and smoked to treat insanity and convulsions (Van Wyk and Gericke, 2000).

128. *Eclipta postrata* (L.) L. (Asteraceae)

Umphamephuce

[0.08] [0.16] P115

Ikhambilakwangcolosi[9, 22], Ingcolozi[10, 22], Udleleni[9], Umbophe[2], Umphamephuce[22], Umpamephucewentaba[9], Umabophe[9], Umnandi-indoveshi[10], Ungcolosi[2], Ungikhawulani[9]

Uses at Amandawe: Unspecified parts of this plant are used medicinally for an unspecified ailment (SHEZ); [Unspecified parts are used for general medicinal cleansing of the body systems (JHLO)]; **Whole plant is used to treat facial skin reaction, it is administered by bathing and steaming. The person using it should not eat anything hot and with fat (MBUTHO); Whole plant is used by men for sexual performance related purposes (JHLO); All plant parts are used to treat the symptoms of *izichitho* (REVDUM).**

Uses in the literature: Cunningham, 1988; Ngwenya et al., 2003.

Zulu uses: The stems and leaves are used in traditional medicine (Cunningham, 1988). Some parts of the plant are used as a love charm (Gerstner, 1941), if incorrectly used the luck will later be taken away from the user (Ngwenya et al., 2003). Ground roots are used in a charm ointment during courting as (*isibambelelo*) (Ngwenya et al., 2003). The leaves are mixed with the roots of *Ocotea bullata* (*unukani*) and taken for bladder complaints (Ngwenya et al., 2003).

Other uses: It is used in traditional medicine to as a love charms and to prevent lightning (Pooley, 2006).

129. *Ehretia rigida* (Thunb.) Druce (Boraginaceae)

Umklele

[0.05] [0.05] P116

Iklele [17], Ilalanyathi[6], Isalanyathi[2,6,10,22], Umankele[2,6,10,20,22], (uMankhlele[20]), (Umankhele[6,10]), Umcele[10,22], Umgxele[6], Umhlele[6,10,20, 22], (umHlele[20]), Umklele[2,6,10,1,2,27]

Uses at Amandawe: Roots and wood infusion are used in the preparation of *ubulawu* (BKHW); Roots are used as an ingredient in the preparation of *umuthi obovu* (MYS).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Pooley, 2006.

Zulu uses: It is used medicinally (Hutchings et al., 1996; Pooley, 2006). Herd boys enjoy eating the ripe fruits (Fox and Norwood Young, 1982).

Other uses: It is used as a hunting lucky charm by the Sotho people and is also used in rain-making ceremonies (Watt and Breyer-Brandwijk, 1962; Palmer and Pitman, 1972c).

130. *Ekebergia capensis* Sparrm. (Meliaceae)

*Umnyamathi, (Umathunzi entaba), (**Indodemnyama)***

[0.16] [0.14] P117

Isimanaye[3,6,23,28], Linyamatsi[28], uMathunzi[22], Umathunzini[6,10,28], Umathunzi wezintaba[2,6,10,22], uMathunzi-wezintaba[20,23,28], Umathunzini-wezintaba[6], (umGwenya-wezinja[20,22]), Umgwenya wezinja[2,6,10,18,20,22,23,28], Umnyamathi[2,11,6,10,23, 23], umNyamathi[20], Umthoma[2,10,23], Umanaye[22], Umvungu[10], Uvungu[2,6,20,23]

Uses at Amandawe: The bark is used medicinally for an undisclosed ailment (SHEZ); **Unidentified plant part is administered as an enema JHLO, it is used alone and administered by steaming DSHA; A bark decoction is administered before *umuthi obovu* is used (NOMV); A bark concoction with the roots of *Cymbopogon excavatus* is used as a stress reliever after a burial and during hard times REVDUM, a bark decoction is used to distress and strengthen the mourners MBUTHO).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pujol, 1990; Hutchings et al., 1996; Pooley, 2005; Van Wyk and Gericke, 2000; Arnold et al., 2002; Boon, 2010; York et al., 2011.

Zulu uses: The leaves of this plant were recorded to be used by the people of Maputaland to treat coughs, chest pains and a runny nose (York et al., 2011). Cold leaf infusions are used for abdominal pains and as an anthelmintic (Hutchings et al., 1996). Unspecified parts are reported to be used for swollen legs (Hutchings et al., 1996). Leaf decoction is used as emetics to epileptic patients to prevent further fits (Hutchings et al., 1996). The root is used for dysentery, the bark as an emetic and for tanning (Watt and Breyer-Brandwijk, 1962). The bark and the root treat acute gastritis, hyperacidity and heartburn (Pujol, 1990). It is further used to stop bleeding stomach, enhances charm and sympathy in magical *intelezi* preparations (Pujol, 1990). The bark of this tree is used extensively by the Zulus to treat skin disease (Pooley, 2005).

Other uses: The leaves used to treat mental problems and to wash with when the body is itching severely, and the bark is used for purifying blood and the rest is used to treat acne and pimples (Pujol, 1990).

131. *Elaeodendron transvaalense* (Burtt Davy) R.H.Archer (Celastraceae) *Ingwavuma*

Not in the flip-file

iNgwavuma [2, 22, 26, 28], *iNqotha*[20, 22, 28], *Ingwavuma*[6], *Umgududo*[6, 22,28], *Umgugudo*[6], *Umqotha*[6,28]

Uses at Amandawe: [The bark is used to treat stomach cramps (BKHW)].

Uses in the literature: Gerstener, 1939; Palmer and Pitman, 1972b; Mabogo, 1990; Pujol, 1990.

Zulu uses: Bark infusion treats stomachache and fevers (Gerstener, 1939; Palmer and Pitman, 1972b). Bark decoction treats diarrhoea and intestinal cramps (Pujol, 1990). The roots and the leaves are used as an emetic by the training *ithwasa* in a process to become *isangoma* (Corrigan et al., 2010).

Other uses: Vhavenda use the bark against haemorrhoids, venereal diseases, different gastric, renal problem and as an anthelmintic (Mabogo, 1990).

132. *Elephantorrhiza elephantina* (Burch.) Skeels (Fabaceae)

***Ugweje obovu**, Intolwane*

Not in the matrix P356

Intolwane[6, 19, 22, 24], *Intolwane-enkulu*[6], *Ugweje*[6, 19, 22], *Umdabu* [6,19,22,23]

Uses at Amandawe: The roots are used as an ingredient in the preparation of *umuthi obovu* (REVDU); Roots of this plant are used as complexion enhancer (REVDUM).

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Bryant, 1966; Hedberg and Staugard, 1989, Pujol 1990, Hutchings et al., 1996; De Wet, 2013, De Wet et al., 2013; Nciki et al., 2016.

Zulu uses: Root parts are used to treat dysentery and diarrhoea (Bryant, 1966), as emetics against fever, chest and stomach problems (Gerstner, 1939). Root decoction is used to calm down the ancestors (Hutchings et al., 1996). It is used as tonics for womb cleansing after birth (Pujol, 1990), against peptic ulcer and rheumatic heart problems (Hutchings et al., 1996). The bulb is used by the people of Maputaland in treating shingles and sores (De Wet, 2013, De Wet et al., 2013; Nciki et al., 2016).

Other uses: Xhosa people use the root to treat diarrhoea and dysentery in humans, cattle and horses (Watt and Breyer-Brandwijk, 1962). In Botswana roots are used in womb cleansing after abortion and in treating an early age menstruation in children (Hedberg and Staugard, 1989). Roasted seeds are used as coffee substitute (Watt and Breyer-Brandwijk, 1962).

133. ***Eleuthrine bulbosa*** (Mill.) O.Urb. (Iridaceae)

Ingqunda**, **Uhloyile, (Unozigqi)

Not in the matrix P357

Ababomvu [6]*, (Abanqonqosi* [6]*), Abanqonqozi* [6]

Uses at Amandawe: The roots are boiled and used as a compress to treat inflammation (MAKHUMALO); The cold root infusion is used to treat sharp internal body pains. In a case where these pains are brought upon by angry ancestors, then other alternative should be taken (NTAKA).

Uses in the literature: Quisumbing, 1951; Ayala, 1984; Vicker and Plowman, 1984; Goldblatt and Snow, 1991.

Zulu uses: This plant is planted in the yard as a protective charm (Hutchings et al., 1996).

Other uses: This plant is used as a diuretic in the Phillipines (Quisumbing, 1951), against bloody diarrhoea (Ayala, 1984), as a vermifuge, haemmorrhagia (Vicker and Plowman, 1984).

134. *Embelia ruminata* (E.Mey. ex A.DC.) Mez (Myrsinaceae)

Ibhinini, ***Umvinini***

[0.11] [0.22] P118

(Ibinini[6]*), Ibhinini* [6,19,22,23]*, (Inbhinini*[6]*), (iSamunyane*[22]*), Umoyushisa* [6, 19, 22]

Uses at Amandawe: Unripe fruits are used to deworm humans (REVDUM, ZNK, MBATHA, MRMAD, JZ); **The roots are used to treat acne (BHEKI, DSHA); Dried and powdered leaves are an ingredient used in treating madness (DSHA).**

Uses in the literature: Gerstner, 1938; Bryant 1966; Van Wyk et al., 2009.

Zulu uses: Ripe fruits, leaves and root are used against tapeworm (Bryant, 1966). Leaves are chewed as a tonic and as refreshment (Gerstner, 1938).

Other uses: No use record found in literature.

135. *Emex australis* Steinh. (Polygonaceae)

(***Ibhodwe lezinja), Umanyiwa yinkomo, Umpondontathu, Umzobe, Unginyathele, Unkunzana***

[0.27] [0.27] P119

iNkunzana[22,] *Inkunzane* [17, 22]

Uses at Amandawe: This plant is used to treat boils. It is administered as an enema and the leaves are crushed and mixed with sugar and pasted onto the boil (MYS); This plant is used to relieve toothache, whereby the spines are ground and boiled gargled with (MNQO, ZNGD, ZADL); The leaves are used to treat inflammation (PUNCH, TNGW, MAKAS, BKHW); The spiny fruits of this herb are boiled and drunk to treat painful swelling of the body (MBUTHO); The aerial parts are charred as used as *umuthi wamadoda* probably for virility, it is then administered as *izinsizi* most probably licked or inserted on body incisions (DLAMINI).

Uses in the literature: Gerstner, 1939; Watt and Brayer-Brandwijk, 1962; Bryant, 1966; Arnold et al., 2002.

Zulu uses: It is used to treat stomach and intestinal complaints and to relieve colic (Bryant, 1966; Watt and Brayer-Brandwijk, 1962). It is used medicinally as an enema (Gerstner, 1939).

Other uses: The Xhosa people use the boiled leaves to boost appetite, relieve dyspepsia and biliousness (Watt and Breyer-Brandwijk, 1962).

136. *Encephalartos natalensis* R.A.Dyer & Verdoorn (Zamiaceae)

Isigqiki semfene, Isgqiki somkhovu

[0.05] [0.03] P120

Isidwaba somkhovu[6], Isigqiki somkhovu[2, 3,6,10], isiGqiksemkhovu[20, 22], Umhlungulo[2, 3,6,10], umHungulo[20]

Uses at Amandawe: Unspecified parts are used medicinally (JZ); Unspecified plant parts are used to treat sharp internal pains (DLAMINI, TNGW).

Uses in the literature: none found.

Zulu uses: Plants known as *isigqiki somkhovu* are used as antidotes to evil spirits (Hutchings et al., 1996).

Other uses: No use record found in literature.

137. *Encephalartos villosus* Lem. (Zamiaceae)

*Isgqiki somkhovu, **Isgqiki semfene**, **Umasundwana***

[0.02] [0.03] P121

Isidwaba somkhovu[1, 6, 23], Isigqiki somkhovu[1.23], Isikomakoma sehlathi[1], UmGqabe[23]

Uses at Amandawe: The stem of this plant is used in treating *izibhobo* sharp internal body parts (TNGW).

Uses in the literature: (Hutchings et al., 1996

Zulu uses: Stems are used in traditional medicine, and possibly as a protective charm against evil spirit (Hutchings et al., 1996).

Other uses: It is traditionally worn in necklaces as a charm to ensure longevity (Batten and Bokelmann, 1966). The Swazi people consider this plant as a lightning conductor (Pooley, 2006).

138*. Englerophytum natalense* (Sond.) T.D.Penn. (Sapotaceae)

Intongane, *Umthongwane*

[0.03] [0.05] P122

Umathathwangezem-be[10, 22, 24]*, Umthongwane*[2, 10, 22, 23]

Uses at Amandawe: Unspecified parts of this plant are used to treat chest ailments, the mixture is administered as an emetic (MSANI).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: People eat the fruit (Boon, 2010; Van Wyk and Gericke, 2000). Timber is used for hut building (Boon, 2010).

139. *Eragrostis plana* Nees (Poaceae)

Umtshiki, ***Umsingizane***

[0.03] [0.03] P123, *Mhlongo 2*

Idobo[10, 22]*, (iHlongohlongo*[22]*), Ihlongohlongo*[10, 22]*, Isikhwekhwe*[10, 22]*, Umsuka*[10, 22]*, Umthsiki* [6, 10, 12, 23]*, (Umthskiki*[6]*), Umvithi*[6, 10, 22]

Uses at Amandawe: A hot root decoction it is used to get rid of *idliso* (BKHW).

Uses in the literature: Watt and Brayer-Brandwijk, 1962; Arnold et al., 2002.

Zulu uses: It is used to treat profuse menstruation, impotency and bareness (Watt and Brayer-Brandwijk, 1962).

Other uses: The grains are used as famine food (Van Wyk and Gericke, 2000; Rose and Guillarmod, 1974). This grass is used in weaving baskets, hats, bangles (Moffett, 1997; Van Wyk and Gericke, 2000).

140. *Eriobotrya japonica* (Thunb.) Lindl. (Rosaceae)

Ulokhwathi

Not in the matrix P358

No names found in literature.

Uses at Amandawe: Unspecified parts of this plant are used as an ingredient in treating heart sicknesses (REVDUM, MARTIN).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: In South Africa, this plant is used against diabetes and rheumatism, whereas in China, Japan and India it is used in treating diarrhoea and vomiting (Watt and Breyer-Brandwijk, 1962).

141. *Eriosema cordatum* E.Mey. (Fabaceae)

(***Isgongqwane),*** *Ubangalala****, Ugwayana, Umuthi wamadoda, Umvusankunzi***

[0.50] [0.46] P124

Ubangalala[1, 10], (Ubangalala okhulu[22]), Umhlambankunzi[1, 6, 10, 22], Uqonsi[1], Uqonsi olukhulu[6, 22], Ugqonsi olukhulu[10], (uQuntsi[22, 23])

Uses at Amandawe: The roots of this plant are used to treat impotence in men (SGAM, SHEZ, DSHA, ZNGD, DLAMINI, REVDUM, MBUTHO); **The roots cooked with milk are used to give men stamina/virility during a sexual intercourse (MYS, MRMAD, JZ, JB, PUNCH, ZADL); Whole plant is used to treat a wound resulted from a burn (ZNK); Unspecified part are used to treat flu (MSANI); Whole plant is used as *isigezo* for to enhance sexual perfomances (ZNK).**

Uses in the literature: Bryant, 1966; Hulme 1954; Hutchings et al., 1996; Walker 1996; Arnold et al., 2002.

Zulu uses: Roots cooked in milk is taken by men for impotency (Hulme, 1954; Bryant, 1966; Hutchings et al., 1996).

Other uses: Tubers are reported to be eaten by the Bushmen (Fox and Norwood Young, 1982). It is used in traditional medicine to treat impotence and to stimulate bulls in spring (Pooley, 2006).

142. *Eriosema distinctum* N.E.Br. (Fabaceae)

Ubangalala, (***Usiqongwqane), Ugqomfane, Umvusandoda, Umvusankunzi, Uqonsi***

[0.70] [0.46] P125

Ubangalala olukhulu [1, 10], Ubangalala omkhulu [6, 22, 25]

Uses at Amandawe: A root mixture with milk is used to treat impotence in men (SGAM, SHEZ, DSHA, ZNGD, DLAMINI, REVDUM, MBUTHO, MAKAS); **The roots cooked with milk are used it is used to give men stamina/virility during a sexual intercourse (MYS, MRMAD, JZ, JB, PUNCH, ZADL); This plant is used as *isigezo* (ZNK); Whole plant is used to treat a wound resulted from a burn (ZNK); Unspecified part are used to treat flu (MSANI).**

Uses in the literature: Hulme, 1954; Pooley, 2005.

Zulu uses: Decoctions from pounded and boiled roots are used for urinary ailments and for impotence (Hulme, 1954).

Other uses: This plant is used in traditional medicine to treat urinary complaints (Pooley, 2005).

143. *Eriosema salignum* E.Mey. (Fabaceae)

Iqonsi, Ubangalala, Ugqomfane, ***Umvusankunzi, Uqonsi***

[0.74] [0.70] 126

Iqonsi [1, 17, 6] Ubangalala[1, 6], Ufisi [10, 22], Uluphondongozi [1], (uMathinta [22]), Uphondomgozi [10, 22], Uqonsi [10, 23], Uqonsi oluncane[6]

Uses at Amandawe: A root mixture with milk is used to treat impotence in men whereby it gives men strong and lasting erections (SGAM, JHLO, PB, PUNCH, BMKH, NOMV,

MAMBA, MYS, MAKAS, ZNK, JB, SHEZ, DLAMINI, ZADL, MBUTHO, ZNGD, used with *iqwaningi* and *ubangalala* REVDUM**, it is also used by women for virility MSANI)**; **The roots cooked with milk are used to give men stamina/virility during a sexual intercourse (JZ, BMKH, NOMV, DSHA, TMSO, CHNDL, PHEW, BKHW, BMHL).**

Uses in the literature: Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Pooley, 2005; Arnold et al., 2002.

Zulu uses: It is used to treat impotence in men, Hulme, 1954).

Other uses: The root is used as an expectorant and as a diuretics (Watt and Breyer-Brandwijk, 1962).

144. *Eriospermum mackenii* (Hook.f.) Baker (Ruscaceae)

Insulansula

[0.60] [0.14] P127

Insulansula[1, 4, 6, 10, 22]

Uses at Amandawe: The tuber is used medicinally and administered as an emetic (SHEZ, SGAM, JHLO, MYS); The bulb infusion used to treat stomach cramps, and it is administered as an enema (ZNGD).

Uses in the literature: none found.

Zulu uses: Ground and dried tubers are mixed with animal fat to make protective charms against lightning and hail (Walker, 1996; Hulme, 1954). The tuber is used as a protective charm from death and any disaster by a healer (Walker, 1996).

Other uses: The dried tubers are ground and mixed with fat of an animal and kept in a horn tightly corked. When a storm is brewing sharpened stems are dipped into this mixture and thrust into the thatch on the outside of the huts, pointing in the direction of the storm, to ward off lightning and hail (Walker, 1996)

145. *Erucastrum austroafricanum* Al-Shehbaz & Warwick (Brassicaceae)

Iklabishana, Isiqoshombe, Ukhuphekhuphe, ***Uqange***

[0.15] [0.03] P128

No names found in literature

Uses at Amandawe: This herb is an ingredient in other medicinal mixtures (JB).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

146. *Erythrina caffra* Thunb. (Fabaceae)

Umsinsi, Umnsinsi

[0.54] [0.86] P129

Umsinsi[2,4,10,15,20,26,22,26,28]*, (umSinsi*[20,26,28]*), (Umnsintsi*[6,23]*)*

Uses at Amandawe: The bark of this plant is an ingredient in the preparation *umhlabelo* which is used for bone repair or to hasten bone repair, that is if the bone has been broken or fractured (MSANI); The bark is used to treat earache (SHEZ, TNGW, a bark decoction is used ZADL, MAKAS, MGOZ, it is mixed with an unidentified parasitic fungi that is found on the stems of the *Dalbergia obovata* PUNCH, it is mixed with the urine of a young boy MADLAM); The bark is used in treating ear infections especially when an ear of a baby is dripping of pus-bark is used MAMBA); A bark infusion is used on newborn babies for various medicinal reasons (it is administered to newborn as a drink to get rid of *ujengezi/udende*-thick saliva to in order to facilitate breathing and breast feeding ZNK); The infusion of unspecified plant parts is administered orally to a newborn before breast feeding commences (PUNCH, ZNGD); The bark infusion is used to treat ailments experienced in the lower abdomen (PUNCH, TMSO, it is administered as a tonic NOMV); The bark infusion is administered warm and gargled with to treat toothache (ZCEL, MRMAD, CHNDL, MAMBA); Unspecified plant part are used to treat diarrhoea (REVDUM); The bark infusion is used to treat a baby that cannot defecate and urinate (DZA); The bark is used in treating *isolo sepleti* probably jaundice (BMHL, PUNCH, KV); A bark decoction is administered as a tonic to lowers high blood pressure (PB, MADLAMINI); A bark decoction is administered as a tonic to facilitate easy childbirth (BMKH, it is drunk when labour pains are experienced BMHL); This plant is used to treat skin infection resulting in an outbreak of sores (MADLAMINI); **[Unspecified plant parts are used to treat bilharzias (PUNCH)].**

Uses in the literature: Hulme, 1954; Hutchings et al., 1996; Van Wyk and Gericke, 2000; Boon, 2010; De Wet et al., 2010; De Wet et al., 2012; De Wet et al., 2012.

Zulu uses: Leaves are part of a paste used as poultice applied to the bladder in urinary complaints known as *iqondo* and venereal disease (Bryant, 1966). Drops of hot crushed leaf decoction are used for earache (Hutchings et al., 1996; Van Wyk and Gericke, 2000). Leaf infusions are used for the treatment of urinary complaints (Hulme, 1954). Topically applied to treat sores, wounds, abscesses and arthritis (Van Wyk and Gericke, 2000). The seeds are used in making necklaces as well as a protective charm against thieves (Corrigan et al., 2010). The roots of this plant are used in treating sexually transmitted diseases (De Wet et al., 2010), genital warts (De Wet et al., 2012). People of Maputaland use the leaves to treat chest pains, fever and blocked nose (York et al., 2011). This plant is used in treating respiratory problems (York et al., 2012).

Other uses: The Vhavenda use it for toothache (Van Wyk and Gericke, 2000). Seeds used as necklaces and lucky beans (Boon, 2010). Leaves and bark used medicinally (Boon, 2010). Wood used as a fishing net float (Boon, 2010).

147. *Erythrina humeana* Spreng. (Fabaceae)

Inyathelo, Umsinsi, *Umsinsana*

[0.10] [0.11] P130

Ikati[4, 10, 22], *Umsinsana*[2, 4, 10, 22, 23, 26], (*Umsitsana*[23])

Uses at Amandawe: This shrub is used medicinally (BMHL, DSHA); Unspecified parts are used to treat the symptoms of *umeqo* (ZADL); the infusion of a ground bark is used to treat *isela/isilonda* in babies, the infusion is administered as an enema (DLAMINI).

Uses in the literature: Boon, 2010; Walker, 1996; De Wet and Ngubane, 2014.

Zulu uses: A cutting from this plant is planted in the yard as a protective charm (Corrigan et al., 2010). Roots and leaves are used by the people of Maputaland in treating gynaecological and obstetrics ailments (De Wet and Ngubane, 2014).

Other uses: In Pondoland the hollowed-out tree trunks were used as milking through (Walker, 1996). Bark and root used medicinally (Boon, 2010). Leaves are used for urinary complaints, venereal diseases and for earache (Walker, 1996). There is a superstitious belief among Africans that burning this tree will attract lightning (Walker, 1996). A powdered burnt bark is applied to the umbilical cord of newborn babies. Root extract is used externally as a hot fomentation applied to sprains and is also taken internally for the treatment of tuberculosis, bronchitis and other chest complaints (Walker, 1996).

148. *Erythrina latissima* E.Mey. (Fabaceae)

Ubhumlanda, Ukhakhasi**, Umkhakhasi, **Umgcwabagcwaba, Umgqinsila,** Umgqwabagqwaba, **Umnqwane**, **Umvusankunzi

[0.10] [0.11] P131

umKhakhasi[13,10], *Umgqwabagqwaba*[2,4,6,10,20,22], *(umGqwabagqwaba*[20]*), Umqonqazi*[6,10], *Umqongqazi*[2,20,22], *(umQongqazi*[20,22]*)*

Uses at Amandawe: The bark infusion is used to treat wounds by washing the affected area with this infusion (MBUTHO); A bark decoction is administered orally as a drink to treat impotence in men (SHEZ, PB); The bark is used in treating *umzimba omubi* an infestation of body sores eruption (BMKH).

Uses in the literature: Hutchings et al., 1996; Walker, 1996.

Zulu uses: Bark is used a purgative (Hutchings et al., 1996).

Other uses: A powdered burnt bark is used to treat open wounds (Walker, 1996).

149. *Erythrina lysistemon* Hutch. (Fabaceae)

Umsinsi, Umsinsi wehlathi

[0.49] [0.81] P132

Umloka[2], *Umnsinsi*[6, 10, 22], *Umsinsi*[2, 4,6,18, 20], *(umSinsi*[20]*)*

Uses at Amandawe: The bark of this plant is an ingredient in the preparation *umhlabelo* which is used for bone repair or to hasten bone repair, that is if the bone has been broken or fractured (MSANI); The bark is used to treat earache (SHEZ, TNGW, a bark decoction is used ZADL, MAKAS, MGOZ, it is mixed with an

unidentified parasitic fungi that is found on the stems of the *Dalbergia obovata* PUNCH, MNQO, ZNGD, it is mixed with the urine of a young boy MADLAMINI); The bark is used in treating ear infections especially for infected ear of a child dripping of pus-bark is used MAMBA); A bark infusion is used on newborn babies for various medicinal reasons (it is administered orally to newborn babies to get rid of *ujengezi/udende*-thick saliva in order to facilitate breathing and breast feeding ZNK); The infusion of unspecified plant parts is regularly administered orally to a newborn babies before breast feeding commences (PUNCH, ZNGD); The bark infusion is used to treat a baby that cannot defecate and urinate (DZA); The bark infusion is used to treat ailments experienced in the lower abdomen (PUNCH, TMSO, it is administered as a tonic NOMV); The bark infusion is administered warm and gargled with to treat toothache (ZCEL, MRMAD, CHINDL, MAMBA); Unspecified plant part are used to treat diarrhoea (REVDUM); The bark is used in treating *isifo sepleti* probably jaundice (BMHL, PUNCH, KV); A bark decoction is administered as a tonic to lower high blood pressure (PB, MADL); A bark decoction is administered as a tonic to facilitate easy childbirth (BMKH, it is drunk when labour pains are experienced BMHL); Unspecified plant parts are used to treat bilharzias (PUNCH); A bark infusion is administered as an emetic to treat *isela/isilonda* in babies (DLAMINI); The bark is used to treat skin related disease and *umzimba omubi* (MADLAMINI).

Uses in the literature: Palmer and Pitman, 1972a; Mabogo, 1990; Pujol, 1990; Walker, 1996; Coates Palgrave, 2002; Boon, 2010.

Zulu uses: Bark is used as poultice for swellings and abscesses (Pujol, 1990).

Other uses: Crushed leaves are applied to suppurating sores, while the open wounds are treated with powdered burnt bark (Walker, 1996). Leaf infusions are used as drops to treat earache, a root decoction is applied to sprains as fomentation and the chief uses the bark mixture as a charm to be respected (Walker, 1996).

150. *Eucalyptus camaldulensis* Dehnh. (Myrtaceae)

Ugamthrini, Ugamthrini omhlophe

[0.92] [0.78] P133

Eucalyptus species: *Impiskayihlangulwa*[6], *Umdlavusa*[6, 22], *Umdlebe*[6]

Uses at Amandawe: A hot leaf infusion is inhaled in treating congested chest (MAMBA); The bark is used to stop diarrhoea (MGOZ); The bark infusion is gargled with to treat toothache (MKH); A hot leaf infusion is used to treat inflammation (JHLO); Unspecified parts are used to lowers blood pressure (PB); A hot leaf infusion is administered by steaming, ensuring that the steam is inhaled in order to treat flu (SGAM, MYS, ZNK, ZCEL, MRMAD, TMSO, PHEW, PUNCH, MNQO, SHEZ, TMGWN, NDU, BKHW, NOMV, KV, CHNDL, MAMBA, BMHL, DSHA, ZNGD, MAMDUMA, MBUTHO).

Uses in the literature: Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: The timber is used for carving as a replacement of *Trichilia emetica* in KZN (Van Wyk and Gericke, 2000). It is grown for timber, shelter, shade firewood and a honey source (Boon, 2010).

151. *Eucalyptus grandis* W.Hill (Myrtaceae)

Ugamthrini, Ugamthrini obovu

[0.57] [0.62] P134

No names found in literature

Uses at Amandawe: A hot leaf infusion is administered by steaming in treating flu (SGAM, JHLO, MYS, MAKAS, ZNK, MRMAD, TMBA, JZ, JB, PB, PUNCH, SUKD, MNQO, NDU, MAMBA, BMHL, DSHA, DLAMINI, MBUTHO, MSANI, REVDUM, MBUTHO, DZA).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1971; Hutchings et al., 1996; York et al., 2011; York et al., 2012.

Zulu uses: Green leaves of an unidentified *Eucalyptus* species are burnt as a mosquito repellent (Watt and Breyer-Brandwijk, 1962). The bark of *Eucalyptus sp* known as *umdlebe* and *umdlavusa* are used medicinally (Hutchings et al., 1996). Bark of unidentified *Eucalyptus* species is used in washes for pimples (Hutchings et al., 1996). This plant is used in treating respiratory problems (York et al., 2012). Other ailments treated by the people of Maputaland are chills, coughs, runny nose, headache, chest pains, tonsillitis, sore throat, fatique, fever and blocked nose (York et al., 2011)

Other uses: Timber is used for carving as a replacement of *Trichilia emetica* in KZN (Van Wyk and Gericke, 2000).

152. *Euclea natalensis* A.DC. (Ebenaceae)

Umshekisane

Not in the matrix P359

Ichithamuzi[6,20,22], (iChithamuzi[20,22]), Idungamuzi[6,8,20,22], (iDungamuzi[20,22]), (iNkaza[22]), Inkunzane[6,22], Inkunzi ebomvana[22], (inKunzi-emnyama[6, 22]), Intungamuzi[8], Isinzimane[6,8], (isiZimane[6,8,20,22]), (ilizamane[6]), (Mzaka[8]), (uManyathi[22,24]), Umhlalanyamazane[6], Umshekisane[6,8,20], (umThsekisane[20]), Umtsikisane[22], Umzimane[6,8]

Uses at Amandawe: A decoction made from the roots of this plant together with the roots of *Merwilla plumbea* and *Eucomis automnalis* is used to treat the lower abdominal complications (CHNDL, CHLZ).

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Pujol, 1990; Hutchings et al., 1996; De Wet and Ngubane, 2014.

Zulu uses: People of Maputaland use the roots in treating gynaecological and obstetrics ailments (De Wet and Ngubane, 2014). Root bark is used in treating scrofulous swellings (Bryant, 1966), blood purification and pleurisy (Hutchings et al., 1996). Bark is used as an ingredient in treating urinary tract infection, venereal diseases, susceptibility to sores and

schistomasis (Hutchings et al., 1996). Bark infusion is used as a protective charm (Hutchings et al., 1996) and to treat venereal disease known as drop and dysmenorrhoea (Pujol, 1990). The plant is used to treat scrofula and abdominal problems (Watt and Breyer-Brandwijk, 1962).

Other uses: Fresh roots treat stomach problems, malaria, ulcers and as an anthelmintic (Kokwaro, 1976)

153. *Eucomis autumnalis* (Mill.) Chitt. (Hyacinthaceae)

Ukhwali, *Umathunga,* ***Umathunga obovu,*** **(*Unxangisuka*)**

[0.32] [0.54] P136

Ukhokho[1,6], (uMakhahndakansele[22]), Umakhandakansele[1,6,22], Umakhondle[1,22,25], Umakhunda[10,22], uMnqunduwenkunzi[22], Umathunga[1,11,6,22,25]

Uses at Amandawe: The bulb is used to treat *isibhobo* sharp internal body pains (TNGW); The bulb is used to treat back pains (DLAMINI); This plant is used to treat *izilalo* body pains experiences by aged people (REVDUM); The bulb is used to heal wounds (TMSO, MBUTHO); This plant is used to treat what is called internal wounds, probably the ulcers. It is administered as enema (PB); This plant is used to treat "*umzimb'omubi*" a skin related disease resulting in an outbreak of sores all over the body (BMKH); The bulb is used as a tonic as specially as an immune booster and a blood purifier, it is mixed with sea water and administered as an enema (BKHW); The bulb is used to enhance faster healing of medical operation, it is mixed with *Senecio serratuloides* and administered orally and as a bath (NOMV); The bulb is used to treat various baby ailments, it is administered as an enema to babies (MUN); The bulb is used as a tonic to treat various ailments (ZNGD, MBUTHO, DZA); The bulb infusion is used to cleanse and flush the kidneys and the bladder (ZADL, CHNDL, CHLZ); Bulb decoction is used to treat venereal disease called *ukubhajwa* (MUN); A bulb decoction is mixed with the roots of *Merwilla plumbea* and *Euclea natalensis is* used to treat the lower abdomen (CHNDL).

Uses in the literature: Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Bryant, 1966; Cunningham, 1988; Roberts, 1990; Bruneton, 1995; Hutchings.et al., 1996; Van Wyk et al., 2009.

Zulu uses: Bulbs are widely used in decoctions administered as enemas (Cunningham, 1988). They are used to treat the urinary problems and fevers as emetics and enemas respectively. It is also used during pregnancy to facilitate childbirth (Gerstner, 1941; Bryant, 1966).

Other uses: The Tswana people use the bulb shavings or roots with milk or water for colic, flatulence and abdominal problems (Roberts, 1990).

154. *Eulophia angolensis* (Rchb.f.) Summerh. (Orchidaceae)

Umabelejongosi

Not in the matrix P360

Umabelejongosi[6, 22]

Uses at Amandawe: A mixture made from the pseudo bulbs of this plant are used as a tonic, administered as an enema (ANON, DSHA, MYS, NTAKA, MKHIZE).

Uses in the literature: none found.

Zulu uses: Young men use the tubers in the preparation of love charm (Hulme, 1954).

Other uses: No use record found in literature.

155. *Euphorbia cupularis* Boiss. (Euphorbiaceae)

Ibunga, Umdlebe, ***Uvuthane***

[0.05] [0.11] P137

Ibunga[3]*, (Umbalele*[22,23]*), Umbulele*[3,6,10,22,23]*, Umdlebe*[2,3,10,22,23]*, Umdletshane*[2,3,6,10,22]*, Umdleba omncane*[6,10,22]*, (Umzilanyone*[6]*), umzilanyoni*[6]

Uses at Amandawe: The bark is used medicinally for an unspecified ailment (TMSO); **A paste made from the bark is used to treat burn wounds by direct application onto the wound. A plant species called *umahedeni* as well as *umdlethsane* serves the same purpose (REVDUM); This plant is used to treat coughs (BMKH);** [This plant is used as an ingredient in most tonics (BMKH)].

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Mabogo, 1990; Van Wyk and Gericke, 2000.

Zulu uses: The Zulu people treat headache by inhaling the pungent smell from crushed leaves (Watt and Breyer-Brandwijk, 1962). Crushed leaves to relieve headaches associated with influenza and catarrh (Bryant, 1996). Leaves may be pounded with leaves of *Ranunculus* species, mixed with a little water, and drawn into the nose. Bark is used to make a powerful sorcery catarrh (Watt, 1967).

Other uses: Latex application is used to treat painful teeth with cavities by the Sotho from the Eastern Transvaal (Watt and Breyer-Brandwijk, 1962). The Swati use the latex externally only to treat embrocation (Watt and Breyer-Brandwijk, 1962). The Sotho people treat asthma by chewing a dry leaf (Watt and Breyer-Brandwijk, 1962).

156. *Euphorbia ingens* E.Mey. ex Boiss. (Euphorbiaceae)

(*Abaphaphi*), *Umnhlonhlo, Umphapha*

[0.16] [0.19] P138

Abaphaphi[10,22]*, Umahetheni*[6,10,22]*, uMahetheni*[20,28]*, Umhlonhlo*[6,10,18,20,22,26]*, (umHlonhlo*[20,26,28]*), Umphapha*[2,18,23]

Uses at Amandawe: Unspecified parts are used to empty the overflowing gall or treat gall sicknesses (ZCEL); Sap dried and kept for six months and then mixed with fermented porridge, this mixture is then drunk as a tonic (MKP); This plant is used for undisclosed medicinal purpose (SHEZ); **Parts of this plant are used to treat inflammation. Probably the dried material is applied into the incisions in the**

swollen area, (DLAMINI); The sap is used to remove warts (MYS, DSHA); **This tree produces *umafumbuka-Hydnora africana* which is used to treat acne (MYS), stop diarhhoea (NOMV).**

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Gelfand et al. 1985; Mabogo, 1990; Boon, 2010.

Zulu uses: The latex is taken in small doses as a purgative (Gerstner, 1939). Also used against warts and cancer (Pooley, 1993). Timber is used for making doors and boats in Zululand, and as purgative (Boon, 2010). A tree cutting is planted in the yard as a protective charm (Corrigan et al., 2010).

Other uses: It is burnt and inhaled for asthma and taken for bronchitis and as a purge in Zimbabwe (Gelfand et al. 1985). Latex is used by Sotho to treat dipsomania and to treat cancer (Watt and Breyer-Brandwijk, 1962).

157. *Euphorbia tirucalli* L. (Euphorbiaceae)

Umsululu

[0.22] [0.24] P139

uDuze[20], Umdusi[10], (uMunde[20,22,23]), Umunde[10,22,23], (umDde-wehlathi[20]), Umnduze[2,3,6,10,15,22], Umsululu[2,3,6,10,20,22], (umSululu[20])

Uses at Amandawe: This plant is used for an undisclosed medicinal purpose (SHEZ**); The sap from this plant it is used to cure and rid off the warts (MYS, ZCEL, DSHA, NOMV, MBUTHO, MSANI); Unidentified plant parts are used to healing body sores. They are is used with chicken droppings and applied directly to the sores (JB); A bark mixture is administered as an enema to cure boils (MYS).**

Uses in the literature: Gelfand et al. 1962; Watt and Breyer-Brandwijk, 1962; Mabogo, 1990; Hutchings et al., 1996; Pooley, 2006; De Wet et al., 2010; York et al., 2012; De Wet, 2013; De Wet et al., 2013; Nciki et al., 2016.

Zulu uses: This plant is used as traditional medicine (Pooley, 1993). The stem of this plant are used in treating a sexually transmitted diseases (De Wet et al., 2010). People of Maputaland use the stem in treating ear ache (York et al., 2011) and gonnorhoea (De Wet et al., 2012). This plant is used in treating respiratory problems (York et al., 2012). The stem parts are used to treat sores (De Wet, 2013; De Wet et al., 2013; Nciki et al., 2016).

Other uses: The tree is planted as a protective by many Africans by planting the trees around homesteads as a protective charm against marauders (Watt and Breyer-Brandwijk, 1962). In Tanganyika the sap of this plant is used to treat sexual impotence (Watt and Breyer-Brandwijk, 1962). Sap used to make rubber and the plant planted to keep moles away (Boon, 2010).

158. *Euphorbia triangularis* Desf. ex A.Berger (Euphorbiaceae)

***Uhambanaye**, **Umalilisa,** Umnhlonhlo*, ***Umhlonhlo omncane, Umphumeleli**, Umhlonhlwane*

[0.05] [0.05] P140

iNhlehle[22], *Inhlonhlwane*[10, 22], *Isiphapha*[2, 10, 22], *Umahetheni*[22], *Umhlonhlo*[22], *Umhlonhlwane*[2], *Umphapha*[6]

Uses at Amandawe: The sap from this plant is used to treat and remove warts (DSHA); The roots of this plant are used in the preparation of *umhlabelo* which helps a sprained or broken bone to heal faster. The dried material together with other ingredients are made into powder or a paste, which is rubbed into the incision on the swollen area (DLAMINI).

Uses in the literature: none found.

Zulu uses: It is used as a lucky charm, by burning it on the fields to ensure a good crop (Pooley, 1993).

Other uses: Traditionally planted outside huts after the birth of twins to protect them, and also burnt on fields to ensure good crops (Boon, 2010).

159. *Felicia erigeroides* DC. (Asteraceae)

Ufoshela, ***Uqhwashu, Ikhambi lakwaNgcobo***

[0.11] [0.11] P141

Ifoshela[4, 10], *Ikhambi lenyoka*[4], *(isiTelelo*[23]*), Isithelelo*[1, 6, 1,20,22,23], *Ixhaphozi*[1, 6, 22], *Uxhaphozi*[10, 22]

Uses at Amandawe: All plant part s are used in the preparation of *umuthi wamakhala*. It is administered through the nostrils (SHEZ, PUNCH); This plant is used to prevent miscarriages, probably administered as a tonic (MBUTHO); This plant is used to treat an ailment called *isela* (ZNGD).

Uses in the literature: Hulme, 1954; Bryant, 1966; Walker, 1996; Pooley, 2005.

Zulu uses: The Zulu people inject an infusion of the dry leaf as an enema (Walker, 1996). Hot leaf infusions are administered as enemas for intestinal parasites and abdominal pain and also as purgative (Bryant, 1966). Root infusions are administered as enemas for intestinal parasites in children (Hulme, 1954).

Other uses: Leaf infusion is used as an emetic by a person who has been bitten by a snake to remove the dangerous foam in the throat (Walker, 1996).

160. ***Ficus glumosa*** **Delile** (Moraceae)

Isgonswane, Umgonswane

[0.37] [0.51] P142

iKhokhokho[22], *Inkokhokho*[2], *Ukhokhokho*[10], *Isigondwane*[2], *(uMdende*[22]*), Umdende*[2, 22], *Umdende- omnyama*[2, 10, 22], *Undenda*[10],

Uses at Amandawe: The bark decoction is administered as an emetic to empty the overflowing gall (MYS); The bark decoction is administered as an emetic to treat

acne (BMKH); This plant is used as *umuthi obovu* (MAKAS, MGOZ); A decoction of *Ficus glumosa*, *Erythrina caffra* or *Erythrina lysistemon* and *Commiphora harveyi* all together is used as a tonic to cleanse the body system and to purify blood (ZADL); The bark is used in treating a condition where one defecates bloody stools, it is administered as an enema (DSHA); The bark is an ingredient in the parparation of *umuthi obovu* (MAKAS, MGOZ); A bark mixture is used to stop diarhhoea (ZCEL, ZNGD, MAMBA, MUN); The bark decoction is administered as an emetic when one is not feeling well (JZ); **This plant is used to treat listleness and to regain strength and vigour (ZNK); Unspecified plant parts are used to treat a particular skin condition called *"ikhambi-ukuvokomala kobuso umuntu anyanyeke"* (PHEW); The bark decoction it is used to treat various chest complaints (MBUTHO); The bark is used to get rid of *izidende* from the chest, it is administered as a hot tonic (DLAMINI).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: It is used in making cloth in Tanganyika (Watt and Breyer-Brandwijk, 1962) and the roots together with *Sporobulus indicus* is used to treat snakebite (Watt and Breyer-Brandwijk, 1962), while the root alone treats colic (Watt and Breyer-Brandwijk, 1962). Unspecified parts of this plant is used to ease childbirth, treat influenza, induce lactation and as a poultice for skin problems (Boon, 2010).

161. *Ficus ingens* (Miq.) Miq. (Moraceae)

Umanyala, Umkhiwane

[0.03] [0.03] P143

Inkokhokho[2,17], inKokhokho[20,22,25], isiGondwane[20,22,25], Isigonswane[24,28], Umdende[2,20], umDende[20], umDende-obomvu[2,20,25,28], Umgonswane[2,22,25], Umkhonswane [17]

Uses at Amandawe: Unspecified partsof the plant are used to treat internal sharp body pains (MBUTHO).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: Fruits are edible (Fox and Norwood Young, 1982).

162. *Ficus natalensis* Hochst. (Moraceae)

Umthombe, ***Umthombo***

Not in the matrix P363

Idende[6], isiHlamfane[6], [20, 22, 28], (Isihlamfane[6]), Uluzi[6], Umbombe[6], (uMdenda[22]), (umDende[20]), Umdende[6, 20], (umThombi[20]), Umthombe[6, 8, 22, 23, 24]

Uses at Amandawe: The aerial roots are used is used to treat womb cancer. Only the roots that twine themselves around the tree trunk are used (REVDUM, GNGC, ANON);

Unspecified plant parts are used to treat chest problems (ANON); Unspecified plant parts are used to ease childbirth (PUNCH).

Uses in the literature: Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Pujol, 1990; Hutchings et al., 1996.

Zulu uses: Bark infusion is used to ease childbirth (Gerstener, 1941). Raw root infusion is used for blood purification (Pujol, 1990). Leaves are used in treating wounds, boils, carbuncles, warts and other growths (Hutchings et al., 1996). Bark strips are used to make mats and ropes (Watt and Breyer-Brandwijk, 1962). Bark decoction is used to enhance the cow milk production and to treat anaemia in humans (Watt and Breyer-Brandwijk, 1962).

Other uses: The roots in Tanzania treat colic and snakebite and the bark is used as a galactagogue and influenza Watt and Breyer-Brandwijk (1962).

163. *Ficus sur* Forssk. (Moraceae)

Umkhiwa, Ukhiwane

[0.19] [0.16] P144

Ingobozweni[2,3,6,1,220,23]*, Intombi-kayibhinci*[2,3,10,22,23]*, Umkhiwane*[3,6,10,18,22,23]*, (Umkhuwa*[10,22]*), Umkhiwa*[10,22]

Uses at Amandawe: The bark is used as an ingredient in the preparation of *umuthi obovu*, which is administered as an emetic (MYS, PHEW, BMKH); This plant is used in treating the symptoms of *amalumbo* (DLAMINI); Unspecified plant parts are used in treating diarhhoea (MUN). REVDUM).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Ayensu, 1978; Hutchings et al., 1996; Van Wyk and Gericke, 2000.

Zulu uses: Root and bark decoctions are used for 'ulceration of the lung' possibly pulmonary tuberculosis (Watt and Breyer-Brandwijk, 1962). Leaf and bark infusions are used as milk production stimulant in bovines (Hutchings et al., 1996). Fruits are eaten fresh or dried, especially by children (Van Wyk and Gericke, 2000). It is used to treat infertility, uterine pain, prevent abortion and as an anti-emetic taken by both male and female (Van Wyk and Gericke, 2000). It is used to increase lactation, treats nose bleeds, constipation in humans and stock (Van Wyk and Gericke, 2000). It treats sore throat, painful eyes, skin rashes (Van Wyk and Gericke, 2000). The bark is used to treat sores (De Wet, 2013, De Wet et al., 2013).

Other uses: The Vhenda use the root stop diarrhoea, remove retained placenta in cows and the fruit is used against tuberculosis (Watt and Breyer-Brandwijk, 1962, Mabogo, 1990).

164. *Foeniculum vulgare* Mill. (Apiaceae)

*Imbozisa**, Imbozisa enkulu***

[0.32] [0.51] P146

iMbozisa[22], Imbozisa[6,14], (iMbozosa eluhlaza[22]), Imboziso[1,2,21], Imboziso[1,2,21], Imboziso eluhlaza[6,10,22], I(li) beka[6,10,22]

Uses at Amandawe: Whole plant is used to help eject *idliso lentando* taken in with food. The infusion is administered as an emetic whereby *idliso* is ejected orally (MYS, ZCEL, NDU, MGOZ); An infusion made from all the plant parts are used to neutralize *idliso*. It administered as a as a drink (JHLO, MUN, TMSO, NDU, MBUTHO, NOMV, DLAMINI, JZ); Unspecified parts of this plant are used to treat toothache described as *ushiyane-ukushisa kwezinyo* (MNQO); Whole plant is administered as a compress to treat inflamation (DLAMINI); The infusion made from all the plant parts is used to used to destroy various ailments in one's body. This basically works like a disinfectant and an antimicrobial mixture applied as a bath, should one be suspicious of unexplained ailments (MSANI, MBUTHO); **Whole plant is used together with *Cymbopogon excavates* to treat anxiety (REVDUM); Whole plant is administered by steaming to rid off lice and flees (BMHL, MAMBA).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Cunningham, 1988; Bruneton, 1995; Hutchings et al., 1996.

Zulu uses: Leaves and stems are used as traditional medicine (Cunningham, 1988). Infusions are used as protective charms against evil spirits and as love charm emetics (Hutchings et al., 1996).

Other uses: The roots are edible and cooked leaves are eaten as herbs (Van Wyk and Gericke, 2000).

165. *Furcraea foetida* (L.) Haw. (Asparagaceae)

Isitaluka, Ubhumlane, Ufayibe

[0.05] [0.05] P147

No names found in literature

Uses at Amandawe: Unspecified parts of this plant are used to treat inflammation (SHEZ, JHLO).

Uses in the literature: Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: It planted for the use of its fibre in Tanganyika (Watt and Breyer-Brandwijk, 1962). The plant is used to make ropes, strings, tablemats, floor mats and in weaving (Van Wyk and Gericke, 2000).

166. *Gazania krebsiana* Less. (Asteraceae)

Ubendle, ***Umasonga***

[0.06] [0.08] P149

Impephotshani[1], Isiphephane[1], Ubendle[1, 10, 25]

Uses at Amandawe: All plant parts are used medicinally and administered as an enema as a tonic (JZ); **This plant is used to treat *amahlaba* internal side pains in babies (NOMV); Unspecified parts of this plant are used to treat ear problems administered with cooking oils (BMKH).**

Uses in the literature: Cunningham, 1988.

Zulu uses: Whole plant is used in traditional medicines (Cunningham, 1988).

Other uses: Flowers are eaten raw (Pooley, 2006). In Lesotho the leaves are rolled into twines to make (Pooley, 2005). Used traditionally to treat sickly babies, earache and sterility in women (Pooley, 2006).

167. *Gerbera piloselloides* (L.) Cass. (Asteraceae)

Imbune yentaba, Ubani, Ugqamhloshane, Uhlunguhlungu, Umoyawezwe, Umpikayboni

[0.15] [0.19] P150

Indlebe-yemithe[4], Indlebeyempithi[1,3,6,10,22,25], Ihlambihloshane[6], Iqwa[6], Ucabazane[6], (Uhlango ilimpofu[1,3,4,10,22,25]), [Uhlangolumpofu[1,3,4,10,22,25]], Uhlinguloshana6, (Umhlosbazana[6]), (Umlimi-lwenkomo[6]), Ulimi-lwenkomo[6], Umoya wezwe[1,3,4,10,22,25]

Uses at Amandawe: This plant is used to ease childbirth (ZCEL); This plant works like *ikhathazo Alepidea cordifolia* (REVDUM); **Whole plant is used as a compress to treat inflamation (TMSO, it is used specifically for swollen feet MSANI); The infusion of this plant is administered as an enema to an infants during the transion of being breast fed to eating solid foods (PHEW); Whole plant is used in wound for healing (SHEZ); This plant is administered through the noistrils to a person suffering from hysteria/madness (BMHL).**

Uses in the literature: Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Walker, 1996; Arnold et al., 2002; Pooley, 2006.

Zulu uses: The root infusion mixed with human urine is administered to the affected ear (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Walker, 1996). Strained leaf infusions are used against tapeworm (Hulme, 1954; Walker, 1996).

Other uses: Root decoction is used by the Sotho to treat earaches and mixed with milk to treat chest complaints. (Watt and Breyer-Brandwijk, 1962). They also fumigate the hut of a person suffering from a cold (Watt and Breyer-Brandwijk, 1962). Floral parts are eaten raw as salad or cocked as potherb and children enjoy the nectar (Fox and Norwood Young, 1982).

168. *Gladiolus dalenii* Van Geel (Iridaceae)

Isidwa, Isiqunga sikatikoloshe, Umabelejongosi, Umasendenja, Umlunge, *Undwendweni,* (***Uthenga kumina*****)**

[0.10] [0.11] P151

Isidwi esibovu[1, 10, 22, 25]*, (Udwendweni*[1, 25]*), Uhlakahle*[1, 25]*, Uhlakazi*[10]*, Umhlakaza*[10, 22]*, uMhlakazi*[22]*, Undwendweni*[1, 10, 22, 25]

Uses at Amandawe: The root is cooked with milk and administered as a drink to treat impotence (BKHW); The leaves and roots are used together to treat back problems (REVDU); This plant is used medicinally, and administered as an enema (DSHA); [Unspecified plant parts are an angredient in most medicines (MBUTHO)].

Uses in the literature: Gerstner, 1941; Hulme, 1954; Pooley, 2005.

Zulu uses: Root decoctions are used to treat sterility in women and the corms are used as lucky charm to ensure a good harvest (Gerstner, 1941). Corm infusions are used to treat chest ailments believed to be caused by sorcery and the corms are used as emetics for love charm (Hulme, 1954). An infusion from a pounded bulb is used by men when courting (Walker, 1996).

Other uses: Children use the corm as spinning tops (Pooley, 2006).

169*. Gladiolus ecklonii* Lehm. (Iridaceae)

Ibuthe, Isidwa, Incwincwi, Umabelejongosi, Umlunge

[0.05] [0.05] P152

No names found in literature

Uses at Amandawe: The corm is used medicinally for an unspecified ailment (SHEZ); The leaves together with the corm are used to treat back problems (REVDU).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 2006, 2013.

Zulu uses: No use record found in literature.

Other uses: The Sotho people use the corm decoction to treat rheumatic pain (Watt and Breyer-Brandwijk, 1962). Corms eaten raw or cooked (Pooley, 2005). It is used traditionally to treat rheumatic pain (Pooley, 2006, 2013).

170. *Gloriosa modesta* (Hook.) J.C.Manning & Vinn. (Colchicaceae)

Ihlamvu

Not in the matrix P367

Ilamvu lehlathi[1]*; Uhlamvu lwentombazane*[1, 22]*, Uhlamvulwabafana*[22]*, Isimiselelo*[22]

Uses at Amandawe: This plant is used in inducing the conception of the desired sex of a foetus (SHEZ).

Uses in the literature: Hulme, 1954; Hutchings et al., 1996; Pooley, 2005.

Zulu uses: No use record found in literature.

Other uses: This plant is used medicinally to treat infertility in women and to facilitate the conception of a desired sex (Pooley, 2005), as an aphrodisiac (Gerstner, 1939), a love

charm emetic used by young men to cause an indifferent girl to appear pregnant (Hulme, 1954) and also used to treat girls thus affects (Hutchings et al., 1996)

171. *Gloriosa superba* L. (Colchicaceae)

Ihlamvu, ***Idangabane lasolwandle***

Not in the matrix P367

Ihlamvu [4,19,23,24], Ihlamvu labafana [6,4,22], Ihlamvulomfananentombazane[22], Ihlamvu labafana namantombazane[6], Ilhamvu lasenhla[19], Isikhawli sasolwandle [6, 19], Isimiselo[19], Uhlamvu[4], Uhlamvu lwabafana[4]

Uses at Amandawe: The roots of this plant are used modify the conception for a desires sex of the foetus, **and also to facilitate the conception of twins, the mixture is drunk as a tonic (REVDUM); The leaves are used to treat wounds and sores (NTAKA, ZNK).**

Uses in the literature: Doke and Vilakazi, 1972; 1927; Broster, 1982; Bryant, 1966; Gelfand et al. 1985; Roberts, 1990; Kala et al., 2004; Haroon et al., 2008.

Zulu uses: Powdered root parts are used to treat impotency and barrenness and used to insure desired sex of a child (Bryant, 1966; Walker, 1996). It is used as an aphrodisiac and as a charm to make an indifferent girl to appear pregnant until she returns his affection (Gerstner, 1939; Hulme, 1954). The corms are used to treat skin eruption, tick infection, kill lice and screwworms on cattle (Gerstener, 1939; Roberts; 1990).

Other uses: Xhosa people use the corm against barrenness and impotency (Broster, 1982), while the Tswana and Masai use the sap for skin eruption and pimples (Roberts, 1990). In Zimbabwe, it is used to disinfect wounds (Gelfand et al. 1985).

172. *Gomphocarpus physocarpus* E.Mey. (Apocynaceae)

Usinga, Uqhumane, *Usingalwesalukazi,* ***Usipha lwesalukazi***

[0.53] [0.65] P153

Usinga lwesalukazi[1], Umangwazane[1], Umqumbuqumbu[1], Uphuphuma[1]

Uses at Amandawe: The roots are used to neutralize or to blunt *idliso* a poisonous substance taken in with food (PHEW); This plant is used to treat a swollen stomach (MYS); A leaf and root infusion is administered as an enema to treat *isithakathi* in babies (ZNGD, BKHW, ZNK, SUKD, MADLAMINI, mixed with milk is TNGW, MAKAS, MAMBA, JZ, TNGW); The leaves are used to treat common sicknesses in babies (MRMAD, NDU); This plant is used to treat inflammation (PUNCH); Unspecified plant parts are dried and administered by licking the powdered material to treat snakebite (CHNDL), as *isihlungu*it is administered by inhaling the powdered plant material made from the unspecified plant parts (BKHW); This plant is used to treat *amahlaba* internal side pains in babies (BMHL); Powdered plant material is administered by inhaling it to treat headache (DSHA**; Dried leaves are used in wound healing (REVDUM); This plant is used to treat *izizwe* in females (MRGUMEDE); Unspecified parts of this plant are administered with milk to babies during the**

transition of being breast fed to eating solid food (ZNGD); [This plant is an ingredient in other medicines (SHEZ, ZADL).]

Uses in the literature: Hulme, 1954; Hutchings et al., 1996; Pooley, 2005.

Zulu uses: Leaves are snuffed to treat headache (Hutchings et al., 1996).

Other uses: Leaf infusions are used as an enema for newborn infants (Hulme, 1954). Stripped green bark is tied around the waist of a newborn infant for urinary problem (Hutchings et al., 1996).

173. *Grewia occidentalis* L. (Malvaceae)

*Iklolo**, Iklolo elimhlophe**, Ilalanyathi*

[0.14] [0.22] P156

Ilalanyathi[2,6,10,18,22,23,24]*, Imanhlele*[2,6,10]*, Iklolo*[2,4,6,10,13,18,22]*, Umnqabazi*[6]*, umJiwana*[10,13,22]*, (Umlalanyathi*[6,10]*)*

Uses at Amandawe: Unspecified plant parts are used by males as a tonic to cleanse their genital organs, sometimes as an extended treatment of sexually transmitted infection. It is administered as adrink and as an enema (MRGUMEDE); This plant is used is used medicinally and administered as an emetic (JB, MYS);**This plant is used medicinally by men (the root is used BKHW, the roots are ground and mixed with sugar and taken approximately 2 days after the mixture has fermented and administered orally CHNDL). The bark and root decoction is used as *imbiza* (MBUTHO); A root decotion is used by men to produce good quality sperms (ZADL); Crushed leaves or leaf infusion is used to treat head sores that form scabs of fungus- *umuna* (SHEZ).**

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Walker, 1996; Boon, 2010; De Wet and Ngubane, 2014.

Zulu uses: In Maputaland, people use the roots in treating gynaecological and obstetrics ailments (De Wet and Ngubane, 2014). Bruised bark is used to dress wounds and the decoction is used to facilitate childbirth, treat impotence and barrenness (Walker, 1996). Roots are used in medicines taken to facilitate or procure delivery (Bryant, 1966). Root bark is for bladder ailments and infusions administered as enemas (Gerstner, 1939). Bruised bark soaked in hot water is and used to dress wounds (Watt and Breyer-Brandwijk, 1962). Pounded bark is used to make soap for washing head and believed to prevent hair from going grey (Hulme, 1954). Fruits are eaten in KwaZulu-Natal (Fox and Norwood Young, 1982).

Other uses: Bushmen use it to fashion their bows (Walker, 1996).

174. *Gunnera perpensa* L. (Gunneraceae)

***Izibu**, Ugobho*

[0.82] [0.78] P157

Imfeyesele[1,6,10,2,252]*, Ugobhe* [17,22]*, Ugobho*[1,6,9,10,17, 23,25]*, Uklenya*[1,6,13,22,25]*, Uxobo*[6]

Uses at Amandawe: [The toots are used for medicinal cleansing after childbirth (ZNGD, ZADL, MYS, MAKAS, ZCEL, JZ, BKHW, CHNDL, JB, PUNCH, MSANI, MADLAMINI, it is administered as a hot tonic TNGW, mixed with *isinwazi* MBUTHO, BMHL, also used after a miscarriage DSHA)]; **A root decoction is administered as a drink to treat stomuch cramps (MAKAS);** [The root is used to treat *izinseka* the afterbirth pains experienced by women (ZNK)]; **The roots are used to stop exessive menstruation (MRMAD); A tonic made from the roots, is used for blood purification (PHEW, MUN, MGOZ, DZA); The roots are the main ingredient in a tonic used in treating the swelling of the whole body (PHEW);** The roots are used to treat *isinye* lower abdomen problems in men and women (CHNDL, DLAMINI); **A root mixture is used to treat *ukubhajwa* a sexually transmitted infections in men (CHNDL, DLAMINI);** The roots are used to enhance milk production in women (DLAMINI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Pujol, 1990; Hutchings et al., 1996; Van Wyk and Gericke, 2000, Ngwenya et al., 2004; Van Wyk, 2008; Van Wyk et al., 2009.

Zulu uses: Zulu people eat it raw (Gerstener, 1939). It is used to treat cystitis, stricture of the bladder (Bryant, 1966), rheumatic fever, ease childbirth, to facilitate the expulsion of the afterbirth in women and animals (Gerstner, 1939; Hutchings et al., 1996). It is used for urinary tract problems, to facilitate embryo development, to eject placenta after birth, calm afterbirth bleeding, treat menstrual pains, the burning on urination, cystitis (Pujol, 1990), purpose of cleansing, enhancing milk production in both women and cows. It may also be used for protection (Ngwenya et. al. 2004).

Other uses: Together with *Acorus calamus* it is used to for male impotence (Van Wyk and Gericke, 2000). It is used against tick bites and other parasites affecting cattle Pujol (1990). Stems and roots peeled and eaten raw and also used to make beer (Pooley, 2005). Stems are eaten raw by the Basotho from Lesotho (Fox and Norwood Young, 1982), used in beer making in Swaziland (Fox and Norwood Young, 1982). Root infusions are taken for swellings of the body and applied externally for cancerous sores (Hutchings et al., 1996).

175. *Gymnanthemum corymbosum* (L.f.) H.Rob. (Asteraceae)

Uhlunguhlungu

Not in the matrix

Uhlunguhlungu[6], (Uhlungu-lungu[6]), Uhlunguhlungu[6, 19], uhlunguhlunguomhlophe[6], (Umhlunguhlungu[6]), (Umhlunguhlungo omhlophe[6]), Umzane-welathi[6, 19]

Uses at Amandawe: Whole plant is used as *umuthi obandayo* (CHNDL); This plant is used to treat hysteria *ukuhlanya kwezizwe* not schizophrenia, probably as a sedative so that the patient can be treated (REVDUM).

Uses in the literature: Gerstner, 1939, 1941; Watt and Breyer-Brandwijk, 1962; Mabogo, 1990.

Zulu uses: Roots are used treat in treating stomach pain, hysteria, to procure abortion and treating sick calves (Gerstner, 1939). A tonic made from the root is taken to ease

childbirth (Gerstner, 1941). Roots are an ingredient in treating irregular menstruations and as an abortifacient (Watt and Breyer-Brandwijk, 1962).

Other uses: The Swazi people use the leaves to treat epilepsy (Watt and Breyer-Brandwijk, 1962), while the Venda use the leaves as an anthelmintic for domestic animals (Mabogo, 1990).

176. *Gymnosporia rubra* (Harv.) Loes. (Celastraceae)

Ihlinzanyoka, Ithethe

[0.26] [0.24] P158

No names found in literature

Uses at Amandawe: The roots are dried, powdered and administered by licking the powdered plant material to treat snakebite (DSHA, JHLO, DLAMINI, MSANI, BMKH, TNGW); This plant is also used to treat inflammation where the dried and powdered root material is licked (DLAMINI); This plant is used to treat *izibhobo* sharp internal body pains (MYS, JB).

Uses in the literature: Cunningham, 1988.

Zulu uses: Roots are used in traditional medicine (Cunningham, 1988).

Other uses: No use record found in literature.

177. *Haemanthus albiflos* Jacq. (Amaryllidaceae)

*Uzeneke**, Umayime intelezi, Ulimi lwenkomo, Insulansula yegcaki***

[0.14] [0.14] P159

Uzeneke[1, 3, 6, 4,10,22,23]

Uses at Amandawe: This plant is used medicinally it is used as an emetic (ZCEL, SHEZ, ZNGD, BMKH); **the root is used as *imbiza* (REVDUM).**

Uses in the literature: Broster, 1982; Watt and Breyer-Brandwijk, 1962; Broster, 1982; Cunningham, 1988; Pooley, 2006.

Zulu uses: Bulbs are used in traditional medicine as emetics (Cunningham, 1988).

Other uses: It is used in traditional medicine to treat chronic coughs and as protective charm against lightning (Pooley, 2006).

178. *Harpephyllum caffrum* Bernh. (Anacardiaceae)

Umgwenya

[0.95] [0.62] P160

Umgwenye [18], *Umgwenya*[2, 3,11,6,10,17,20, 22, 28], *(umGwenya*[20])

Uses at Amandawe: The bark is one of the main ingredients in the preparationof *umuthi obovu* (MYS, MGOZ, TNGW, ZNK, ZCEL, TMSO, MBUTHO, PB, NDU, DLAMINI, NOMV, TMSO, CHNDL, MAMBA, DSHA, BMHL, ZNGD, ZADL, BMKH, MGOZ); A bark decoction is used medicinally and administered as an emetic (MRMAD, MADLAMINI, MNQO); **A root mixture is used to stop diarrhoea (MYS); A root and bark decoction is administered as an emetic and as an enema to treat back problems (BKHW).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pujol, 1990; Hutchings et al., 1996; Boon, 2010.

Zulu uses: A bark decoction is used to purify blood (Watt and Breyer-Brandwijk, 1962). Bark decoctions are taken as drinks or as emetics to purify the blood and for skin problems, such as acne and eczema (Pujol, 1990). Powdered burnt bark is rubbed into scarification around sprains and fractures and other various skin complaints (Hutchings et al., 1996). Ripe fruits are eaten (Fox and Norwood Young, 1982).

Other uses: It is used to purify blood that manifests as pimples on the face (Hutchings et al., 1996). In Transkei, the root decoctions are used to treat paralysis thought to have been contracted from walking over an area that has been poisoned or polluted through sorcery (Hutchings et al., 1996). Bark is used to produce pink dye (Cunningham and Terry, 2006).

179. *Helichrysum acutatum* DC. (Asteraceae)

Uzangume

Not in the flip-file

Uzangume[6, 22, 25]

Uses at Amandawe: Whole plant is used medicinally and administered as an emetic (DLAMINI). CAUTION: No fatty foods should be eaten during the treatment period (MBUTHO).

Uses in the literature: Hutchings et al., 1996.

Zulu uses: Roots are used medicinally (Hutchings et al., 1996).

Other uses: No use record found in literature.

180. *Helichrysum auronitens* Sch.Bip. (Asteraceae)

Impepho*, *Intungwa

[0.05] [0.08] P161

(iKondhlwane[23]*), Inkondlwane*[10, 22, 23]*, Umgilane*[10, 22]

Uses at Amandawe: A warm infusion of the aerial parts is gargled with to relieve the toothache inflicted by the ancestors (MNQO); The twigs are used as a compress to treat inflamtion (MNQO); This plant is used to stops persistant nose bleed "*umangozima*", it is administered as a tonic (MAKAS).

Uses in the literature: Arnold et al. 2002.

Zulu uses: No use record found in literature.

Other uses: It is used for spiritual purpose to invoke the goodwill of the ancestors (Van Wyk and Gericke, 2000). The sedative smoke is inhaled by healers in KwaZulu-Natal to induce trance (Van Wyk and Gericke, 2000).

181*. Helichrysum cymosum* (L.) D.Don (Asteraceae)

Impepho, ***Impepho emhlophe, Impepho enkulu, Impepho yezangoma, Impepho yamaRoma, Impepho yamawele***

[0.03] [0.03] P162

Impepho-emhlophe[4, 6], Inkonldwane[4, 6], (Inkondwane[6]), Indondokazane[6]

Uses at Amandawe: Aerial plant parts are used as ingredients in most baby remedies believed to be brought upon by the ancestors (MSANI).

Uses in the literature: none found.

Zulu uses: Leaves and stems are burnt to invoke the goodwill of the ancestors (Cunningham, 1988), it is also used by *izangoma* [diviners] to induce trances (Hutchings et al., 1996).

Other uses: Used to treat bed-wetting in children (Watt and Breyer-Brandwijk, 1962).

182. *Helichrysum luteoalbum* (L.) Rchb. (Asteraceae)

Impepho, Impepho emhlophe enkulu, Impepho emnyama, Impepho yamakholwa, Impepho yamawele, Impepho yesizulu, Inkondlwane

[0.05] [0.08] P163

No names found in literature

Uses at Amandawe: A hot infusion of the twigs is used as a compress to treat inflamtion (ZNK); This plant is used to treat flu (PUNCH); An infusion of the twigs is used to treat stomuch cramps (PUNCH).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: It is used for spiritual purpose to invoke the goodwill of the ancestors and inhaled by healers in KwaZulu-Natal to induce trance (Van Wyk and Gericke, 2000).

183. *Helichrysum odoratissimum* (L.) Sweet (Asteraceae)

Impepho

[0.03] [0.03] P164

Impepho[6, 10, 22], Ingqunsa[10, 22]

Uses at Amandawe: The twig infusion is taken orally as a tonic (MAKAS).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: It is used for spiritual purpose to invoke the goodwill of the ancestors and inhaled by healers in KZN to induce trance (Van Wyk and Gericke, 2000).

184. *Helinus integrifolius* (Lam.) Kuntze (Rhamnaceae)

Ubhubhubhu, ***Ugubhugubhu,*** *Uxubhugwegwe*

[0.03] [0.03] P165

Bhupuphu[23], Ubhubhubhu[3, 4, 10, 22], Ibubu[10, 22], Uxubhugwegwe[9]

Uses at Amandawe: All parts of this plant are used as a companion medicinal ingredient in other medicines (ZNGD).

Uses in the literature: Gerstner, 1938; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Smith, 1966; Hedberg and Staugard, 1989; Pujol, 1990.

Zulu uses: Roots are used as an emetic to treat hysteria mixed with other plants (Bryant, 1966). Emetics from the roots are also taken for bile and as blood tonics (Pujol, 1990). It is also used as a love charm emetic (Gerstner, 1938). The whole plant is used for good luck charm as an emetic, the leaves are used to bathe a newborn baby (Hutchings et al., 1996). *Helinus ovate* is used by the Zulu to treat hysteria (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996). *Helinus* species is used to treat hysteria and the leaf juice is used to soothe the irritation caused by the sandworm (Walker, 1996).

Other uses: This plant is used as soap (Van Wyk and Gericke, 2000). Leaves are used against sandworm and gonorrhoea (Watt and Breyer-Brandwijk 1962; Hedberg and Staugard, 1989). It is also used as soap substitute, medicinally as prophylactic medicine and a remedy for black quarter (blackleg) in cattle (Smith 1966).

185. *Hesperantha baurii* Baker (Iridaceae)

Ukhukazane

[0.05] [0.03] P166

Isidwa[6, 10, 22], Isidwi[6], Isidwi esimpofana[4], Ukhukazane[1]

Uses at Amandawe: The corm is used for an undisclosed medicinal purpose (SHEZ).

Uses in the literature: Walker 1996; Pooley, 2006.

Zulu uses: A corm infusion is used to treat stomach disorders (Walker, 1996). Corms are placed in the seed-gourds as fertility charm to ensure a good harvest (Gerstner, 1941). Pounded corm infusions are used as emetics for chest complaints (Pooley, 2005).

Other uses: Corms are eaten by children (Pooley, 2006). Roots are eaten by people of Lesotho (Fox and Norwood Young, 1982).

186. *Heteropyxis natalensis* Harv. (Myrtaceae)

Umkhuze, ***Umkluza***

[0.49] [0.57] P167

Inkunzi[2,4,6,10,11,20,22], Inkuzwa[2,4,6,10,13], (iNkunzwa[22]), Uhuzu[6,10,11,22], Ukhuze[10], Umlahleni[3], Umkhuze[2,4,22], (umKhuzwa[13,22]), Umkhushwa[6,11]

Uses at Amandawe: The bark is used medicinally (the bark decoction is administerd as an emetic MRMAD, SHEZ, CHNDL, MYS, ZADL, MSANI, BMKH)**, (it is used as *umuthi obovu* DSHA, ZNGD)**; **The bark mixture is administered as an enema to purify blood and cleanse the various body systems (DLAMINI, BMKH)**; **A bark decotion administered as an enema to babies to treat various ailments (MGOZ); A decoction made from unspecified plant parts is used to get rid of *idliso,* it is administered as an emetic. The poisonous substance is ejected orally (NOMV, TMSO); Unspecified plant parts are used to stop diarhhoea (ZNGD, ZCEL, MUN, MBUTHO); The bark is used to treat stomach cramps, a decoction is administered as an enema MADLAMINI, the powdered barks of both *Heteropyxis natalense* and *Eleodendron transvaalense* are administered by inhaling and licking the powdered mixture BKHW); A bark decodtion is administered as an enema to treat lower back problems (ZCEL).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Mabogo, 1990; Walker, 1996; Hutchings et al. 1996; Van Wyk and Gericke, 2000.

Zulu uses: A brewed liquid of the twigs and the leaves is used as a mouthwash and to treat toothache and gum infections (Walker, 1996). It is used as medicinal tea, perfume and fence poles (Watt and Breyer-Brandwijk, 1962, Gerstner, 1939). Certain plant parts of this tree are used as a traditional tea (Gerstner, 1939). Powdered leaves are used in a drench for stock animals (Watt and Breyer-Brandwijk (1962). Bark is used to treat impotence and as an aphrodisiac (Hutchings et al., 1996).

Other uses: This plant is used for nose bleeding, bleeding gums and excessive menstruations (Van Wyk and Gericke, 2000). Traditional tea may be prepared from leaves (Van Wyk and Gericke, 2000).

187. *Hippobromus pauciflorus* Radlk. (Sapindaceae)

Isiqhume*,* (*Umfazi othethayo*)*, Uqhume*

[0.41] [0.08] P168

Udwiya[10,22], Iphahluka[10], (isiPhahluka[20]), Isiphahluka[2,6,20,22], Itiye[6,10,22], Umfazi othethayo[6,10,22,24], Uqhume[2,6,10,20,22], (uQhume[20])

Uses at Amandawe: Unspecified plant parts are used to treat internal side pains (MYS); This plant is used medicinally and administered as an emetic (MUN, BKHW).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Hutchings; 1996; Boon, 2010.

Zulu uses: Roots pounded in little water are drawn up into the nostril for headache associated to influenza and catarrh (Bryant, 1966). Roots are also used for diarrhoea,

dysentery, as a love charm, for hysterical fits and by diviners to induce trances (Watt and Breyer-Brandwijk, 1962). Leaves of this plant are used in the treatment of psychiatric disturbances (Hutchings et al., 1996). Leaf and root infusions are used to clear mucus from the noses of sheep and goats (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996). The root is used to treat dysentery and diarrhoea. Crushed leaf vapour is used to treat headache (Watt and Breyer-Brandwijk, 1962). Froth is used by *inyanga* before entering trance and the bark is used to treat headache and hysterical fits (Watt and Breyer-Brandwijk, 1962).

Other uses: Hard timber has been used to make wagons and other purposes (Watt and Breyer-Brandwijk, 1962). Xhosa use the leaf juice to treat eye inflammation for humans and beasts and also treats for corneal opacities (Watt and Breyer-Brandwijk, 1962). Bark, leaves and roots widely used for coughs, diarrhoea, headaches, eye problems and hysteria (Boon, 2010).

188. *Hydnora africana* Thunb. (Hydnoraceae)

Umafumbuka

Not in the flip-file

uMafumbuka[22]*, Umavumbuka*[6, 19]

Uses at Amandawe: Whole plant is used to treat acne (MYS, ZNK). This parasitic plant is used to treat diarrhoea (NOMV).

Uses in the literature: Cunningham, 1988.

Zulu uses: Tubers are used to treat diarrhoea (Cunningham, 1988).

Other uses: In Tanzania it is used to treat inflamed throats and as a preserve for fish nets (Watt and Breyer-Brandwijk, 1962).

189. *Hyparrhenia tamba* (Hochst. ex Steud.) Andersson ex Stapf (Poaceae)

Uhlonga, Umuhlwa, ***Uthongathi***

[0.03] [0.03] P169

Uhlonga[10]*, Uqunga* [12]

Uses at Amandawe: The roots and the lower culms are an ingredient in tonics used to ease childbirth (MYS).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

190. *Hypoxis colchicifolia* Baker (Hypoxidaceae)

*Ilabatheka****, Ilabatheka elikhulu***

Not in the matrix P372

Iguda[22], *Igudu*[1, 6, 22], *Ilabatheka*[1, 6], *Ilabatheka-elimnyama*[6, 22], *Ingcobo*[1, 6, 22], *Inkomfe*[1]

Uses at Amandawe: The corm of this plant is used medicinally for an undisclosed ailment (SHEZ).

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Hutchings et al., 1996; Pooley, 2005.

Zulu uses: The corms are used to treat impotence and bareness (Bryant, 1966), bad dreams caused by a weak heart, a diuretic and psychiatric problems (Hutchings et al., 1996). Administered as an emetic, the corm is used as a love charm and treats hysterical fits (Gerstner, 1939). The corm is also used to remove small vermin in the food and used to trap snakes by putting it in a snake hole (Bryant, 1966; Gerstner, 1939).

Other uses: The corm is used for impotence, bad dreams, barrenness and as a love charm (Pooley, 2005).

191. *Hypoxis hemerocallidea* Fisch., C.A.Mey. & Avé-Lall. (Hypoxidaceae)

Inkomfe

[0.80] [0.76] P171

Inkomfe [11, 6, 10, 15, 22]

Uses at Amandawe: The corm is used to clear and flush childrens stomachs, it is administered as an enema (ZNGD); The corm is used as an immune system booster (ZADL, the bulb is cooked like *idumbe* and eaten this helps to strenghten the body (REDUMA); The corm is used to treat back pains (DLAMINI); The whole plant is used to treat sharp internal body pains (DLAMINI);The corm is used to lowers high blood pressure (MYS, MAKAS, BMHL, MSANI); This plant is used to treats athritis *amathambo* (JHLO); A corm decoction used medicinally as *imbiza* (DSHA)**; The corm is used to treat persistant and septic wounds and sores.The sap extracted from the corm is applied onto the wound (TMSO); A decoction made from the corm is administered as an enema when one is not feeling well (JZ); The corm is used to cure boils (MADLAMINI); This plant is used to treat *umuna* head sores in babies. The corm is charred/burnt in coals, ground into powder, made into an ointment and applied onto the sores (GNGC);** This plant is used to it is used to treat all ailments (PUNCH, BMKH); The corm is used medicinally for unspecified ailments (SHEZ, ZADL, PHEW); **The corm is used to cure a wound incured from an injury (BKHW); The corm cures body sores MBUTHO, it treats sores and scabies where it is administered orally by drinking (MUN); The corm extract is applied onto a wound incured from a burn (MGOZ); The corm infusion is administered as an enema to children suffering from a sickness called *isela* (MAMBA); This plant is used as a tonic to ease childbirth (KV); The corm is used to cleanse and flush the lower abdomen *isinye* (KV); This plant is used to treat teething associated ailments in toddlers (ZADL); The corm is used to cure ulcers (MUN).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Cunningham, 1988; Pujol, 1990; Hutchings et al., 1996; Ncube et al., 2012; (De Wet, 2013; De Wet et al., 2013; Naidoo et al., 2013; Nciki et al., 2016; De Wet and Ngubane, 2014; De Wet et al., 2016.

Zulu uses: People of Maputaland use the roots in treating gynaecological and obstetrics ailments (De Wet and Ngubane, 2014). The corm is used by the people of Maputaland to treat sores and sexually transmitted diseases (De Wet, 2013), gonorrhoea, internal and external sores, genital warts, HIV-AIDS related ailments (De Wet et al., 2012), urinary tract related ailments (Naidoo et al., 2013), ring worm, boils and body sores (De Wet et al., 2013; Nciki et al., 2016). The leaves are used to treat sores and boils (De Wet, 2013). The corm is used in infusion taken as an emetic to treat dizziness and mental disorders (Cunningham, 1988).

Other uses: In Transkei ground corm decoctions, taken orally or as an enema to treat patients who cannot speak, possibly because of shock (Hutchings et al., 1996). Tswana and Kwena people administer the decoction as a tonic to weakly children (Watt and Breyer-Brandwijk, 1962).

192. *Hypoxis multiceps* Buchinger ex Baker (Hypoxidaceae)

Undonqo

P373

Inkomfe[1, 13, 22, 25]

Uses at Amandawe: This plant it used to treat the symptoms of *amalumbo* (ZNK); The roots are used to relieve constipation in babies, it is administered as an enema (ZNGD).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: In Basotholand it is used as a protective charm against lightning, mixed with *Ipomoea oblongata,* it is smeared on pegs that are placed on the ground (Watt and Breyer-Brandwijk, 1962). It is used as a protective charm against lightning (Pooley, 2006).

193. *Hypoxis rigidula* Baker (Hypoxidaceae)

Ilabatheka**, Inkomfe,* ***Umhungulo

[0.64] [0.59] P172

Inkomfe[1, 10,13,22,25]*, Inongwe*[10, 22]

Uses at Amandawe: [The corm is used medicinally (SHEZ, ZADL, it is administered as an emetic and enema JZ)]; **The corms is used to treat sharp internal body pains (DLAMINI); The corm is used for general body pains (REVDUM); The corm is used to treat arthritis (JHLO); The corm is used to boost and strengthen the immune system (CHNDL); The corm is used to heal sores (ZNK); The corm is used to treat persistant sores and septic wounds (body sores MUN, the corm sap is applied**

onto the wound TMSO, it is administered by frequent application of the sap onto the affected area and by bathing in the water infused with the corm extract BKHW); This plant is used to treat all ailments and it is administered as *imbiza* (PHEW, PUNCH, BMKH, PB); The corm is used to treat scabies (MUN, it is administered as a tonic DSHA); The corm is used in treating the symptoms of *umeqo* (MBUTHO); The corm is used in treating ulcers, it is administered orally by drinking the mixture (MUN); The corm is used to treat a sickness called *isela* in children administered as an enema MAMBA); This plant is used in the preparation of a a tonic used to ease childbirth (KV); The corm is used to cleanse and flush the lower abdomen *isinye* (KV); This plant is used to treat teething associated ailments in toddlers (ZADL); The corm is used to purify blood (DZA); The corm is used to regenerate blood when one has lost a lot of blood through an injury (DZA); A tonic made from the corm is used to treat or to curb HIV viral load, probably to strengthen the immune system (PB).

Uses in the literature: Watt and Breyer-Brandwijk 1962; Pooley, 2006.

Zulu uses: The bulb is eaten by the people (Gerstner, 1938).

Other uses: This plant is used to make a strong rope from the leaf by the Sotho people (Watt and Breyer-Brandwijk 1962; Walker, 1996). Leaves are used to make strong lasting ropes (Pooley, 2005). It is used in traditional medicine (Pooley, 2006). In Lesotho, a raw rootstock is eaten (Guillarmod, 1966).

194. *Imperata cylindrica* (L.) Raeusch. (Poaceae)

Umthente, ***Umathoyana***

[0.11] [0.03] P173

Umthenta[6, 10]*, Umthente*[1, 12, 22, 24]

Uses at Amandawe: This grass is used medicinally for an unspecified ailment (MAKAS).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Jenkins, 1987; De Wet et al., 2010; Keshava et al., 2016.

Zulu uses: Crushed root infusions are taken for hiccups (Watt and Breyer-Brandwijk 1962; Bryant, 1966).

Other uses: It is used for children's chest colds by the Sotho people (Watt and Breyer-Brandwijk, 1962). Roots are eaten by the herd boys in Lesotho (Fox and Norwood Young, 1982).

195. *Ipomoea batatas* (L.) Lam. (Convolvulaceae)

Ubhatata

Not in the matrix P374

Amazambane[17]*, Inyeza elibomvu*[17]*, Inyeza elimhlophe*[17]*, Ubhatata*[15, 17]

Uses at Amandawe: The leaves of this plant are used to treat bad body odour (MSANI).

Uses in the literature: De Wet et al., 2010; De Wet et al., 2012

Zulu uses: The leaves are used in Maputaland to treat sexually transmitted diseases (De Wet et al., 2010; De Wet et al., 2012).

Other uses: Roots parts are edible (Fox and Norwood Young, 1982).

196. *Ipomoea cairica* (L.) Sweet (Convolvulaceae)

Ijalamu, ***Ingcingolo***

[0.32] [0.32] P174

Ihlamba[10], Ihlambe[1, 6, 22], Ijalamu[1, 22], Ijalambu [6, 10], Intana[1], Umaholwana[1, 6, 10, 22]

Uses at Amandawe: Roots and leaves are used to treat persistant body sores (PHEW); This plant is used to treat *amahlaba* body side pains experienced around the rib cage (ZNGD); All plant parts are used as a purgative (PUNCH, MUN, MGOZ, DLAMINI, MBUTHO, MSANI, the infusion is administered as an emetic NOMV, KV); This plant is used to flush and cleanse the stomach (PUNCH, MAMBA).

Uses in the literature: Gerstner, 1939; Watt Breyer-Brandwijk, 1962; Cunningham, 1988.

Zulu uses: The Zulu people use a mixture of crushed leaves to treat febrile rashes (Watt and Breyer-Brandwijk, 1962), used for purification rites after a funeral and as a purgative (Gerstner, 1939) and used in traditional medicine (Cunningham, 1988). People of Maputaland use the leaves to treat gonorrhoea (De Wet et al., 2012).

197. *Ipomoea crassipes* Hook. (Convolvulaceae)

Ijalamu, *Uvimbukhalo*

[0.13] [0.05] P175

Uboqo[6], Ubhoqo[1, 10], Umaholwana[4], Uvimbukhalo[1, 6, 10]

Uses at Amandawe: The roots it is used to empty the overflowing gall (PUNCH); **A hot infusion of the leaves and the roots is used as a compress to treat inflammation (MSANI).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Pooley, 2006.

Zulu uses: Roots are used in enemas administered treat dysentery (Watt and Breyer-Brandwijk 1962, Walker, 1996). It is used as a protective charm for cattle against people who interferes with cattle (Hutchings et al., 1996; Walker, 1996). Roots are also used as love charm emetics, as protective or fertility charms by smoking fields and as protective charms against lightning (Gerstner, 1939). The roots and stems are used to treat blood and skin diseases such as syphilis (Pujol, 1990). It is also used to induce vomiting in

case of over excretion of bile and to calm pain of the womb caused by the gynaecological diseases (Pujol, 1990).

Other uses: The root is used by the Manyika people as a love and good luck charm (Watt and Breyer-Brandwijk 1962, Walker, 1996). Roots are eaten raw (Pooley, 2006). It is used to treat dysentery, sores, hiccups and as a charm against lightning (Pooley, 2006).

198. *Ipomoea pellita* Hallier f. (Convolvulaceae)

Uvimbukhalo

[0.16] [0.05] P176

Ibhoqo[10, 22], Uboqo[6], Ubhoqo[1]

Uses at Amandawe: The tubers are used medicinally for an unspecified ailment (SHEZ); **unspecified plant parts are used to treat impotence (DLAMINI).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: Tubers are used as a love charm emetic, fertility or protective charm by smoking fields and as protective charm against lightning (Gerstner, 1939).

Other uses: It is used in South Africa to treat coughs (Watt and Breyer-Brandwijk, 1962). It is a famine food (Pooley, 2006). It is used as a love and protective charm against lightning (Pooley, 2006).

199. *Jasminum multipartitum* Hochst. (Oleaceae)

Umalala, Untumbana

[0.41] [0.54] P177

Ihlolenkosazane[1, 6, 10, 22], Imfohlafohlane[1, 10, 22], Isandla senkosikazi[1, 6,10,22,23], Isilonkosikazi[10], uSwazi[22]

Uses at Amandawe: The twigs and leaves infusion is used to put a crying baby to sleep. The infusion is administered as a bath and as an enema (JZ, NOMV, MRMAD, ZNK, MYS, PUCH, MADLAMINI, NDU, MAKAS, ZCEL, PUNCH, SHEZ, BMHL, ZNGD, MAMBA, BKHW, MKH); The infusion of the leaves and twigs is taken as a bath after having perfomed *ukugcaba*, probably works as an antiseptic for the freshly made body incisions (MRMAD); The leaves of this plant are crushed and applied on the opening of the boils to hasten the ripening of boil. After the boil has fully ripened, it is then squeezed until all the pus especially the blackish brown material comes out. Failure to get this material will lead to the boils spreading all over the body (MSANI); This plant is used medicinally and administered by steaming for an unspecified ailment (DLAMINI).

Uses in the literature: Pooley, 2006.

Zulu uses: The roots are an ingredient in love charm emetic (Hulme, 1954). Fruits are eaten (Gerstner, 1938).

Other uses: Fruits eaten as famine food (Pooley, 2006). It is used as a love charm emetic and to make a fragrant bath and a pot-pourri (Pooley, 2006).

***200. Juncus effusus* L.** (Juncaceae)

Incema, ***Inxopho***

[0.05] [0.05] P178, *Mhlongo 4*

Icena[22], *Umcema*[10]

Uses at Amandawe: The roots are an ingredient in the mixtures prepared to ease childbirth (JZ); The roots and the lower parts of the culms are used to treat sexually transmitted diseses in females (NDU).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: It is used by the Malay to treat venereal problems (Watt and Breyer-Brandwijk, 1962).

201. *Juncus krausii* Hochst. (Juncaceae)

Incema

Not in the matrix P376

Incema[1, 7, 30]

Uses at Amandawe: The roots are an ingredient in the mixtures prepared to ease childbirth (JZ); The roots and the lower parts of the culms are used to treats sexually transmitted diseses in females (NDU).

Uses in the literature: none found.

Zulu uses: Zulu people weave sleeping mats from these plants (Van Wyk and Gericke, 2000).

Other uses: This plant is used in weaving beer strainers, mats and making twine (Pooley, 2005; Cunningham and Terry, 2006).

202. *Juncus lomatophyllus* Spreng. (Juncacae)

No names recorded

Not in the matrix P377

No names found in literature

Uses at Amandawe: Whole plant is used to treat venereal diseases, especially discharge in females (ANON, ANON).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

203. *Kalanchoe pinnata* (Lam.) Pers. (Crassulaceae)

***Inyathelo**, Umvuthuza*

[0.76] [0.73] P180

Umvuthuza[3, 15]

Uses at Amandawe: The leaves of this succulent plant are used as a poultice to treat inflammation on swollen feet (MYS, ZNK, CHNDL); The leaves are used to treat lice infestation (JHLO, MAKAS, MRMAD, JZ, ZADL, TMSO, JB, PHEW, PUNCH, PB, SHEZ, TNGW, BMKH, BKHW, NOMV, MUN, DLAMINI, MBUTHO, MSANI, REVDUM, the leaf decoction is administered as an emetic and by steaming NDU); The leaves are used to treat socery inflicted lice. It is mixed with *ucadolo- Bidens pilosa, nsangwana, ubhici Lantana camara, intuma enkulu-Solanum aculeastrum, Nicotiana tabacum* leaves and camphor block (ZNGD); [This plant is used to treat the symptoms of *amalumbo* (ZNGD)]; **This plant is used to treat toothache (MAKAS)**.

Uses in the literature: Watt and Breyer-Brandwijk, 1962; De Wet et al., 2012; De Wet et al., 2013.

Zulu uses: The people of Maputaland use the leaves of this plant together with the leaves of *Senecio serratuloides* to treat shingles (De Wet et al., 2013), gonnorhoea (De Wet et al., 2012).

Other uses: The Sotho chew raw root or snuff powdered root to treat colds (Watt and Breyer-Brandwijk, 1962).

204. *Kigelia africana* (Lam.) Benth. (Bignoniaceae)

***Umvongose**, Umvongothi*

[0.03] [0.03] P183

Ibelelendlovu[2,3,6,10,23], *iBelendlovu*[20,22], *uMbhongoyi*[22], *Umvongothi*[2,3,6,10,20,22,26], *umFingothi*[22], *umFongote*[23], *Umfongothi*[6,10,11,22], *Umbongothi*[2,6], *Umvungutha*[2,3], *Umvunguta*[6,10,20], *(umVunguta*[20]*), (umVongothi*[20,22]*), Umzingula*[6], *umzungulu* [23]

Uses at Amandawe: Unspecified plant parts are used to treat swollen testicles (MYS).

Uses in the literature: Gerstner, 1938; Hulme, 1954; Palmer and Pitman, 1972b; Pooley, 1993; Hutchings et al., 1996; Van Wyk and Gericke, 2000; Boon, 2010; Corrigan et al., 2010; De Wet et al., 2012; De Wet, 2013; De Wet and Ngubane, 2014; Nciki et al., 2016

Zulu uses: Powdered dried fruit is used as a dressing for ulcers, syphilis and rheumatism (Palmer and Pitman, 1972b). Fruit is also used to treat acne (Pooley, 1993). Fruit and ground bark decoction are administered as enemas to children with stomach ailments (Hutchings et al., 1996). Fruit infusions were traditionally used as protective war charm (Hulme, 1954). Unspecified parts are used as purgatives (Gerstner, 1938; Boon, 2010)

and in cosmetic (Boon, 2010), to treat sores and ulcers (Van Wyk and Gericke, 2000). Fruits are used to syphilis, ulcers and sores (Boon, 2010). Roots used to give bright yellow dye (Van Wyk and Gericke, 2000). The tree is used as a protective charm against evil spirits and the fruit of a growing tree is used for penis enlargement (Corrigan et al., 2010). The bark is used to treat sores and sexually transmitted diseases (De Wet et al., 2012; De Wet, 2013). The bark and fruits are used in treating ringworms and for cicatrisation of new surgical incisions (De Wet et al., 2013; Nciki et al., 2016). People of Maputaland use the bark in treating gynaecological and obstetrics ailments (De Wet and Ngubane, 2014).

Other uses: Vhavhenda use the fruit for penis enlargement (Mabogo, 1990). Roots produce yellow dye (Cunningham and Terry, 2006).

205. *Lagenaria sphaerica* (Sond.) Naudin (Cucurbitaceae)

Inthsungu, Iselwa lentaba

Not in the matrix P379

Iselwa-lamakhosi[6, 19, 22]*, Uselwa*[4, 6, 19, 22]*, Uthangazane*[6, 22]*, Uthangazane olukhulu*[6, 19]

Uses at Amandawe: Unspecified plant parts are used to sedate patients (MYS); Unspecified plant parts are used to lower the high blood pressure (BMKH).

Uses in the literature: Hulme, 1954; Bryant, 1966; Hutchings et al., 1996; Walker, 1996.

Zulu uses: Leaf infusion together with those of *Bidens pilosa* are used to treat stomach pains (Bryant, 1966; Walker, 1996). Root decoction treat swelling believed to be the results of blood disorders (Hulme, 1954). Fruits are used in ceremonies after the death of the chief (Hutchings et al., 1996).

Other uses: The Xhosa use the fruit as an ingredient in treating glandular swellings (Hutchings, 1989).

206. *Lantana camara* L. (Verbenaceae)

Izimbici zesalukazi, Ubhici

[0.11] [0.11] P184

Ubukhwebezane[1, 10]*, Uguguvama*[10]*, Umphema*[10]*, Uthswalabentaba*[10, 14]

Uses at Amandawe: Unspecified parts of this plant are used to treat *isithakathi* in babies. The infusion is administered as an enema (MYS, BMHL, PB) This plant is an ingredient in treating lice reputed to be inflicted through socery (ZNGD).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: Parts of this plant are used to treat colds and coughs in West Africa (Watt and Breyer-Brandwijk, 1962). Reputed to be toxic to stock and children after eating it (Watt and Breyer-Brandwijk, 1962). It is grown for ornamental purpose and as hedge (Boon, 2010).

207. *Lantana rugosa* Thunb. (Verbenaceae)

Ubukhwebezane

[0.11] [0.24] P185

(Impema[1]), Iphema[17], Ubukhwebezane[1,6,17,22], Ubukwelezane [17], Ubungungundwane[1,17], Uguguvama[1,6,17,22], Umkhukhuthwane[1], Umphema[1,6,22], Umqhebezane [17], Utshwala benyoni[1], (uThswalabentaka[22])

Uses at Amandawe: The roots of this shrub are used in the preparation of *umuthi omhlophe* which is used after *umuthi obovu* (JB, ZNK, MYS, MRGUMEDE, ANON); A warm leaf infusion is used to treat fever in babies. It is administered as an enema and as a bath (BKHW); The roots of this plant are an ingredient in the preparation of *umhlabelo* which is administered to help speed up the bone reformation incase of a broken or fractured bone (MBUTHO, MRMAD); The root mixture is used to rid off *idliso lentando* -a love portion administered with food. The mixture is administered as an emetic and the *idliso* is ejected through the mouth (MYS); The roots are used to treat heartburn (MRS MADLALA).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: Edible fruits are used as famine food by the Zulu people (Watt and Breyer-Brandwijk, 1962). In order to treat abdominal problems in young children, a powdered root infused with milk is administered as an enema (Watt and Breyer-Brandwijk, 1962). Powdered root milk infusions are administered to young children as enema for abdominal complaints (Watt and Breyer-Brandwijk, 1962).

Other uses: The Pedi people use it to treat coryza by snuffing crushed leaves or by using a cold leaf infusion as a nasal douche (Watt and Breyer-Brandwijk, 1962). The Kwenas and Tswana people use it to treat ovarian problems by taking a root decoction (Watt and Breyer-Brandwijk, 1962). Xhosa use it to treat sore eyes using a leaf paste and festering sores using as a paste made from the leaf and stem (Watt and Breyer-Brandwijk, 1962). Basotho from Basutoland use it as a charm to enhance crops to ripen early, by burning the early fruiting trees the smoke is believed to ripen the fruits (Watt and Breyer-Brandwijk, 1962). Fruits are mixed with sour milk by the Swazi people and eaten by children in the Transkei (Rose and Guillarmod, 1974), the Bushmen (Fox and Norwood Young, 1982) and as famine food in Malawi (Williamson, 1972).

208. *Lasiosiphon kraussianus* (Meisn.) Burtt Davy var. *kraussianus* (Thymelaeaceae)

Impevu, Umsila wengwe, Umsilawengwe obovu, Umahedeni

[0.49] [0.43] P186

Imfukuzane[1,22,25], Imfuzane[1,4,6,11,6,25], Imvuzane [6], Inhlashane[6,25], Isidikili[1,11,6,25], Umsilawengwe[4,11,6,22,25], Usondelangange[24]

Uses at Amandawe: Roots and leaves are used to improve fertility and sexual perfomance in men, it is administered as an enema (REVDUM); Roots and leaves are used to treat *impeshwana* pinworms. It is administered as an enema (MSANI);

[This plant is used medicinally and administered as an enema when one is not feeling well (CHNDL, JZ, BKHW, NOMV, JHLO, DSHA, ZADL)]; A root infusion is used to treat lower back problems by administering it as an enema (ZNK); [A root decoction is administered as an emetic to boost immune sytem and to clear the stomach (ZNGD)]; **A root decoction is administered as an enema to treat lower back problems as well as cleansing the back (BMKH, REVDUM, DLAMINI, MBUTHO); This plant is used as *umhlabelo* to facilitate bone recovery (MUN, it is mixed with beef and its gravy *umhluzi* and administered as soup ZNGD); The roots are used to remove *idliso* (MYS, it is cooked with milk and drank frequently in small portions and then through induced vomiting the poison is ejected orally MAKAS); Roots and leaves are used to flush the stomachs of babies suspected to have a lot of undigested milk in their stomachs. It is admimintered as an enema (ZCEL).**

Uses in the literature: Gerstner, 1938;1941; Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Gelfand, et al., 1985; Cunningham, 1988; Veale, et al., 1992; Hutchings et al., 1996; Pooley, 2005; Walker, 1996; Van Wyk and Gericke, 2000; Van Wyk et al., 2009.

Zulu uses: Strong enemas made from root extracts are administered for stomach complaints and scrofula (Gerstner, 1938). It is used as an ingredient in the infusion used to ease childbirth (Gerstner, 1941). Root decoctions or infusions are taken for chest complaints, lumbago, sore throat, and snakebite (Gerstner, 1939, Hulme, 1954). Roots are taken for bile and in milk decoctions for backache and stomach sores (Cunningham, 1988). Root bark decoction is used by the Zulu and the Swati people for blood purification and to treat boils (Walker, 1996).

Other uses: Crushed rhizome used as fish poison in Zimbabwe, Malawi and further north (Van Wyk and Gericke, 2000). It is used during pregnancy to ensure easy childbirth as well as to treat, chest and stomach complaints, lumbago, toothache, fractured limb and snakebite (Pooley, 2005).

209. *Ledebouria floribunda* (Baker) Jessop (Hyacinthaceae)

Ikhambi lezingane, Iscociso, Umababaza, Umbola, Umbola wentaba, Umayihlandlana, Unhlangothi wentaba, Untanganazibomvana, Uthangazane

[0.61] [0.78] P187

Icubudwana[4], Isikholokotho[1]

Uses at Amandawe: The bulb is used to treat skin problems (REVDUM); [This plant is used medicinally for an unspecified ailment (MYS, ZCEL, it is administered as an emetic and by steaming MAMBA)]; **The root decoction is used as a tonic taken orally by a pregnant women whose date of giving birth has passed (TMSO); The bulb is used to help the umbilical cord heal faster (PHEW); A bulb decoction is administered to newborn babies as a drink to get rid of the thick saliva *injengezime* (NOMV); The bulb decoction is administered to children with diarrhoea (MNQO); This plant is used as an anthelmintic and administered as an enema (MAMBA); The bulb is used to treat a babies sickness called *isithakathi* (NDU, MSANI, JZ, BMHL, SGAM, ZNK, "*ingane ezelwe ikhipha intambo"* MAKAS); The bulb is used to heal a babies sickness called *inyoni* (BMHL, DSHA); A bulb decoction is used as a tonic**

for children (ZNGD, SHEZ, MBUTHO, PUNCH, BMKH); The bulb decoction is used to relieve abnormal abdominal problems and swellings in children *ibhudluza izingane* (TNGW); This plant is used to destroy or neutralize poison that has been taken in with food (DLAMINI); This plant is used to calm down *iqunga* the temper on people who have probably used *intelezi* that works as *ikhubalo* and did not cleanse it off (MBUTHO); The decoction of the bulb is used as an *imbiza*, it is administered as an enema (MUN); This plant is used to treat *amahlaba* internal body pains in babies (BMHL, a bulb decoction is administered to children orally as a tonic BKHW).

Uses in the literature: Pooley, 2005; Walker 1996.

Zulu uses: The bulb infusion is used to promote good growth for a pregnant mother and baby (Walker, 1996).

Other uses: It is used in traditional medicine (Pooley, 2006).

210. *Ledebouria ovatifolia* (Baker) Jessop (Hyacinthaceae)

Ikhambi lezingane, Imbiza yezingane, Intelezi, Umababaza, Umayihlandlana, Umbola, Unhlangothi wentaba, Untangana zibomvana

[0.61] [0.65] P188

Icubudwana[1, 6, 10], Untangana ombomvu[22, 25], Untangana zibomvu[1, 6, 10, 25]

Uses at Amandawe: [This plant is used medicinally for unspecified ailment (MYS, ZCEL)]; The root decoction is used as a tonic taken orally by a pregnant women whose date of giving birth has passed (TMSO); The bulb is used to help the umbilical cord heal faster (PHEW); A bulb decoction is administered to newborn babies as a drink to get rid of the thick saliva *injengezime* (NOMV); The bulb decoction is administered to children with diarrhoea (MNQO); This plant is used as an anthelmintic and administered as an enema (MAMBA); The bulb is used to treat a babies sickness called *isithakathi* (NDU, MSANI, JZ, JB, "*ingane ezelwe ikhipha intambo"* MAKAS); The bulb is used to heal a babies sickness called *inyoni* (BMHL, ZNK, DSHA); A bulb decoction is used as a tonic for children (ZNGD, SHEZ, MBUTHO, PUNCH, BMKH); The bulb decoction is used to relieve abnormal abdominal problems and swellings in children *ibhudluza izingane* (TNGW); This plant is used to destroy or neutralize poison that has been taken in with food (DLAMINI); The decoction of the bulb is used as *imbiza*, it is administered as an enema (MUN); **This plant is used to treat *amahlaba* internal body pains in babies (BMHL, a bulb decoction is administered to children orally as a tonic BKHW "*pheka izinhlamvu phuzisa ingane iphunge"*)**.

Uses in the literature: Pooley, 2006.

Zulu uses: The bulbs are used in enemas for gastro-enteritis and in medicines for influenza and backache or rubbed on female breasts at puberty to make them grow (Hutchings et al., 1996).

Other uses: It is used in traditional medicine to treat flu, diarrhoea and backache (Pooley, 2006).

211. *Ledebouria petiolata* J.C.Manning & Goldblatt (Hyacinthaceae)

Ikhambi lezingane, Imbiza yezingane, Umayihlandlana, Umbola, U-anyanisi

[0.55] [0.76] P189

Injobo[6, 23]*, Ucibicibane*[6, 10, 22, 23]

Uses at Amandawe: A bulb infusion is administered orally to newborn babies as a tonic after birth (MYS, MAKAS, ZNK, ZNGD)]; A bulb infusion is administered to babies as an enema for an unspecified ailment (ZCEL); **A hot bulb infusion is used as an anti-inflammatory (MSANI); A bulb infusion is used to treat *isela, isilonda, isithakathi* (PB, MNQO, SHEZ, TNGW, BMKH, BKHW, NOMV, DSHA, MBUTHO, PUNCH, ZCEL); A bulb infusion is used to ease childbirth (TMSO).**

Uses in the literature: Hulme, 1954; Hutchings et al., 1996.

Zulu uses: Cold bulb infusions are warmed and used as enemas to children with stomach problems (Hulme, 1954).

Other uses: In the Transkei the bulb infusions are used to purge infants suffering the sickness called *ipletyi* (Hutchings et al., 1996)

212*. Ledebouria revoluta* (L. f.) Jessop (Hyacinthaceae)

Ikhambi lezingane*,* (***Unhlangothi wabafo*****)**

[0.66] [0.49] P190

Icubudwane[1, 5, 10, 22]

Uses at Amandawe: The bulb is used medicinally (SHEZ), The bulb is used medicinally and administered as an emetic (ZADL, MUN, MNQO); The bulb is used to treat various baby sicknesses especially raised body temperature (it is administered as an enema MYS, JB, JZ, BMHL, BKHW, a bulb decoction is administered orally MKH, DSHA); The bulb is used to treat sickness called *isilonda* in babies (TNGW); The bulb is used to treat a sickness that affects babies called *isithakathi*, the mixture is administered orally (ZNK, NDU, PUNCH, ZNGD); The bulb used to destroy or neutralize poison that has been taken in with food (DLAMINI, NOMV).

Uses in the literature: Cunningham, 1988, Pooley, 2006; De Wet, 2013; De Wet et al., 2013.

Zulu uses: Medicine made from the bulb is used as an enema to treat children (Cunningham, 1988). The bulb is used to treat ringworms (De Wet, 2013). The bulb used together with the bulb of Hypoxis hemerocallidea, it is used to treat ringworm (De Wet et al., 2013).

Other uses: Sotho people use it as a charm against lightning and lumbago, while the Xhosa use it to treat gall sickness in animals and the Tswana use it for skin problems like wounds and wounds (Watt and Breyer-Brandwijk, 1962, Pooley, 2006).

213. *Leobordea corymbosa* (E.Mey.) B.-E.van Wyk & Boatwr. (Fabaceae)

Umhlambululo

Not in the matrix P380

Imamatheka [6,19], Incinci [4,6,19,22], Inhlamvusenhla[6,19,22] Umabelebuce [6,19,22,24], Umamatheka [6,19,22], Umhlambuluka, (UmHlambululi[22]), (uMhloboluku[22]), Umhlambululo[6,19], (Sinini sentaba[4])

Uses at Amandawe: The root has an appetising effect, which is a benefit of eating it (REVDUM).

Uses in the literature: none found.

Zulu uses: The Zulu people dry the whole plant into powder mixing it with corn and maize seeds during sowing as a charm to ensure healthy crops (Walker, 1996). Roots are used for women who have lost their suckling babies (Doke and Vilakazi, 1972). It is also used as a love charm (Hutchings et al., 1996), and in traditional medicine (Cunningham, 1988).

Other uses: No use record found in literature.

214. *Leonotis leonurus* (L.) R.Br. (Lamiaceae)

Umunyane, Utshwala benyoni, ***Utshwala bencwincwi, Uthswala benyoni obuncane***

[0.08] [0.14] P190

Imfincamfincane[10,22], Imunyamunyane[10,23,25], Imunyane[2,10,11], Isichathabantwana[9], Umfincamfincane[2,25], Umcwili[2,10,25,22], Utshwala-bezinyoni[2,10,22,23,25], Umunyane[4,6,9,22], Umunyamunya[6]

Uses at Amandawe: The leaves are used to clear congested nasals (MYS, PUNCH); Unspecified plant parts are used as a purgative to empty the overflowing gall and administered as a hot tonic (MYS); This plant is used to treat coughs (ZNGD).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Walker, 1996; Forbes, 1986; Smith, 1966; Hutchings et al., 1996; Van Wyk and Gericke, 2000; Pooley, 2006; Rood, 2008; Van Wyk, 2008; Van Wyk et al., 2009.

Zulu uses: It is used medicinally as an enema on children (Cunningham, 1988). Stem and leaf infusion is used to treat coughs and colds in humans and in stock administered orally or as an enema (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Aerial parts are used to treat indigestion (Watt and Breyer-Brandwijk, 1962), the roots treat snakebite (Watt and Breyer-Brandwijk, 1962), and a cold leaf infusion is administered into the nasal to relieve feverish headache (Watt and Breyer-Brandwijk 1962). Decoction is sprinkled around the kraal to prevent snakes (Watt and Breyer-Brandwijk, 1962). Zulu and Xhosa use the leaf to treat snakebite (Watt and Breyer-Brandwijk, 1962, Walker, 1996) and the cold leaf infusion as a nasal douche to treat headache and fever (Walker, 1996).

Other uses: Xhosa people use the leaf infusion with *Clutia hirsuta* to treat gall sickness (Watt and Breyer-Brandwijk, 1962). The Europeans use the plant heads decoction to

relieve cardiac asthma and it is smoked to treat epilepsy (Watt and Breyer-Brandwijk, 1962). In Natal, it is used to treat green and yellow diarrhoea in fowls (Watt and Breyer-Brandwijk, 1962). The Khoi-San people use this plant to treat snakebite (Van Wyk, 2008).

215. *Leucas lavandulifolia* Sm. (Lamiaceae)

Umagumede

[1.00] [1.30] P191

No names found in literature

Uses at Amandawe: An infusion of the aerial parts is used to treat nasal congestion, it is administered as drops into the nasals (SGAM, it is administered as an emetic MAMBA); Leaves and twigs are used to treat stomuch cramps (it is administered as an enema/taken orally/as an emetic MADLAMINI, it is administered as an emetic MNQO, MAMBA); Leaves and twigs are used to treat fever (SGAM, KV, MYS, MSANI, DLAMINI, REVDUM, MBUTHO, MAMDUMA); Leaves and twigs are used to treat a babies sickness called *isela/umkhondo* (it is administered as an enema JHLO, TNGW, MGOZ, CHNDL, it is administered as an metic/enema BMHL), (it is administered as an enema DSHA), it is administered as a hot tonic MRS MADLALA); This plant is used to treat feverish flu (MYS, ZNK, TMBA, PHEW, SHEZ, TNGW, NDU, BKHW, NOMV, MGOZ, CHNDL, BMHL). This plant is used to treat all ailments (MAKAS); This plant is used to treat chest ulcers (ZNK, JZ, ZADL); This plant is used to relieve headache (MRMAD, TMBA); This plant is used to treat whooping cough *umpenge* (JZ); This plant is used to treat lethargy/drowsiness (JB); This herb is used to relieve backaches (PHEW, SUKD, ZNGD); The leaves and twigs are used to treat gall sickness (BMHL, MSANI); This plant is used as a tonic to cleanse some of the body systems (ZADL); This plant is used to treat a sickness diagnosed by deficating loose watery stools especially in babies (DLAMINI).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

216. *Linum thunbergii* Eckl. & Zeyh. (Linaceae)

Umashiqolo

Not in the matrix P436

No names found in literature

Uses at Amandawe: [A warm infusion made from the whole plant it is used to empty overflowing gall or treat gall sicknesses, it is administered as an emetic (BMHL, MYS, PB, ZNK, LBHE, JABULANI, NUNUZA, STHEMBISO)].

Uses in the literature: Hutchings et al., 1996; Boon, 2010.

Zulu uses: This plant is used for blood purification (Hulme, 1954; Hutchings et al., 1996).

Other uses: The Sotho people use this plant in treating pains, snakebite, fever, as a blood purifier as well as a protective charm for the homestead (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Boon, 2010).

217*. Lippia javanica* (Burm.f.) Spreng. (Verbenaceae)

Umsuzwane

[0.96] [0.32] P192

Impishimpishi[9], Insuzwane[10,20,22], (inSuzwane[20,22]), (umSozwane[20]), Umswazi[1,3,6], Umsuzwane[1,3,8,11,6,15,17,20]

Uses at Amandawe: This plant is used to treat eye-related problems (NOMV); [The leaves are used to relieve congested nasals, they are crushed and inhaled (JZ)]**; Unspecified plant parts are an ingredient in mixtures made to treat wounds (PB)**; This plant is used to treat the symptoms of *umeqo* (JB); **A hot infusion made from the leaves and twigs is used to treat inflamation (BMHL); This plant is used in treating flu (REVDUM); Unspecified parts of this shrub are used as a mild sedative for "hysteria/shock" after a death of a family member (REVDUM);** Unspecified plant parts are used medicinally as an emetic (DSHA, BKHW); Crushed leaves are inhaled to treat headache, probably the fresh leaves (MNQO, JB, ZNGD).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Smith, 1966; Doke and Vilakazi, 1972; Gelfand et al., 1985; Roberts, 1990; Hutchings and Van Staden, 1994; Hutchings et al., 1996; Hutchings et al., 1996; Pooley, 2006; Van Wyk and Gericke, 2000; Ngwenya et al. 2004; Van Wyk et al., 2009; De Wet et al., 2010; York et al., 2012; De Wet, 2013; De Wet et al., 2013; Nciki et al., 2016.

Zulu uses: The leaves used to gather with other plants are used to treat sores (De Wet et al., 2013; Nciki et al., 2016). This plant is used in treating respiratory problems (York et al., 2012). The leaves are used to treat diarrhoea and sores (De Wet et al., 2010; De Wet, 2013). The leaves are used in treating hypertention by the people of Maputaland (De Wet et al., 2016). Leaves and roots relieve colds and flu symptoms, coughs, painful muscles, fever, sore throat, tonsillitis, runny nose, chest pains, blocked nose, fatique, ear ache and sleeplessness (York et al., 2011). Hot leaf infusions are used for coughs and colds, administered by steaming and by drinking (Hutchings et al., 1996). Leaves are also used to treat febrile rashes and as protection against dogs and crocodiles (Doke and Vilakazi, 1972), they are also used as washes and poultices for chest ailments (Roberts, 1990). Poultices from the leaves are also applied to warm up the lower limbs (Hutchings et al., 1996). Leaf infusion taken orally to treat gangrenous recites, measles, urticaria and rashes (Hutchings et al., 1996). The leaves are used for cleansing during grave digging and after attending the funeral, they are rubbed and inhaled to treat headache and the whole plant is used as a protective charm against evil by sprinkling the (Ngwenya et al., 2004). Leaves are chewed and spat around the body for protection against lightning, while the branch is placed inside the hut against lightning (Ngwenya et al., 2004). The whole plant is used medicinally administered as an enema and as an emetic (Ngwenya et al., 2004). The smoke of burnt leaves is used as a mosquito repellent (Corrigan et al., 2010).

Other uses: The Xhosa use it to disinfect anthrax-infected meat (Watt and Breyer-Brandwijk, 1962). The Masai make a red ointment used to decorate the body (Watt and Breyer-Brandwijk, 1962). Lobedu stuff the nose with crumpled leaf to stop nasal haemorrhage and colds (Watt and Breyer-Brandwijk, 1962). The leaves and stems are used as tea by the Xhosa people and the people from Transkei (Rose and Guillarmod, 1974).

218. *Loxostylis alata* A.Spreng. ex Rchb. (Anacardiaceae)

Umphenduli, Umpendulo

Not in the matrix P437

Isibhara[2, 28], Ufutho[2, 28], Ufuthu[2, 28]

Uses at Amandawe: The bark is used in treating various skin problems (REVDUM); The bark is an ingredient in the preparation of *umuthi obovu* (MYS, VCHLZ)

Uses in the literature: Hutchings et al., 1996; Boon, 2010.

Zulu uses: Both the bark and leaves are used medicinally (Hutchings et al., 1996).

Other uses: The bark and leaves are both used to ease childbirth (Hutchings et al., 1996) and to boost the immune system (Boon, 2010).

219. *Macaranga capensis* (Baill.) Sim (Euphorbiaceae)

***Umphumeleli,* (*Umpumelelo*)**

Not in the matrix P381

Iphubane[6,1,29,22], Iphumela[6,19], Umbhongabhonga[6,22], Umfongamfomga[6.19], Imfongomfongo[6], (iPhumela[20]), (uBhangubhangu[22]), (uMbhengele[22]), (umFongafonga[22]), (umFongomfongo[20]), (Umompumelelo[6,22]), (Umphumelela[6]), Umphumelele[6,19,22]

Uses at Amandawe: Unspecified plant parts are used medicinally for an unspecified ailment (CHNDL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pujol, 1990.

Zulu uses: Bark is used for skin diseases that include sunburn (Pujol, 1990).

Other use: In Tanganyika, the plant is used in treating bilharzias (Watt and Breyer-Brandwijk, 1962).

220. *Maesa lanceolata* Forssk. (Maesaceae)

Isidende, (*Uguqu)*

[0.22] [0.24] P193

inHlamvubele[23], Ihlamvubele[22], Indende[2,3,10,22], Isidende[23], Isidenda[2,9,6,22], Isithende[6], Umaguqu [2,9,10,23,28], Ubhoqobhoqo[3,6], Uhlamvubele[3,6,28], Uphongaphonga[2, 3,6,20,22],

Umalunguzalazikakhona[2,9], *(Uqupu*[6, 10,22]*), Uququ*[6,10,22], *Umaququ*[6,22,28], *Uphophopho*[6,10,22], *Uphongaphongo*[10], *uPongaponga*[23,28], *uPopopo* [23]

Uses at Amandawe: The fruits of this plant are used to deworm humans (MYS, TMSO, ZADL, REVDUM the pips mixed with *ugobho- Gunnera perpensa* and benzene ZNGD); **This shrub is used to treat human inflicted worms contracted from *umeqo*. The flower is cooked, strained and the mixture is drunk as *isphungo* a hot tonic ZNK); A root decoction administered as an emetic with the aim to purify blood (REVDUM); This plant is an ingredient in the preparation of *umuthi obovu* (MAKAS); Unspecified plant parts are used to treat inflammation as a compress (MSANI); This plant is used to treat a sickness called *isela* in babies where it is administered as an enema (MNQO)**.

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Boon, 2010.

Zulu uses: Powdered whole fruit or seed are used as an anthelmitic (Watt and Breyer-Brandwijk, 1962). Root decoction is used as emetic to treat biliousness (Watt and Breyer-Brandwijk 1962; Hutchings et al., 1996) and the fruit as an anthelmintic for both animals and humans (Watt and Breyer-Brandwijk, 1962). Fruits are ground, mixed with milk and given to a child to remove ringworms and the roots are used for steaming and induced vomiting to remove pimples (Ngwenya et al., 2004). The roots are used as an emetic to clear phlegm *izindede*, acne, pimples and also used in mixtures for pleading the *idlozi* to focus on the user. (Ngwenya et al. 2004).

Other uses: Xhosa use it as a taenifuge (Watt and Breyer-Brandwijk, 1962). Ripe fruit is used to treat guinea worm (Watt and Breyer-Brandwijk, 1962), sore throat, cramps in the abdomen and the root treats jaundice (Watt and Breyer-Brandwijk, 1962). Masai use the bark to make a simulative beverage (Watt and Breyer-Brandwijk, 1962).

221. *Malvastrum coromandelianum* (L.) Garcke (Malvaceae)

Uvemvane

Not in the matrix P383

Uses at Amandawe: The leaves are crushed, infused with water and used aas a headwash to remove dendruff (JHLO, MYS, REVDUM, PHEW, BMHL, BKHW, MSANI, THOBE, MYS, MADLAMINI, MBUTHO, MNQO, PB, ZNK, NDU, ZADL, PUNCH, CHND, NINI, MANGIDI, SPHIWE, MUN, ZCEL); The roots stems and leaves are used to treat heartburn (REVDUM, BMHL, PHEW, BKHW); The roots are used to improve the sperm quality (REVDUM, PUNCH); The leaves are cooked and eaten by men to replenish and enhance sperm production (REVDUM).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

222. *Mangifera indica* L (Anacardiaceae)

Umango

Not in the matrix P384

Umango[15]

Uses at Amandawe: Unspecified parts of this plant is used to get rid of *idliso*, it is administered as an emetics (BKHW).

Uses in the literature: Masud Parvez, 2016

Zulu uses: The leaves of this plant are used by the people of Maputaland to treat diarrhoea (De Wet et al., 2010).

Other uses: All plant parts are used medicinally to treat the following: (inflammation, constipation, calonorrhagia, pneumorrhagia, syphilis, wounds, vomiting, menorrhoea, bleeding piles and diarrhoea), (dried ashed leaves are used against throat diseases, chronic dysentery dyspepsia, anaemia, heartburn and ulcers among other ailments (Masud Parvez, 2016). Mango is one of the prominent commercially important fruit (Tharanathan et al, 2006).

223. *Maytenus peduncularis* Loes (Celastraceae)

Inqayi, Inqayi elimnyama

[0.03] [0.03] P194

(InQai[23]*), [inqayi* [23]*], Inqayi elimnyama*[2, 22]*, Umnqayi*[2, 20, 23, 25]*, (umNqayi*[20, 22, 23]*)*

Uses at Amandawe: Unspecified parts of this plant are used medicinally and administered as a tonic (MYS).

Uses in the literature: Arnold et al., 2002; Pooley, 2013.

Zulu uses: No use record found in literature.

Other uses: The wood is used to make fighting stick and other household utensils (Boon, 2010; Pooley, 2013).

224. *Melia azedarach* L. (Meliaceae)

*Umsilinga, **Umhlambandlozi***

[0.68] [0.30] P196

Umsilinga[6, 10,14,15,22]

Uses at Amandawe: The leaves are used as an insecticide to repell mosquitos. Some people say that the leaves attracts the mosquitos. So the branch is placed not too far from where one is sleeping whether it is indoors or oudoords and the mosquitos would rather sit on the leaves (ZNK, MRMAD, JZ, SGAM, ZCEL, ZNG, PHEW, MGOZ, ZNGD, ZADL, MADLAMINI, MNQO, TNGW, NDU, the leaf infusion may be administered as a body wash NOMV); This plant is used as a repellent against flies and the branches are placed over meat (NOMV, SKHULUSE, MRSMHLONGO, MKHULUSE); The cold leaf infusion is taken orally to treat various stomuch problems (MYS, MAKAS, MSANI, REVDUM) ; The leaves are is used to stop

diarrhoea (TMSO); **This plant is used to treat stomach cramps. The leaf infusion is administered as an enema DLAMINI, the bark is used MUN, it is administered to babies as an enema MAMBA)**; The leaves are used to deworm people. In the case where worms come out orally, the leaf infusion is drunk to force the worms to come out through the anus or rectally (DLAMINI, MSANI, PUNCH, BMKH, BMHL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Singh and Maheshwari, 1983; Oliver-Bever, 1986; Johns et al., 1990; Manandhar, 1991; Rasoanaivo et al. 1992; Russo,1992; Hutchings et al., 1996; De Wet et al., 2010.

Zulu uses: A cold leaf infusion is used for abdominal pains, as an anthelmintic, as an anti-inflammatory and for epileptic patients (Hutchings et al., 1996). The leaves are used to treat diarrhoea (De Wet et al., 2010).

Other uses: Bark paste and leaves are used as an anthelmitic, against rheumatism, the leaves are used as diuretics, emmenagogues against gout while the flower poultices are used for lice and skin diseases in Nepal (Singh and Maheshwari, 1983; Manandhar, 1991). Cooked leaves are eaten for headaches by the Quichua of the Ecuadorian Amazon (Russo, 1992).

225. *Merwilla plumbea* (Lindl.) Speta (Hyacinthaceae)

Ichile, Ichiya, *Inguduza****, Untabosizi, Untangana zibomvana***

[0.18] [0.30] P197

Ichitha[1,6,10,25]*, Imbizenkulu*[1,6,10,22,25]*, Inguduza*[1,4,6,10,22,25]*, Ubulika*[1,6,25]

Uses at Amandawe: The bulb is used medicinally as *imbiza* (SHEZ, MYS, MBUTHO); **The bulb is used as a protective charm *intelezi* which destroys any foreign substances in the body, it is administered as an enema (BKHW); The bulb infusion is used for general cleansing of the body systems, and administered as an enema (PB); The bulb is boiled with milk and administered as an enema to treat impotence (DLAMINI); The bulb decoction is used to help relax stiff muscles, it administered as an enema (REVDUM); The bulb is used to treat a sickness called *inyoni* that affects babies (BMKH); The bulb is used to treat lower abdominal problems. (The concoction of the bulb together the bulb of *Crinum maccowani* is used DZA), (The concoction includes the roots of *Euclea sp umshekisane* CHLZ); The bulb used together with *Albizia adianthifolia*, *Searsia* species, *Elephantorrhiza elephantina* and *Hypoxis hemerocallidea* are used for blood regeneration after one has lost blood or is in need of blood (DZA).**

Uses in the literature: Gerstner, 1938; Gerstner, 1941; Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Hutchings, 1989; Hutchings.et al., 1996; Pooley, 2005; Walker, 1996; Van Wyk and Gericke, 2000; Van Wyk et al., 2009.

Zulu uses: Bulb decoctions are used as enemas for children and adults and are administered orally to cattle (Gerstner, 1938). They are also used as purgatives and as ingredients in infusions taken during pregnancy to facilitate easy delivery (Gerstner, 1941). Dried ground leaves are given to a child who is late in walking (Hulme, 1954). The

bulb is believed to be used by the *umthakathi* (sorcerer's familiars) to produce strife in the kraal or family (Gerstener, 1939).

Other uses: Powdered bulb used by the Sotho to treat scarification over sprains and fractures (Walker, 1996) while the Tswana use it as a protective charm against witchcraft by rubbing it on the back and joints (Watt and Breyer-Brandwijk, 1962).

226. *Mesembryanthemum cordifolium* L.f. (Mesembryanthemaceae)

Ibohlololo

[0.92] [0.95] P198

Ibohlolo[22], Ibohlololo[6, 22], umjuluka[6, 22], ungcolozi[6, 22], uncolozi-omncane[6, 22]

Uses at Amandawe: This plant is used to treat a venereal ailment called *ukubhajwa* (DLAMINI, MYS); The aerial parts of this plant are to treat inflamation and are administered as a compress (MYS, JHLO, MAKAS, ZNK, ZCEL, TMSO, JZ, PUNCH, JB, PB, SUKD, MADL, SHEZ, TNGW, BMKH, NDU, BKHW, NOMV, MUN, MGOZ, CHNDL, MAMBA, BMHL, DSHA, ZNGD, ZADL, PHEW, DLAMINI, REVD, MSANI, MBUTHO); This plant is used medicinally and the infusion is administered as an emetic (TMBA); **Crushed leaves are applied onto the freshly made body incisions made for *imithi yamadoda*, it probably works as an antiseptic (DLAMINI).**

Uses in the literature: Gerstner, 1938; Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Vilakazi, 1972; Hutchings et al., 1996.

Zulu uses: This plant is used as a poultice and as an enema for babies (Gerstner, 1938), as love charm, as a protective charm against sorcery and counteracts perspiration (Gerstner, 1941; Vilakazi, 1972). The leaves are used in treating inflammation, painful joints (Hutchings et al., 1996)

Other uses: No use record found in literature.

227. *Microglossa mespilifolia* (Less.) B.L.Rob. (Asteraceae)

Ikhambi lesduli, ***Ikhambi elimhlophe, Umazambezi***

[0.80] [1.32] P199

Ikhambi lwentwala[1,6,10,22], Ikhambi lesiduli[1,4,10,22], Indlondlo[1,4,6,10,22], Umdlonzo[6,10,22]

Uses at Amandawe: This plant is used to treat back related problems (ZNK), it is also used to treat back pains and administered as an enema (MSANI); Leaves and twigs are used to treat stomach cramps (DLAMINI); An infusion of the leaves and twigs is used to treat measles and body rash in children (it is administerd to children as a bath BMHL, CHNDL, SGAM, JHLO, NDU, BKHW, NOMV, KV, MRMAD, JB), (it is administered as an emetic and mixed with red clay soil *ibovu* it is applied on the body PHEW, MRMAD, JB), (it is administered as an enema PUNCH, NDU), (it is administerd as an enema when mixed with *Catharanthus roseus* MADL), (it is mixed with anthill soil and applied all over the body MBUTHO), (it is mixed with goat droppings and applied directly on to the body JZ); This plant is used to treat

sores *umzib'omubi* (the infusion is administered as a bath PUNCH, BKHW, MYS, ZNGD), (it is administered as an enema to children with sores ZADL), (it is administered as an enema JZ); The leaves and twigs are used to treat measeles (MYS, REVDUM, SUKD, KV); This plant is used to treat chickenpox (JB); The leaves are used to treat fever in children and administerd as an enema (MGOZ, MSANI); **The leaves are used to treat a sickness called *isithakathi* in babies (NOMV); A leaf infusion is used to treat bodyitch *umbabane* (MNQO); A leaf infusion is used to treat scabies (MNQO); A hot leaf infusion is administered by steaming as a skin cleanser (ZNK); The leaves are used to relieve constipation in babies and children (TMSO); The leaves are crushed and inhaled to relieve congested nasals (BKHW, MUN); Unspecified plant parts are used to treat impotence (MSANI); A leaf infusion is used to treat "drop"a venereal disese in men. The penis is washed with the cold leaf infusion and some droplets are released into the urethra (MSANI); The infusion made from the leaves and twigs is oftenly administered as an enema to purify and cleanse the blood and at anytime when one feels unwell (DSHA, BMKH, JZ);** This plant is used medicinally for an undisclosed ailment (SHEZ).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 2005; Walker, 1996.

Zulu uses: Leaf and stem infusions are used to treat feverishness, lumps in the female genital system (Watt and Breyer-Brandwijk, 1962; Walker, 1996). Infusions are used as tonics for stock animals (Watt and Breyer-Brandwijk, 1962; Walker, 1996).

Other uses: It is used in traditional medicine to treat fever and as a tonic for stock animal (Pooley, 2005).

228. *Mikania natalensis* DC. (Asteraceae)

Ihlozi

Not in the matrix P387

Ihlozi elimhlophe[1], Ikhambi lesduli[1], Umdlonzo[6, 22], umhlonzo[22]

Uses at Amandawe: The leaves of this plant are used to treat headaches, nasal congestion and flu (REVDU. BKHW, MBUTHO, MBHELE, JHLO, MRSNKOMO).

Uses in the literature: Bryant, 1966; Hutchings et al., 1996; Pooley, 2005.

Zulu uses: This plant is used to treat urinary complaints, headaches, backache, head cold and horse sickness (Hutchings et al., 1996), venereal diseases and influenza (Bryant, 1966).

Other uses: This plant is used to treat urinary complaints, headaches, backache, head cold and horse sickness (Pooley, 2005).

229. *Millettia grandis* (E.Mey.) Skeels (Fabaceae)

Ubobolwehlathi*, *(Umahlaledliwa, Umfanawekhishi),* *Umsimbithi

[0.03] [0.03] P200

Umsimbithwa[2,6,10,22,28], Umsimbithi[2,6,10,18,20,22,23,28], (umSimbithi[20]), Umzimbiti [23]

Uses at Amandawe: Unspecified parts are used to treat flu (SGAM).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: The root with those of a *Croton* species, lion fat, lion bone and python fat is burnt in the hut as a tranquilliser to dispel worries (Palmer and Pitman, 1972b).

Other uses: The Mpondo people used the beans to deworm humans (Watt and Breyer-Brandwijk, 1962). The wood was used to make spokes, sticks and implements (Watt and Breyer-Brandwijk, 1962). The plant has been used as fish and arrow poison (Watt and Breyer-Brandwijk, 1962; Van Wyk and Gericke, 2000).

230. *Mimosa pudica* L. (Fabaceae)

Imbune, ***Ulalagogo, Umalala, (Ungofanini), Uyifa***

[0.05] [0.03] P201

Imbuna[1], (imBhune[22]), Imbune[6, 10, 22], Umazifisa[1]

Uses at Amandawe: This plant is used medicinally for an unspecified ailment (SHEZ, MRMAD).

Uses in the literature: Cunningham, 1988.

Zulu uses: Whole plants are used in traditional medicine (Cunningham, 1988).

Other uses: No use record found in literature.

231. *Mimusops caffra* E.Mey. ex A.DC. (Sapotaceae)

Umasethole, ***Umasethole wasolwandle***

[0.24] [0.24] P202

Idakamfene[24], Umakayi[17], Umagayi[10], Umasethole[2,10,20,22], (uMasethole[20,22]), Umdakamfene[10,1,22,24], Umhayihayi[10,17,22,23], Umhlalankwazi[10,22], Ukhakhayi[10,22,28], Umkhakhayi [18,22], uHayihayi[20,28], (uMsethole[22]), Umnqambo[2], Umnweba [17], Umnweba wentaba[6]; Umnole[10,22,28], Umthunzi[10,17,20,22], Umyakayi [17,23], Umyagiya[17], Umyagayi[10,22]

Uses at Amandawe: The bark is an ingredient in the preparation of *umuthi obovu* (MYS, MAMBA, BMHL, ZNGD); A bark decoction is used medicinally and administered as an emetic (TNGW, MSANI, DLAMINI); This plant is used to treat the symptoms of *umeqo* (MBUTHO); A root mixture is administered as a tonic by men for virility and enhanced sexual performance (ZADL).

Uses in the literature: Palmer and Pitman, 1972c; Van Wyk and Gericke, 2000; Boon, 2010; De Wet et al., 2010; De Wet et al., 2012.

Zulu uses: Root bark decoctions are administered as powerful enemas for back pain (Palmer and Pitman, 1972c). The roots of this plant are used in treating sexually transmitted diseases (De Wet et al., 2010), gonorrhoea (De Wet et al., 2012).

Other uses: Roots are used medicinally and the fruits are edible (Van Wyk and Gericke, 2000). Roots used medicinally (Boon, 2010) and the timber is used for hut building (Boon, 2010).

232. *Mimusops obovata* Sond. (Sapotaceae)

Umasethole

[0.11] [0.14] P203

isiPandane[23], Umasethole wehathi[2,22,28], Umasethole abomvu[6,28], (Umasetola[8 ,23]), Umhlalankwazi[6]; Umnole[2,22,28], umNqambo[20], umNweba[22], Umpandane[8], Umphumbulu[2,22,28], uMsethole[8,22,23]

Uses at Amandawe: The bark is an ingredient in preparation of "*umuthi obovu*" (ZADL); The bark is used to get rid of chest phlegm. The bark decoction is mixed with milk and water and administered as an emetic (MSANI); Unpsecified plant parts are used to treat diarrhoea (MSANI); This plant is used to treat the symptoms of *umeqo* (MBUTHO); Unspecified parts are used in the preparation of *umuthi omhlophe* (REVDUM).

Uses in the literature: Hutchings et al., 1996.

Zulu uses: Bark infusion is used as an emetic (Hutchings, 1996).

Other uses: No use record found in literature.

233. *Momordica balsamina* L. (Cucurbitaceae)

Intshungu

[0.76] [0.73] P204

iNshungwana[1, 22], intsungu[1], intshungwana yehlathi[1], (inTshungu[22]), (inShunguyehlathi[22]), umkaka[1, 15]

Uses at Amandawe: This plant is used to treat lower back problems, the leaf infusion is administered as an enema (ZCEL); The leaves of this plant are used to lower the high blood pressure (MAKAS, MRMAD, JZ, PHEW, PUNCH, BMKH, SHEZ, TNGW, NDU, BKHW, NOMV, MUN, KV, CHNDL, MAMBA, DSHA, BMHL, ZNGD, ZADL, JB, ZNK, TMSO, MSANI); The leaves are used to boost the immune system. The leaf infusion is administered orally as a drink or mixed with other coocked herbs (REVDUM); Unspecified plant parts are used to treat the sypmtoms of *umeqo* where it is administered as an enema (ANON).

Uses in the literature: De Wet et al., 2013; De Wet et al., 2016; Nciki et al., 2016

Zulu uses: It is cooked as a vegetable (Gerstner, 1938; Fox and Norwood Young, 1982). This plant is used in treating hypertention by the people of Maputaland (De Wet et al., 2016). Macerated leaves and leaf paste are used in northern Zululand to treat body rash and ringworm infection (De Wet et al., 2013; Nciki et al., 2016).

Other uses: Sotho and Shangaan people eat the cooked leaves as spinach, while the Thonga and the Shangaan eat both the fruit and the leaves (Fox and Norwood Young, 1982).

234. *Momordica foetida* Schumach. (Cucurbitaceae)

Intshungu, ***Intshungu yehlathi, Intshungu yezalukazi***

Not in the matrix (P438)

Intshungu[6], itshungu[6]

Uses at Amandawe: The leaves of this plant are used to lower the high blood pressure (MAKAS, MRMAD, JZ, PHEW, PUNCH, BMKH, SHEZ, TNGW, NDU, BKHW, NOMV, MUN, KV, CHNDL, MAMBA, DSHA, BMHL, ZNGD, ZADL, JB, ZNK, TMSO, MSANI); **The leaves are used to boost the immune system. The leaf infusion is administered orally as a drink or mixed with other coocked herbs (REVDUM); Unspecified plant parts are used to treat the sypmtoms of *umeqo* where it is administered as an enema (ANON).**

Uses in the literature: Gerstner, 1938; Watt and Breyer-Branwijk, 1962; Bryant, 1966; Hutchings et al., 1996.

Zulu uses: It is used in treating stomach problems (Bryant, 1966), while the roots and leaves treat boils (Watt and Breyer-Brandwijk, 1962). The leaves and stem treat high blood pressure and diabetes (Hutchings et al., 1996). This plant is used as a poultice for burns (Gerstner 1938).

Other uses: The Tonga people eat this plant (Gerstner 1938).

235. *Monanthotaxis caffra* Verdc. (Annonaceae)

Umadwabe, Umalidwabe, Umazwenda

[0.08] [0.19] P205

Inkonjane[10,22], Isidwaba[17], Ithunganhlanzi[2,6,10,22], Ivumba[10], Mkonjane[6], Umazivenda[17], Umavumba[2,6], Umaluswembe[2,6,22], Umazwenda-omhlophe[2,10,17,22], Umalidwabe[9], Umazwenda[9,6,22], Umaliswembe[10], Umazwende[10], (uManzwande[22]), (Umgoqi wezinhlanya[22]), Umgogiwezinhlanya[6,9,10] Umgogowezinhlanya[2,9,10,22], (Umgoguwezinhlanya[10,22]), Umkhonjwane[2],

Uses at Amandawe: The aromatic roots are an ingredient in the preparation of *umuthi omhlophe* (PUNCH, PHEW, REVDUM, MBUTHO, CHNDL, BMHL, DLAMIN).

Uses in the literature: Gerstner, 1941; Doke and Vilakazi, 1972.

Zulu uses: Roots are smoked for hysteria and administered as emetics for bad dreams (Gerstner, 1941; Doke and Vilakazi, 1972). Stems and roots are widely used as emetics and used as protective charm in cattle kraals to keep cattle strong and fat (Hutchings et al., 1996). Emetics are used as protective charms to counteract the effects of bad dreams and as a love charm by young men used in courting (Gerstner, 1939). It is used in treating an insane person, and the twigs are buried at the entrance of a cattle kraal to

protect the cattle from evil spirits (Ngwenya et.al, 2004). It is also believed that stick made from this plant should not be used to hit a cow because it will never bear calves and the same act will prevent any children from maturing when the time comes (Ngwenya et.al, 2004). Fruits are eaten by the people of *Ubombo* in Northern KwaZulu-Natal (Fox and Norwood Young, 1982).

Other uses: Ripe fruits are edible (Van Wyk and Gericke, 2000). Stems are used for binding poles, baskets, for hut building, thatching and also used for Kosi Palm raft binding (Boon, 2010).

236. *Mondia whitei* (Hook.f.) Skeels (Apocynaceae)

***Umondo**, Umondi*

Not in the matrix P388

Umondi[6, 22]

Uses at Amandawe: The leaves are eaten raw to boost appetite (ZNK, SHEZ, MYS, JHLO); The leaves are eaten to treat constipations and a bloated stomach (ZNK).

Uses in the literature: Bryant, 1941; Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Gelfand, 1985; Crouch et al., 1998; Aremu et al., 2011.

Zulu uses: The root is an ingredient in beer making (Fox and Norwood Young, 1982). The roots used in stimulating appetite, treat flatulence, indigestion and stomachache (Gerstner, 1941; Bryant, 1996).

Other uses: The Hay people use this plant as a uterine stimulant during childbirth, while the Shambala people use it in treating fits in children (Watt and Breyer-Brandwijk, 1962).

237. *Morella serrata* (Lam.) Killick (Myricaceae)

Ilethi

Not in the matrix P389

Ulethi[25], *Umakhuthula*[25], *Iyethi*[25]

Uses at Amandawe: This bitter tasting plant is used to treat ulcers.The bark infusion with cold water is left to stand in the sun or next to the fire and administered as a tonic (PUNCH).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: The wax extracted from the plant is used to make candles, soap and floor polish. It is reported to be eaten by the Khoi people (Pooley, 2005; 2006).

238. *Musa acuminata* Colla (Musaceae)

Ubhanana

Not in the matrix P390

Inhliziyo[15]*, Ubhanana*[15]

Uses at Amandawe: The dried peels of the ripe fruit are ground and sprinkled onto septic wounds (BMHL, ZCEL, MYS, NDU, ANON); The male flower bud is an ingredient in a remedy used in treating asthma (DZA); [A boiled male flower bud with other plants is used to treat an undisclosed ailment (SHEZ).]

Uses in the literature: De Wet et al., 2010; De Wet et al., 2012; De Wet et al., 2016; Mathew and Negi, 2017

Zulu uses: The roots of this plant are used in treating sexually transmitted diseases (De Wet et al., 2010). This plant is used in treating hypertention by the people of Maputaland (De Wet et al., 2016), HIV-AIDS related ailments especially internal and external sores (De Wet et al., 2012).

Other uses: All plant parts are used in traditional medicine in treating various ailment which include (Mathew and Negi, 2017)

239. *Myrothamnus flabellifolia* Welw. (Myrothamnaceae)

Uvuka kwabafuleyo

Not in the matrix

Uvukakwabafileyo[22]

Uses at Amandawe: [The roots used to treat chronic diseases (REVDUM)].

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Gelfand et al., 1985; Mabogo, 1990; Hutchings et al., 1996.

Zulu uses: Leaves and stems are used in traditional medicine (Cunningham, 1988).

Other uses: Pedi people smoke or inhale smoke from the leaves to relive chest pains (Watt and Breyer-Brandwijk, 1962). The Vhavenda use the whole plant against colds, respiratory problems, nosebleed and fainting (Mabogo, 1990). This plant was recorded to be exported to India, by the Indian people from Tanganyika area in east Africa (Watt and Breyer-Brandwijk, 1962).

240*. Mystacidium capense* (L.f.) Schltr. (Orchidaceae)

Iphakama

Not in the matrix P386

Iphamba[6, 22]

Uses at Amandawe: This plant is used for an undisclosed ailment (MYS).

Uses in the literature: none found.

Zulu uses: Infusion made from the plant is used as a love charm emetic (Hutchings et al., 1996).

Other uses: The plant is used for love charm purposes (Pooley, 2005)

241. *Nicotiana tabacum* L. (Solanaceae)

Umdloti

Not in the matrix P392

Uses at Amandawe: The leaves are of this plant are an ingredient in treating lice (ZNGD).

MIND ALTERING: The dried leaves are an ingredient in the making snuff which is smoked for relaxation (Pers.exp, ZNK, ZADL, BMHL, PHEW).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: The Xhosa people are reported to smoke this plant by dipping (Watt and Breyer-Brandwijk, 1962).

242. *Nymphaea nouchali* Burm.f. (Nymphaeaceae)

***Izibu, iziba**, Ugobho* (?)

Not in the matrix P393

Amazibu[24]*, Izibu*[4, 6]

Uses at Amandawe: This plant is used medicinally for an undisclosed ailment (DSHA); **This plant works just like *ugobho* where it is used after birth to cleanse the abdominal area (MBUTHO).**

Uses in the literature: Gelfand et al. 1985; Mabogo, 1990; Roberts, 1990; Hutchings et al., 1996; Walker, 1996.

Zulu uses: Roots are used as a love charm (Hutchings et al., 1996) stems and rhizomes treat coughs, cold and stop a runny nose (Roberts, 1990). Flower decoction treats mucous infestation in the chest accompanied by cough (Hutchings, 1990).

Other uses: The Vhavenda use the leaves to prevent the conception of twins, while the roots treat infertility (Mabogo, 1990).

243. *Nymphoides thunbergiana* (Griseb.) Kuntze (Menyanthaceae)

Umagushana, *Umahogo*

Not in the matrix

No names found in literature

Uses at Amandawe: This plant is used to treat hysteria "*ufufunyane lentombi ephosiwe*" (JZ); A cold infusion is administered as an enema and as a bath to treat body rash (MBUTHO).

CAUTION: No fatty foods should be eaten during the treatment process.

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

244. *Obetia tenax* Friis (Urticaceae)

Imbabazane,* (*Imbabazane emahaqa*), *Imbati yomfula, Imbatimbati**, Imbongozeme, Uluzi, **Uzi

[0.11] [0.11] P208

Imbati[2, 10, 22], Imbati enkulu[6], Imbati[6], Imbokozembe[22], Imbongozembe[10], Impongozembe[2, 10, 22], Uluzi[2, 6], Umdadi-omkhulu[2, 6, 10, 22]

Uses at Amandawe: This plant is used medicinally (SHEZ); **This plant is it is used to treat allergies or allergy symptoms (ZADL); Unspecified plant parts are used as an ingredient in *imbiza* used to treat sores (MBUTHO);** This plant is used as *umuthi wamadoda* probably for virility (NGWANE).

Uses in the literature: Hutchings et al., 1996.

Zulu uses: This plant is used as traditional medicine probably for impotency in men or as sexual irritants for cattle (Hutchings et al., 1996).

Other uses: Bark produces strong fibre, which is probably used for a particular reason (Boon, 2010).

245. *Ocotea bullata* (Burch.) Baill. (Lauraceae)

Unukani

Not in the matrix P440

Umnugani[2, 6, 8], Umnukani[2, 6, 8], Unukani[2, 6, 8]

Uses at Amandawe: The bark of this tree is used in treating bad body odour, probably administered by body steaming (MYS).

Uses in the literature: Watt and Breyer-Brandwijk, 196; Hutchings et al., 1996, Boon, 2010.

Zulu uses: The bark of *Ocotea bullata* together with *Umahlabekufeni* are used in treating urinary complaints (Hutchings et al., 1996). It is also used alongside other plant species to treat a spinal disease, while the bark alone treats headaches (Watt and Breyer-Brandwijk, 1962). According to Hutchings et al., (1996), the bark is used as a charm to make an enemy smelly or unporpular.

Other uses: This plant is used for various ailments which include headache, chest problems, urinary and nervous system, diarrhoea (Boon, 2010).

246. *Olea woodiana* Knobl (Oleaceae)

Umnquma

[0.03] [0.05] P210

Isadlulambazo[28], iSahlulambazo[20,22,28], Ishlulambazo[2,10,23,28], umHlebe[23], Umhlwazimamba[10,22,23,28], umNcumo[20], Umnquma[2,10,18,22,23,28], umnqumo[28]

Uses at Amandawe: Unspecified plant parts are used as a galactagogue for breastfeeding mothers (MSANI, ANON).

Uses in the literature: Pooley, 2006; Boon, 2010; Arnold et al., 2002; Grace et al, 2003.

Zulu uses: No use record found in literature.

Other uses: Bark is used to boost appetite and as a nerve tonic, wood is used for sticks (Grace et al, 2003; Boon, 2010).

247*. Olinia radiata* J. Hofmeyr & Phill. (Oliniaceae)

*Umzaneno, **Umzane***

[0.03] [0.03] P211

Umzaneno[2, 10, 22], Umphanzi[2]

Uses at Amandawe: This plant is used medicinally for an undisclosed ailment (SHEZ).

Uses in the literature: Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: The fruit is eaten by people as well as birds (Watt and Breyer-Brandwijk, 1962). Timber has been used for wagon-making and other purposes (Watt and Breyer-Brandwijk, 1962). Fruits, leaves and bark smell of almonds when crushed and reputed to stain the water blue-black (Boon, 2010).

248. *Osteospermum monilifera* L. (Asteraceae)

Igwababa*, *Ikhambi lenyongo, Imbozisa yasolwandle, Isifulwane, Ithenanja, Ugudlulwandle, Ugudlumfula, Ulimi lwenkomo, *Unkuphunyane*

[0.60] [0.68] P212

Inkuphuyane[6, 25], Itholonja[2, 6,10,22,25], Umtholombe[2, 6,10,20,22, 25], (umTholombe[20]), (Umtholombi[6])

Uses at Amandawe: Unspecified parts are used to lower high blood pressure (PHEW); Leaf infusion with lukewarm water is used to treat gall sicknesses, it is administered as an emetic (BP, MSANI, JHLO, REVDUM, MBUTHO, PUNCH, MADLAMINI, TNGW, KV, MAMBA, BMHL, DSHA, ZNGD, BMKH, ZADL, SGAM, MYS, ZNK, ZCEL, TMSO, SUKD, JB, DLAMINI, BKHW).

Uses in the literature: Jacot and Guillarmod, 1971; Plamer and Pitmab, 1972c; Roberts, 1990; Boon, 2010.

Zulu uses: Infusion from the leaves is administered as enemas for feverish condition (Palmer and Pitman, 1972c). The juice from the fruits is administered by the Zulu, Xhosa or Sotho as blood strengtheners and purifiers to men suffering from impotence or weakened by intestinal ailments (Roberts, 1990).

Other uses: The branch with its leaves is burnt in inside the huts to cure madness in Lesotho (Jacot and Guillarmod, 1971).

249. *Osyridicarpos schimperianus* (Hochst. ex A. Rich.) A. DC. (Santalaceae)

***Inhlanhlemhlophe, Inhlanhlemhlophe yehlathi**, Umalala*

[0.03] [0.03] P213

Umalala [1, 4, 22], Umalale[6] Umayime[1], (Umulale[22])

Uses at Amandawe: Chopped stems are an ingredient in the preparation of *umuthi obovu* (MYS).

Uses in the literature: Hutchings et al., 1996.

Zulu uses: It is used to ward off lightning (Gerstner, 1941). Leaves and stem are used together to calm people and to stop crying babies and put them to sleep (Hutchings et al., 1996).

Other uses: It is used as a protective charm (Pooley, 2006).

250. *Oxalis latifolia* Kunth (Oxalidaceae)

Isimuncwane, Umswempe, Umswenya,* (*Uncamnce*), *Ungcangishane

[0.03] [0.03] P215

No names found in literature

Uses at Amandawe: Whole plant is used to treat *isela* in babies (ZNK).

Uses in the literature: none found.

Zulu uses: *Oxalis* leaves are sometimes used by the Zulu people as a salt substitute in cooking (Fox and Norwood Young, 1982).

Other uses: No use record found in literature.

251. *Panicum* sp. (Poaceae)

Umuhlwa

Not in the matrix

Uses at Amandawe: This grass infusion is administered as an enema to newborn babies (ZNK).

Uses in the literature: none found.

Zulu uses: No use record found in literature for this genus.

Other uses: No use record found in literature.

252. *Pappea capensis* Eckl. & Zeyh. (Sapindaceae)

Umvuma, Uvuma obovu

Not in the matrix P397

Ilitshe[8,22], Indaba[6,22], (Muliwampango[8]), Umgqogqa[6,28], Umgqogqo[17,22], Umgqongqongo[17,28], Umkhokhwane[6,17], Umqhokwane[6,20,22], (umQhokwane[20,28]), Umqhoqho[6,22], (umQokolo[26]), Umvuma[22,28], (Uvuma –ebomvu[6,22,28])

Uses at Amandawe: The bark is used as *umuthi obovu* (SHEZ, MYS, MBHELE, MAKAS, MRGUMEDE, DLAMINI, MBUTHO, ZADL, BKHW, JB, MAMBA, MUN, PHEW, BHEKI, ZNK, PB).

Uses in the literature: Cunningham, 1988; Hutchings et al., 1996.

Zulu uses: Bark and roots used in traditional medicine (Cunningham, 1988). It is used medicinally for calves (Gerster, 1939). Ripe fruits are eaten by the people (Fox and Norwood Young, 1982).

Other uses: Ndebele people use it to treat sore eyes and the root infusion as an enema for purging cattle (Hutchings et al., 1996). In Botswana the bark treats venereal diseases and used as a protective charm (Hedberg and Staugard, 1989). Masai worriers use the bark infusion and decoction to gain courage, as blood strengthening tonics and as aphrodisiacs (Watt and Breyer-Brandwijk, 1962).

253*. Passiflora edulis* Sims (Passifloraceae)

Ugrayindeni

Not in the matrix P398

Umnyamawempunzi[6], Umsuthuza[4]

Uses at Amandawe: This plant is used to treat earache and ear infection (ZNGD).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: Ripe fruits are sold commercially and used in various foods and beverages (Kuete, 2017).

254*. Passiflora suberosa* L. (Passifloraceae)

***Unyawo lenkukhu**, Inhlanhla emhlophe*

[0.35] [0.43] P216

Inhlanhlemhlophe[3]

Uses at Amandawe: The leaves are used to treat *isithakathi* in infants (BKHW); The leaves and trailing stems are used to treat a sickness that affects babies called *inyoni*, the infusion is administered as an enema (MYS); This plant is used medicinally and administered to babies as an enema in a form of a tonic (MAKAS, NOMV, MAMBA, ZADL); This plant is used to treat diabetes (JHLO); A cold infusion of the leaves is used to treat stomach cramps including other stomach problems, it is administered as an enema and orally (MGOZ, CHNDL); This plant is used to relieve constipation (PHEW); A baby that is struggling to walk is treated with this plant to strenghten the knees. The mixture is administered as an enema (TNGW, PUNCH); This plant is used to treat flu (MSANI); An infusion made from the leaves is administered as an enema to treat lower backpains (MSANI); This plant is administered as tonic when one is not feeling well, half a cup of this infusion is taken as a drink. It also gives one vigour and strength (BKHW); This plant is used to treat body sores; The leaves and stems are administered orally to treat ulcers (DLAMNI).

Uses in the literature: Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: This plant is used in traditional medicine (Arnold et al., 2002).

255*. Pavetta lanceolata* Eckl. (Rubiaceae)

Ufiyane, Umsunuwembuzi

[0.09] [0.11] P217

Igololembuzi[2, 4,10,20,22]*, (iGololembuzi*[20, 22]*), Sampasu*[8]*, Umdleza*[2, 4, 22]*, umDleza* [20]*, Umdlezi*[10, 22]*, Umhleza*[23]*, Umsunuwembuzi*[10, 22]

Uses at Amandawe: The roots are used to treat the symptoms of *isichitho* (MYS); This plant is an ingredient used in the preparation of tonics (NOMV); Unspecified plant parts are used to treat gall sickesses or to used empty an overflowing gall (PHEW, MSANI).

Uses in the literature: Hulme, 1954; Boon, 2010; Mabogo, 1990.

Zulu uses: It is not used by the Zulu people either medicinally or eaten as fruit (Watt and Breyer-Brandwijk, 1962). Leaves are chewed as a tonic (Gerstner, 1938). Roots are used in a preparation aimed at bringing harmony among family members (Hulme, 1954). The infusion is believed to have the powers to kill the enemy's children (Hutchings et al., 1996).

Other uses: Venda people use the root as an anti-emetic (Mabogo, 1990; Boon, 2010). The leaves are edible and said to taste like watercress (Palmer and Pitman, 1972a).

256*. Pelargonium luridum* (Andrews) Sweet (Geraniaceae)

Unyawo lwenkukhu, Uvendle

[0.10] [0.11] P218

Inkonkulu[10], Inyonkulu[1,6], Inyonkuku[4,22], Iphaxa[10,22], Iphaqa[1,22], (Isandla sonwabu[6]), Isandlasonwabu[1,4,6], Ishaqa[2,11,6], Ishwaqa[6], Umsongelo[1,10,22], (Unyawo lwenkikhu[1]), Unyawo lwenkukhu[1], Uvendle[1,11,6,22], (uRendle[22]), (Shubiso[10, 22])

Uses at Amandawe: The roots are used for blood purification (ZADL); The roots are used medicinally for an unspecified ailment (MBUTHO and administered by steaming MAMBA); Both the roots and leaves are used to treat diarhhoea (REVDUM).

Uses in the literature: Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Forbes, 1986; Roberts, 1990; Hutchings, et al., 1996; Hutchings et al., 1996; Walker, 1996; Van Wyk and Gericke, 2000; Pooley, 2006; Van Wyk et al., 2009.

Zulu uses: The root and leaf infusion are used to treat diarrhoea and scours in the calf, powdered roots are used in treating dysentery, colic and fever (Watt and Breyer-Brandwijk, 1962). Leaf infusions are administered to sick calves (Hutchings et al., 1996). Infusions of leaves, stems and roots are taken for colic, nausea and vomiting and also to reduce fever (Roberts, 1990). Powdered dried roots, mixed with hippopotamus or python fat, are used by young men as courting charms, rubbed in the face (Hulme, 1954). Root or leaf infusion is used to treat diarrhoea in cattle and dried powdered root is used for dysentery (Walker, 1996). The plant is eaten raw or as a vegetable (Gerstner, 1938).

Other uses: It is used to treat colic and fever (Watt and Breyer-Brandwijk, 1962; Walker, 1996). It is used to treat diarrhoea and dysentery (Van Wyk and Gericke, 2000)). It is eaten raw as a vegetable (Pooley, 2006). It is used as a traditional medicine to treat dysentery, nausea, vomiting, fever, sick calves and as a love charm (Pooley, 2006).

257. *Pentanisia prunelloides* (Klotzsch) Walp. (Rubiaceae)

Icishamlilo, ***Icishamlilo elikhulu***

[0.68] [0.78] P219

Icimamlilo[1,6,9,10,11,22,23], Icimamlilo elincane[4,6], Icishamlilo[1,6,10], (iCitshumlilo[23]), Idlaso[10,22], Incishamlilo[22], Isibunde[1,25], Ucwaka[9], Umakuphole[1,6,10,22,25], Umazithule[9]

Uses at Amandawe: The roots of this plant are used medicinally and administered as an emetic for an unspecified ailment (MNQO), **[The medicinal use of this plant reduces the effects of ailments ZNK, MADLAMINI, DLAMINI)]; The root decoction is used to treat body sores whereby it is administered by steaming (ZCEL); [The dried and powdered roots are administered as *isincindo* (PHEW, ZADL)]; The root decoction is used to treat *idliso*, the poisonous substance administered with food to an unsuspecting person. The decoction is administered as a tonic to neutralise this substance as well as other internal ailments (BKHW); This plant is used to relieve body aches. The roots are mixed with the roots of *ilabatheka Senecio coronatus* and administered as an emetic (MUN);** The root decoction is administered as a compress to treat inflammation (SGAM, MYS, JHLO, JB, JZ, PUNCH, SHEZ, BMKH, NOMV, KV, MUN, MGOZ, MAMBA, BMHL, DSHA, ZADL, MSANI, REVDUM, MBUTHO, DLAMINI).

Uses in the literature: Gerstner, 1941; Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Pujol, 1990; Hutchings et al., 1996; Walker, 1996; Van Wyk and Gericke, 2000; Ngwenya et al., 2004; Pooley, 2005; Van Wyk et al., 2009.

Zulu uses: It is used in a number of ailments that include treating burn injuries, inflammation, sprains, forcing retained placenta, stomach pains, piles, haemorrhoids, gangrenous rectitis, snakebite, chest pains, itching and blood impurities (Gerstner, 1941; Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Pujol, 1990; Walker, 1996; Hutchings et al., 1996).

Other uses: The Sotho people of Basotholand use it as a protective charm to prevent a sorcerer from finding the door to the hut (Watt and Breyer-Brandwijk, 1962). The root is also used by the Xhosas to treat sore joints and swellings or sprained articulations; it is also used for womb cleaning (Pujol, 1990).

258. *Persicaria lapathifolia* (L) Delarbre (Polygonaceae)

Uxhaphozana, Uxhaphozi

[0.16] [0.27] P220

Idololenkonyane[10, 22, 25], *Umancibilika*[10, 22, 25], *Umancubikela* [14, 25]

Uses at Amandawe: This plant is used medicinally to cleanse the systems by administering it as an enema (MYS); Unspecified plant parts are mixed with milk and used to treat flu (MSANI); The aerial plant parts are used to treat wounds (JHLO); The leaves are used to treat burn wounds. Fresh leaves are plastered directly onto the wound (MSANI); A leaf infusion is used to treat lower back ailments, it is administered as an enema (MAKAS); The leaves are used to treat a baby with *isilonda sesela* (MADLAMINI, it is administered as an enena CHNDL, MSANI); This plant works as *uxhaphozi*, *umuthi wamadoda* probably for virility (CHNDL).

Uses in the literature: Gerstener, 1941; Pooley, 2005.

Zulu uses: Unspecified parts are ingredients with a substance known as 'white stone', 'blue stone' and *umesisweni* in a medicine used to treat syphilis (Gerstner, 1941).

Other uses: It is used traditionally to treat venereal disease (Pooley, 2005).

259. *Phoenix reclinata* Jacq. (Arecaceae)

Isundu, Usundu

[1.00] [0.14] P221

Idama[2,10,20,22], *(iDama*[20,22]*), Isandu*[10,22], *Isundu*[2,10,18,20,22], *(iSundu*[20]*), Usundu*[10,22,23,24]

Uses at Amandawe: The spines are used in treating sharp internal body pains. The spines are first dipped into the medicine and then used in lightly stabbing/poking the painful area (MYS, DLAMINI); **A root decoction is used to treat tootache, probably gargled with the warm mixture (JB); The root decoction is used medicinally as an emetic (MBUTHO); This plant is used in treating internal side pains (PUNCH).**

Uses in the literature: Bryant, 1966; Hutchings et al., 1996; Van Wyk and Gericke, 2000.

Zulu uses: The thorns together with other plant parts are used to treat respiratory and other chest problems (Watt and Breyer-Brandwijk, 1962) treat patient with pleurodynia and pleurisy (Bryant, 1966). The painful area is stabbed with the awl which has been dipped into the decoction and steam is blown into the wound by *inyanga* (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996). Zulu people use the stem sap to make fermented drink and also eat ripe fruits (Fox and Norwood Young, 1982).

Other uses: Fibres form the stem are used to make brooms, leaf midribs are used for hut walls and fish kraals, midrib base is for household implements and leaflets for baskets (Boon, 2010). Leaves are used to make small baskets (Cunningham and Terry, 2006). The Xhosa and the Sotho people eat the ripe fruits (Fox and Norwood Young, 1982).

260*. Phragmites australis* (Cav.) Trin. ex Steud. (Poaceae)

Umhlanga, ***Umhlanga omncane***

[0.08] [0.11] P222

Ingqulwane[10, 22]*, Umhlanga*[10, 12, 22]

Uses at Amandawe: The root decoction administered as an emetic is when one has lost his or her voice as well as for voice clarity (JB); The root decoction is used as *umuthi omhlophe* (SIZWE); The ash from charred leaves of this reed is used to heal the umbilical cord of a newborn baby (MBUTHO, MRSCEL).

Uses in the literature: Van Wyk and Gericke, 2000.

Zulu uses: No use record found in literature.

Other uses: This plant is used as an arrow as well as *Grewia flava*, *Catophractes alexandri* and *Rhus* species (Van Wyk and Gericke, 2000). The culms are used in winnowing large grain storage baskets in Botswana (Terry, 1994). As source of starch, the rhizomes are edible, the culm are used for musical instruments and also to smoke tobacco. Medicinally the roots are used as diuretic and diaphoretic, while sap form the culms is edible and treats pneumonia and pains (Van Wyk and Gericke, 2000). It is used for building walls, bomas and fencing. The culms are used for arrow shafts, musical instruments. In Botswana they are used for traditional sitting mats as well as baskets (Van Wyk and Gericke, 2000). Culms and stems are used to make mats, fences and walls (Cunningham and Terry, 2006).

261. *Phragmites mauritianus* Kunth (Poaceae)

Ukhwiphini, Umhlanga omncane

[0.08] [0.08] P223

No names found in literature

Uses at Amandawe: The ash from charred leaves of this reed is used to heal the umbilical cord of a newborn baby (MBUTHO, MRSCEL); The root decoction is

administered as an emetic when one has lost his or voice as well as for voice clarity (JB).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

262. *Phyla nodiflora* (L.) Greene var*. rosea* (D.Don) Moldenke (Verbenaceae)

No names recorded

Not in the matrix P400

No names found in literature

Uses at Amandawe: This plant is used in treating lice infestation (MKP).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

263*. Physalis peruviana* L. (Solanaceae)

Ugqumgumu

Not in the matrix P401

Ugqumgqumu[17]*, Umquzumbele*[17]

Uses at Amandawe: [A fresh leaf infusion is administered to babies as an enema to treat *isithakathi* (ZNK, SUKD)].

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: The Zulu people eat the ripe fruits (Rose and Guillarmod, 1974). Fresh leaves are used in treating stomach problems in children (Watt and Breyer-Brandwijk, 1962).

Other uses: Cooked leaves are eaten by Xhosa and Fingo people, while fruits are eaten in the Transkei and Lesotho (Rose and Guillarmod, 1974). This plant is used medicinally (Watt and Breyer-Brandwijk, 1962).

264*. Pittosporum viridiflorum* Sims (Pittosporaceae)

Umkhwenkwe, Umfusamfu

[1.00] [1.03] P224

(Umfusamfu[2,3]*), Umfusamvu* [2,3,5,11,6,22,23,25,28]*, (Umvusamu*[6,20]*), umVusamvu*[20,20]*, (Umkwenkwe* [6, 23,25]*), Umkhwenkwe*[2,3,6,10,20,22,23,25,28]*, (umKhwenkwe*[20,22,28]*)*

Uses at Amandawe: Unspecified plant parts are used to empty the overflowing gall or treat gall sicknesses (ALL); **This plant is used as an anthelmintic, forcing the worms to come out through the anus (ZNK).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Gelfand et al. 1985; Hutchings et al., 1996; Van Wyk and Gericke, 2000; Boon, 2010.

Zulu uses: Bark decoctions as an emetic or as an enema are used for febrile complaints (Bryant, 1966). Bark decoctions are used as emetics or enemas for stomach troubles, particularly those connected with bile (Watt and Breyer-Brandwijk, 1962). Such decoctions are also taken in the mornings to purify the blood (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996), purify blood, ease the pain and produce restfulness (Watt and Breyer-Brandwijk, 1962).

Other uses: Sotho use the root infusion as a protective charm against witchcraft and to give accuracy in the in the divining bones (Watt and Breyer-Brandwijk, 1962).

265. *Platycarpha glomerata* (Thunb.) Less. (Asteraceae)

Imbozisa, ***Imbozisa encane, Imbozisa yentaba,*** *Isiphahluka,* ***Ubani****,* ***Ubani olukhulu****,* ***Ukhula, Umabopha****,* ***Umbola, Umkhwibi ompofu,*** **(*Usigcawu*)**

[0.23] [0.24] P225

Imbozisa[6, 10, 22]*, Isiphahluka*[10, 22, 24]*, Usiphahluka*[1, 10, 22]

Uses at Amandawe: This plant is used to treat side pains better known as *amahlaba* in babies (PB); The leaves and the roots are used as a compress to treat inflammation (BMKH, SHEZ, TNGW, BKHW); An infusion of the roots and leaves is used to treat excessive and irregular menstruations. It is administered by drinking the infusion and by steaming with the decoction (NDU); The leaf extract is used to treat painful eyes (MYS); This plant is used to treat sweaty and smelly feet (ZCEL); The leaves and the roots are used to treat *isipatsholo* a venereal disease known to affect females (DLAMINI).

Uses in the literature: none found.

Zulu uses: Plant infusions are used as sprinkling protective charms against evil spirits and lightning (Gerstner, 1938; Doke and Vilakazi, 1972).

Other uses: No use record found in literature.

266. *Plectranthus ambiguus* (Bolus) Codd (Lamiaceae)

Iboza, *Iboza elincane,* ***Ibozane, Imbatatane****,* **(*Umahlokomane*)**

[0.45] [0.68] P226

Iboza elincane[1, 6, 10, 22]*, Unkungwini*[4]

Uses at Amandawe: A cold leaf infusion is taken orally as a drink to treat fever (SGAM, PUNCH); A leaf infusion is administered as an enema to treat back problems (SGAM); The leaf infusion is used to treat coughs (MAKAS, KV); The leaf

infusion it is used to treat sores, it is administered as an enema (MAKAS, MNQO); The leaf infusion is used to treat flu and it is administered orally as a drink and as an emetic (MAMBA, MAKAS, BMHL, MNQO, PB ,NOMV, TMSO, PUNCH, SHEZ, MBUTHO, SUKD); The leaf infusion is used to treat throat sores which include tonsillitis and other throat infections, it is administered by gargling (REVDUM, MNQ); A warm leaf infusion is used to clear the chest of *izidendelizikhwehlela*, it is administered as an emetic and as a drink onwards (PHEW); The leaves are used medicinally for an unspecified ailment where it is administered as an emetic (BMKH, SUKD); **A leaf infusion is used to treat stomach cramps (DLAMINI).**

Uses in the literature: Hulme, 1954; Pooley, 2005; Walker, 1996; Arnold et al., 2002.

Zulu uses: Leaf infusions are taken orally for colds (Hulme, 1954).

Other uses: It is used in traditional medicine to treat colds (Pooley, 2005). It is used medicinally (Walker, 1996).

267*. Plectranthus ciliatus* E.Mey. (Lamiaceae)

Ikhambi lamehlo

Not in the matrix P402

Ithethe[19], Uchwasha[6]

Uses at Amandawe: This plant is used to treat eye related problems. A cold or warm leaf infusion is used to wash the affected or infected eyes (MRGUMEDE, BKHW).

Uses in the literature: Cunningham, 1988; Walker, 1996.

Zulu uses: Leaves are used in treating bleeding gums and as a mouth wash (Walker, 1996). Roots are used in traditional medicine (Cunningham, 1988).

Other uses: No use record found in literature.

268*. Plumbago auriculata* Lam. (Plumbaginaceae)

Ubani**, Umashwilishwili,* (Ungibonephi*****)**

[0.08] [0.08] P227

Umashelele[1,6], Umasheleshele[10,22], Umasweliswelí[1,6], Umatshwilitshwili[1,22], Umantshintshine[6,22], Umashwilishwili[6,10,22], Umantshwilinthswili[10], Umthiwamadoda[10,22], Untshilintshili[11,6]

Uses at Amandawe: Unspecified parts of this plant are used medicinally and administered as an emetic (SHEZ, JHLO); This plant is used to treat sharp internal body pains (DLAMINI).

Uses in the literature: Gerstner, 1941; Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Batten and Bokelmann, 1966; Desta, 1993; Hutchings and Staden, 1994; Hutchings et al., 1996; Pooley, 2005; Van Wyk and Gericke, 2000.

Zulu uses: Powdered root is snuffed to treat headache (Gerstner, 1941; Hutchings et al., 1996). Root decoction is used as an emetic to dispel bad dreams (Hulme, 1954). This plant is also used as a protective charm (Gerstner, 1941).

Other uses: Xhosa people snuff the powdered root and use it to remove warts (Watt and Breyer-Brandwijk, 1962).

269. *Portulaca quadrifida* L. (Portulacaceae)

Ushisizwe, ***Usompungane***

[0.78] [0.59] P229

(Amalenyane [14, 17]), Ilanjane[10, 22], Umalenjane[3, 6, 14, 17], Umahenyane[10, 22], Ushisizwe[3], Uphunyu[10, 22]

Uses at Amandawe: This plant is used medicinally for an unspecified ailment (JB); **Whole plant is used to get rid of lice infestation (MYS, MRMAD, PHEW, PUNCH, MADL, JB, SHEZ, TNGW, BMKH, BKHW, MUN, MGOZ, CHNDL, MAMBA, BMHL, ZADL, DLAMINI, REVDUM, MSANI, MBUTHO). This plant is used to get rid of human inflicted lice *izintwala zelumbo* (JZ, ZNGD); Whole plant it is used to treat sores (JHLO).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Samuelson et al., 1993; Kokwaro, 1976; Arnold et al., 2002.

Zulu uses: Infusions are taken as emetics (Watt and Breyer-Brandwijk., 1962). Leaves are cooked and eaten by the people of Kwa Nongoma (Fox and Norwood Young, 1982).

Other uses: This plant is used to treat mastitis in Tanzania (Samuelson et al., 1993), kidney, bladder, and skin and lung disease in India and applied topically for headache in Egypt (Watt and Breyer-Brandwijk, 1962).

270. *Protorhus longifolia* (Bernh.) Engl. (Anacardiaceae)

Inhluthe, Isifuce, ***Uzinhla***

[0.72] [0.78] P230

Isifice[2,6,10,20,22,23], isifico [17,22], Isifico-sehlathi[3,6,10,13,22], (IsiFuce[23]), (isiGcene[13]), Inhluthe[2,6,22], Ihluzi[10], Intshawu[10,22], Umhlangothi[10,22] Umhluthi[3,6,10,18,20,22], Umhluthi wehlathi[6], (umHluthi[20,23]), Umkhomiso[3,6], (UmKhomizo[10,13,22,23]), Umuthi obovu[3,6,10,22], Unhlangothi[2,6,18,20], (uNhlangothi[20])

Uses at Amandawe: The bark is used as *umuthi obovu* (MSANI, PUNCH, PB, MNQO, SGAM, MAKAS, ZNK, BKHW, NOMV, CHNDL, MAMBA, BMHL, DSHA, ZNGD, ZADL, MSANI, DLAMINI, MAMDUM, REVDUM, MBUTHO, SHEZ); [The bark is used as a general cleanser of the body systems and as a blood purifier where the decoction is administered as an emetic (NGWANE, JZ, PHEW)]; This plant is used to cure and remove warts, the mixture should not be made too strong (MYS); This plant is used to treat the inability to urinate and defecate, it is administered as a

emetic (JB); The bark is used to empty the overflowing gall or treat gall sicknesses (MAKAS, ZCEL).

Uses in the literature: Gerstner, 1941; Pujol, 1990; Boon, 2010.

Zulu uses: Pulverised bark is injected to cure hemiplegic paralysis believed to be caused by witchcraft, and to strengthen the heart (Gerstner, 1941). Bark is also reputed to be used to cause the condition. Bark decoctions are taken as emetics to relieve heartburn and bleeding from the stomach (Pujol, 1990). Gum and latex are used as depilatories (Watt and Breyer-Brandwijk, 1962). The latex is used for hair removal, the gum from the bark is used to attach and join the assegai blade and the handle (Watt and Breyer-Brandwijk, 1962).

Other uses: Powdered bark is used medicinally as *umuthi obomvu* (Boon, 2010). In Mozambique, boiled leaves are an emergency food (Fox and Norwood Young, 1982).

271. *Prunus africana* (Hook.f.) Kalkman (Rosaceae)

Inyazangoma

Not in the matrix P441

Inyazangoma elimnyama[2, 28]*, Umdumezulu*[2, 28]*, Umdumizula*[2, 28]*, Umkhakhazi*[2, 28]*, Unguboziyeweni*[2, 28]

Uses at Amandawe: The bark of this tree is used as *umuthi obovu* (MYS, CVHLZ).

Uses in the literature: Pujol, 1990; Hutchings et al., 1996; Boon, 2010.

Zulu uses: The bark is used in treating intercostal pain (Pujol, 1990), while the fruits are used as a charm for sorcery (Hutchings et al., 1996).

Other uses: The bark of this plant is used medicinally for prostatic hypertrophy (Boon, 2010).

272. *Prunus persica* (L.) Batsch. (Rosaceae)

Umpethsisi

[0.22] [0.22] P231

Idolo lenkonyane [6]*, Umancibileka*[6]

Uses at Amandawe: A cold leaf infusion is used as an anthelmintic *gobisa iziklelemu* (NDU); The bark decoction is administered as an emetic to cleanse the body systems (BKHW); A cold leaf infusion is used to stop diarrhoea (DLAMINI, REVDUM, MBUTHO); A cold leaf infusion is used to treat stomach cramps (SUKD, MNQO, NOMV).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: In Transvaal the leaf infusion is used for girls whose inception of menstruation is delayed (Watt and Breyer-Brandwijk, 1962). Leaf infusion is used to treat

stomach problems and as a vermifuge while the leaf and bark decoction is used as a purgative for children (Watt and Breyer-Brandwijk, 1962). Among the Afrikaans and the people of the Eastern Province it is used to treat anaemia, listleness and to bring on the menses (Watt and Breyer-Brandwijk, 1962). Fruit edible (Boon, 2010).

273. *Psidium guajava* L. (Myrtaceae)

Ugwava, Umgwava

[0.30] [0.51] P232

Ugwava[10, 11,12,15,22]

Uses at Amandawe: The leaves are mixed with tomato plant leaves, *Lantana camara* and an unidentified herb with red stems and yellow flowers to treat nausea, especially in infants (MYS); A cold leaf infusion is used to treat stomach cramps (SUKD, ZNK, MRMAD, PHEW); A cold leaf infusion is used to stop diarrhoea (MGOZ, BKHW, ZCEL, NDU, MBUTHO); **Unspecified parts are an ingredient in *umuthi obovu* (MAKAS); Crushed leaves are applied onto the face to treat oily skin (PUNCH, MKHULUSE, ZNK, BMHL, NDU, ZCEL, TNGW, SUKD).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Gelfand et al., 1985; Mabogo, 1990; Hutchings et al., 1996; Hutchings.et al., 1996; Van Wyk et al., 2009; De Wet et al., 2010; York et al., 2011; De Wet et al., 2016.

Zulu uses: Leaf infusions are used against diarrhoea (Hutchings et al., 1996; De Wet et al., 2010). Parts of this plant are used in treating respiratory problems (York et al., 2012). The leaves are used in Maputaland in treating coughs, fever, chills, sore throat, and blocked nose and runny nose (York et al., 2011). This plant is used in treating hypertention by the people of Maputaland (De Wet et al., 2016).

Other uses. Roots are used by the Vhenda people to treat venereal diseases (Mabogo, 1990). In Zimbabwe, leaf decoctions are used to treat fevers, coughs, boils and the root decoction is used for infertility (Gelfand et al., 1985).

274. *Psychotria capensis* (Eckl.) Vatke (Rubiaceae)

Umdubu wehlathi

Not in the matrix P407

iBiqongo[23], *Isibiqongo, Isithithibala*[2,4,6,23], *(isiThithibala*[20]*), (iZele*[20,22,23]*), Izele*[2,4,6,20,22,23], *Umanyanya*[6,22,23], *Umgongono*[6,22], *Unomazele*[22], *Usinga lwamadoda*[6,23]

Uses at Amandawe: Unspecified plant parts are used to treat stomach problems (MRGUMEDE).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 1993; Hutchings et al., 1996; Walker, 1996; Boon, 2010.

Zulu uses: Roots are used medicinally and administered as emetics Watt and Breyer-Brandwijk, 1962). It is used for gastric complaints (Pooley, 1993; Walker, 1996; Boon, 2010).

Other uses: It is used to treat gastric problems (Boon, 2010).

275. *Ptaeroxylon obliquum* (Thunb.) Radlk. (Rutaceae)

Ithatha,* (*Umthatheni*)**, ***Umthathi, Umzane* (?)*, Uthathi

[0.16] [0.19] P233

(uBhaqa[20,22]), Ubhaqa[2,10,18,20,22,23,28], Umbhaqa[3,6,10], Umsango[15] Umthathe[2,3,11,6,18,20,22,24,23], (umThathe[20,24,28])

Uses at Amandawe: [This plant is used medicinally for an undisclosed ailment (SHEZ)]; **The bark is an ingredient in mixtures used to cleanse the body systems and purify blood, it is administered as an emetic (JZ); The bark is an ingredient of a mixture called *umuthi omhlophe* administered after *umuthi obovu* (PHEW); The powder made from the bark is used in treating snakebites. This powder is administered by inhaling or licking it (BKHW, MRGUMEDE); The bark powder is used to treat headache. The powder is administered through inhalation (ZADL).**

Uses in the literature: Van Wyk et al., 2009.

Zulu uses: No use record found in literature.

Other uses: Part(s) of this tree are used in treating rheumatism, arthritis, heart problems and the wood treats headache (Van Wyk et al., 2009). This plant is used in treating hypertention by the people of Maputaland (De Wet et al., 2016).

276. *Ranunculus multifidus* Forssk. (Ranunculaceae)

Uxhaphozi

Not in the matrix P408

Ishashakazane[19, 25], Isishokashakazane[6, 8, 22], Isijojokazane [6,19,22,25], (isijojokokazane, [22, 25]), Uxhaphozi [6,15,19,25]

Uses at Amandawe: The leaf infusion of this plant is used to treat eye infections, it is administered by washing the infected eyes (JB); A cold leaf infusion is used to treat sores by washing the sores (MAMBA, PUNCH); The leaves are used to treat piles (PUNCH); The leaves are used to treat gonorrhoea in females (PUNCH).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Guillarmod, 1971; Kokwaro, 1976; Roberts, 1983; Savage and Hutchings, 1987; Desta, 1993; Hutchings et al., 1996; De Wet et al., 2012; De Wet, 2013; De Wet and Ngubane, 2014; Nciki et al., 2016.

Zulu uses: People of Maputaland use the whole plant to treating gynaecological and obstetrics ailments and sexually transmitted diseases (De Wet et al., 2012; De Wet and Ngubane, 2014). Whole plant is used to treat sores (De Wet, 2013). Whole plant is used with other plants to treat shingles and sores by the people of Mputaland (De Wet et al., 2013; Nciki et al., 2016). Leaf infusion is used to treat coughs (Bryant, 1966). Leaves are an ingredient in treating urinary tract problems, venereal diseases in men (Hutchings et al., 1996) and syphilis (Watt and Breyer-Brandwijk, 1962).

Other uses: People in the Transkei administer roots to newborn babies as a purification of impurities passed on by mothers (Savage and Hutchings, 1987). Sotho people inhale the smoke to treat headache and the sap is used to make the tattoo immovable (Jacot Guillarmod, 1971).

277. *Rapanea melanophloeos* (L.) Mez (Myrsinaceae)

*Umaphipha, **Umaphipha igxolo***, *Umaphipha ikhubalo*

Not in the matrix P409

Ihluze[22], Ikhubalwane [6,18,19,22,23], Inhluthe [6,19,23], (Inkubalwane[22]), Ishashakazane[1], Isicalabi [6,19,22], Isijojokazane[1], isigwane sehlathi[22,23], Isiqalaba[22], Isiqalaba sehlathi[6,22], isiqulabahloti[23], Umaphipha [18,22,23,25,28], Umaphipha-ikhubalo [6,19,22], Umhluthiwentaba[22], Umhluthe wentaba [6,19,22], Uvukwabafileyo[22]

Uses at Amandawe: A bark mixture is used as a blood purifier (REVDUM); the bark is used to cleanse and clear chest problems (MRGUMEDE); Dried and powdered bark is used in *ukuphumputha* to treat *isela*, a process where the powder is inserted into the inflamed rectal area (PUNCH).

Uses in the literature: (Watt and Breyer-Brandwijk, 1962; Gerstner, 1939; 1941; Pujol, 1990).

Zulu uses: The bark is used for heart strengthening (Gerstener, 1941), acidity, stomach and muscular pain, fevers and as a protective charm against lightning (Gerstner, 1939; Pujol, 1990). Bark decoction is used as an expectorant (Watt and Breyer-Brandwijk, 1962).

Other uses: In the Transkei, the roots and the bark are used in treating heart palpitations (Hutchings et al., 1996).

278. *Rauvolfia caffra* Sond. (Apocynaceae)

Umhlambamanzi

[0.32] [0.49] P234

Umhlambamanzi[2,11,6,20,22,23,24], Umhlambamasi[6,24], (umHlambamanzi[20,22]), Umjele[6,22,23], Umkangaza[22], Umkhabamasi[6,22], (umKhadluvungu[2],[20,22,23]), (Umkhandluvungu[2]), (Umkhahlavungu[23]), Umthundisa[23]

Uses at Amandawe: The bark is used to treat and cleanse the kidneys (MSANI); The bark is used against *amanzi epleti*, probably jaundice as explained by other participants in the interviews (MSANI); The bark is used to treat bad body odour, the bark decoction is administered by steaming for a couple of days (MSANI); This plant is used medicinally and administered alone by steaming (SHEZ, DSHA); **The bark is used as *umuthi obovu* (MAKAS, TNGW, MADLAMINI); A tonic made from the bark is used to cleanse the body systems when one is not feeling well (BMHL, NOMV); This plant is used to treat skin problem (ZNGD); A bark decoction is used to treat internal side pains in babies. It is administered by using the spines of *Phoenix reclinata* which are boiled with the bark together and then used to gently**

poke the painful areas (BKHW); The bark mixture is used to boost or enhance appetite. It is administered as an emetic (BKHW); A warm bark infusion is gargled with to relieve toothache (BKHW); This plant is used to treat the problems of not being able to urinate and defecate. It is administered as an emetic (JB); Unspecified plant parts are used as a purgative (REVDUM); This plant it is used to treat various sicknesses that affect babies (ZNK).

Uses in the literature: Gerstner, 1939;1941; Doke and Vilakazi, 1972; Watt and Breyer-Brandwijk, 1962; Watt, 1976; Bryant, 1966; Palmer and Pitman, 1972c; Kokwaro, 1976; Broster, 1981; Gelfand et al.,1985; Mabogo, 1990; Pujol, 1990; Iwu, 1993; Omino and Kokwaro, 1993; Neuwinger, 1994; Hutchings et al., 1996; Hutchings, et al.,1996; Van Wyk and Gericke, 2000; Boon, 2010.

Zulu uses: Root bark is mixed with other root barks and bulbs for blood purification and treating scrofula (Bryant, 1966). Barks are used for treating measles, urticuria, rashes and also taken as an emetics for fevers (Bryant, 1966; Gerstner, 1939). Bark is used for coughs and uterine complaints (Palmer and Pitman, 1972c; Pujol, 1990). Unspecified parts are used in preparations to ease childbirth (Gerstner, 1941). Latex is used as an emetic for abdominal complaints (Watt and Breyer-Brandwijk, 1962). Bark of a plant known as *umhlambamanzi* and reported to be *Rauvolfia caffra* is used in medicines for abdominal pain, as a diuretic and also in warding off evil spirits (Hutchings et al., 1996).

Other uses: Bark decoctions are used as anti-inflammatory and against both rheumatism and pneumonia in Kenya and the leaves are used to help the newly circumcised boys to sleep (Kokwaro, 1976). Stems are used in beer making and in treating rashes (Omino and Kokwaro, 1993).

279. *Rhipsalis baccifera* (J.S.Muell.) Stearn (Cactaceae)

Ugebeleweni

Not in the matrix P410

Ugebela [6, 19, 22], *Ugebeleweni*[1, 6, 19, 22]

Uses at Amandawe: This plant is used together with *Gunnera perpensa* to help women conceive (BHEKI); A decoction of this plant is administered as a drink to enhance milk production in females (NTAKA, BHEKI); The infusion of the aerial plant parts is administered as *intelezi* to destroy any ailments in the body (NTAKA, ZCEL).

Uses in the literature: Gerstner, 1938; Pooley, 2006**.**

Zulu uses: Infusion made from the plant parts is used to treat chest complaints (Gerstner, 1938).

Other uses: It is used in traditional medicine to treat chest problems (Pooley, 2005).

280. *Rhoicissus tomentosa* (Lam.) Wild & R.B. Drumm. (Vitaceae)

Amagrebhisi enyoka, Isende lengulube, *Isinwazi,* ***Insema***

[0.16] [0.46] P235

Inqaningi[23], Unthsilo[23], Isinwazi[2, 6, 22 ,23, 26], Umjela[10], Umthwazi[2,6,23], Umkangaza[10], Umkhabamasi[10], Umkhandluvungu[10,20], (umKhadluvungu[20]), Unungwane[6,23], Umhlambamanzi[10]

Uses at Amandawe: This plant is used for blood purification (REVDUM); [This plant is used to treat *inembe* in pregnant women (REVDUM); This plant is used to draw excess water from the body of a pregnant woman (MBUTHO)]; Unspecified plant parts are used in the preparation of a tonic taken to ease childbirth (MYS, it is taken as a drink every time she feels thirsty REVDUM) [The use of this plant ensures that there is extra comfort inside the womb for the baby (REVDUM)]; **This plant is used in *ukuthombisa* hastening maturation in both young girls and boys and it believed to be a sperm generator for both (REVDUM); This plant is used as *umafumuka*. It is administered to children entering an adolescent stage (ZNK). The decoction made from the roots is used to treat *isidina* the over production of sebum on the face especially around the nose area (ZNK); The root decoction is used to treat acne and other facial skin related problems. It is administered by steaming (ZNK, MADLAMINI); [The roots are used as an ingredient in the preparation of *umuthi obovu* (DSHA)];** Unspecified plant parts are used medicinally as an emetic when one is not feeling well (ZADL)**; Powdered leaf material is inhaled to cleanse the nasals (REVDUM); Powdered leaves are inhaled to treat chronic headache (REVDUM); Unspecified parts are used to treat all ailments (REVDUM).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Gerstner, 1941; Pujol, 1990.

Zulu uses: Root and milk decoction is administered as anthelmintic to calves (Watt and Breyer-Brandwijk, 1962). They are also used during pregnancy to ensure a safe delivery (Gerstner, 1941). Tubers are used for renal complaints, sterility and cattle diseases (Pujol, 1941). Ripe fruits are eaten by the people of KwaZulu-Natal (Gerstner, 1938).

Other uses: Fruits are edible (Van Wyk and Gericke, 2000; Boon, 2010). Fruits are used to make jelly, jam, vinegar and wine (Boon, 2010).

281*. Ricinus communis* L. (Euphorbiaceae)

Uhlakuva*, *Umhlakuva, (Umhla ufa)

[0.30] [0.65] P236

Ihlakuva[22], Inhlakuva[6, 10], Udlatshana[6, 10, 22], Umhlakuva[2, 6, 11,14,22,23]

Uses at Amandawe: Charred leaves are used to treat swollen testicles in men (DZA); This plant is used to treat fever in babies (MBUTHO); This plant is used to help hasten teething in babies (MBUTHO); The roots are used to boost appetite in human (MSANI); Unspecified plant parts are used for blood purification (JHLO); This plant is used as *imbiza* (DLAMINI); This plant is used as a purgative, probably the seeds/pips are used (DZA, REVDUM); **The seeds are ground are used to treat sores, they are ground and applied directly onto the sores (REVDUM);** This plant is used to treat stomach complaints (MAKAS, MRMAD); **Unspecified plant parts are used to treat inflammation (ZNGD); Unspecified parts are used to treat skin problems (SHEZ);**

This plant is used to treat kidney problems (MYS, BKHW, BMHL); The leaves are used to clean the lower abdomen in humans (MYS); Fresh leaves are pounded, infused with water to treat baby sicknesses experienced during teething. The infusion is administered as an enema (GNGC); The seeds are used in preparing the tonic administered as a drink to ease childbirth (MAKHOMO); Unspecified plant parts are used to promote weight loss (ZCEL); Oil extracted from the seeds is used as a body ointment by young girls (JB); This plant is used to treat toothache (PHEW, PUNCH, the roots are used SIZWE, ZNGD).

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Iwu, 1993; Hutchings. et al., 1996; Van Wyk and Gericke, 2000; Van Wyk, 2008; Van Wyk et al., 2009; De Wet et al., 2016.

Zulu uses: A leaf infusion is used to treat stomachache (Watt and Breyer-Brandwijk, 1962; Gerstner, 1939), the root paste is used to treat toothache (Watt and Breyer-Brandwijk, 1962) and leaf poultices are applied to boils (Gerstner, 1939). Pounded root paste is applied to painful teeth (Bryant, 1966). Seeds used as a purgative (Watt and Breyer-Brandwijk, 1962). This plant is used in treating hypertention by the people of Maputaland (De Wet et al., 2016).

Other uses: The oil is commonly used as a purgative, as an emollient, in creams, ointments, clear soaps and lipsticks (Van Wyk and Gericke, 2000). The powdered seed is placed on the tongue of a calf that refuses to suckle (Watt and Breyer-Brandwijk, 1962). The bark is used in Southern Rhodesia by African people to stitch and dress wounds and sores (Watt and Breyer-Brandwijk, 1962).

282. *Rubus rigidus* Sm. (Rosaceae)

Amajikijolo, ***Amabhimbi***

[0.40] [0.62] P237

Ijikijolo[1, 4]*, Ijingijolo*[6, 10,17,22,23]*, Ivendle*[4]*, Ugagane*[1]*, Ulucumence* [17]

Uses at Amandawe: A root decoction is administered as an emetic used to treat heartburn (MAKAS, JZ, JB, ZNK, MRMAD, BKHW, MSANI, REVDUM, PUNCH, MBUTHO, MRSMADL, MADLAMINI, NOMV, BMHL, PHEW, ZADL, DLAMINI); The root is used to treat toothache (MUN); The roots are used to treat fits (PHEW); This plant is used to treat itchiness of the body (MSANI); This plant is used to treat sharp internal body pains (DLAMINI); The root decoction is taken as an enema to treat impotence (REVDUM); The roots are part of *umhlabelo* which is used to speed up bone recovery after it had been fractured or sprained (MRS MADLALA, PHEW).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Kokwaro, 1976; Pooley, 2005; Hutchings et al., 1996; Walker, 1996.

Zulu uses: The roots of this plant are used to treat diarrhoea and dysentery, administered as root decoction (Watt and Breyer-Brandwijk, 1962, Hutchings et al., 1996, Walker, 1996). The leaves are used in tea making and the fruits are edible (Fox and Norwood Young, 1982).

Other uses: Xhosa people soak the leaves in water that is later used to treat eyes affected by euphorbia latex (Walker, 1996).

283. *Rumex lanceolatus* Thunb (Polygonaceae)

Idolo lenkonyane, ***Ixhaphozi, (Umatholempini)***

[0.03] [0.03] P238

Idololenkonyane[1, 6,10,17,22]*, Idolonya*[11]

Uses at Amandawe: The infusion of the stems and leaves is administered as an enema to treat stomach cramps (MADLAMINI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Rood, 2008; Van Wyk and Gericke, 2000; Pujol, 1990; Hutchings et al., 1996.

Zulu uses: A cold root infusions are used for tapeworm (Watt and Breyer-Brandwijk, 1962). Roots of a plant known as *idolo lenkonyane* are reported to be *Rumex lanceolatus* is used in the treatment of infantile diarrhoea (Hutchings et al., 1996).

Other uses: The rhizome are mixed with milk and drunk to remove tapeworm by Xhosa (Watt and Breyer-Brandwijk, 1962). It is used to treat wounds as styptics, internal bleeding and vascular diseases also applied to boils and abscesses (Van Wyk and Gericke, 2000). Leaves are cooked and eaten (Fox and Norwood Young, 1982).

284. ***Sansevieria cylindrica*** **Bojer ex Hook.** (Asparagaceae)

Uphondo lukabhejane, **(*Uhlabazihlangane*)**

Not in the matrix P415

No names found in literature

Uses at Amandawe: A freshly cut stem in cross section is placed over the newly made body incisions. This probably works as an antiseptic (MANKOMO).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

285. *Sansevieria hyacinthoides* (L.) Druce (Ruscaceae)

Iskhothakhotha, Isqunga sehlathi

[0.35] [0.59] P239

Intelezi[22]*, Isikholokotho*[1, 6, 10, 11,22,23,26]*, Isikhwendle*[1, 6]*, (Isitokotoko*[1, 10]*), Isikhothokhotho*[1, 10]

Uses at Amandawe: [A decoction made from the leaves is gargled with to relieve toothache (SUKD, PHEW)]; [This plant is used medicinally for an unspecified ailment (SHEZ)]. Warm sap from the leaves that are directly heated over the fire is used

to treat ear infections, the warm extract is released into the infected ear (SGAM, BKHW, MYS, MAKAS, ZNK, ZCEL, TMSO, PUNCH, MADLAMINI, BMKH, NDU, MGOZ, KV, SUKD, CHNDL, DLAMINI, MSANI, REVDUM, PHEW).

Uses in the literature: Bryant, 1966; Pujol. 1990; Hutchings.et al., 1996; Van Wyk and Gericke, 2000; Rood, 2008; Van Wyk, 2008.

Zulu uses: Warmed leaf sap is used for earache (Bryant, 1966). Cold root infusions are taken, as protective charm for the victims of lightning strikes and after one has been bewitched (Watt and Breyer-Brandwijk, 1962; Roberts, 1990). The boiled root is used to treat toothache (Corrigan et al., 2010). This plant is used in treating respiratory problems (York et al., 2012). Leaves are heated and used to treat ear problem (York et al., 2011).

Other uses: Xhosa use it to treat haemorrhoids, intestinal worms and to prevent miscarriages (Watt and Breyer-Brandwijk, 1962) Leaves are used as twines (Cunningham and Terry, 2006). Rhizome are a source of water in Namibia (Story, 1958).

286. *Scabiosa columbaria* L. (Dipsacaceae)

(Ibhekaminangedwa), Upelepelane

[0.05] [0.08] P240

Ibheka[1,4,11,6,10,22], Igwalaza[6,10,22], Ubucubele[1,10,22], Udoloqina[1,10,22], Umpikayiboni[10,22], Uxhaphozi[1]

Uses at Amandawe: Whole plant is used to treat lower back problems (ZNK); The roots are used treat skin problems and for other cosmetic purposes as *isimonyo* (REVDUM); The roots are used as *imbiza*, that is administered as an emetic (ZADL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Cunningham, 1988; Hutchings, 1989; Van Wyk and Gericke, 2000; Hutchings et al., 1996; Pooley, 2005; Walker, 1996; Von Koenen, 2001; Rood, 2008.

Zulu uses taken as love charm emetic (Gerstner, 1939). Whole plant is used as traditional medicine by the Zulu people (Cunningham, 1988).

Other uses: A root decoction is used by the southern Sotho people to treat colic (Watt and Breyer-Brandwijk, 1962; Walker, 1996). This plant is used traditionally to treat sterility, colic, venereal sores, painful menstruation, sore eyes and to ease childbirth (Pooley, 2005).

287. *Scadoxus puniceus* (L.) Friis & Nordal (Amaryllidaceae)

*Idumbe likahloyile, **(Isangoma)**, Uhloyile, Umphompo*

[0.32] [0.49] P241

iDembe lehlathi[26], idumbelentaba[1,3,22,23], Idumbe likahloyile[1,3,6,10,22,23,25], Isiphompo[1,23], (Udumbelentaba[1,3,22,23]), Ugola[23], Uhloyile[10], Umgola[1,3], Umphompo[3,4,6,10,22,24]

Uses at Amandawe: The bulb is used to treat congested chests in babies, it is not clear how it is administered (BMHL); The bulb infusion is used to get rid of *idliso* a

poisonous substance eaten with food (PB); A warm bulb infusion is used to empty the overflowing gall, it is administered as an emetic (CHNDL, ZNGD, NOMV); This plant is used to treat fits (CHNDL, MRMAD); The bulb is used for blood purification (PHEW, MBUTHO); The bulb mixture is used to clean *isinye* lower abdominal parts of human body, where it works like *ugobho Gunnera perpensa* (PHEW); This plant is used to get rid of the lice infestation especially those believed to be inflicted by witchcraft, the bulb mixture is administered as an enema (PUNCH); This plant is used to treat various children sicknesses (MRMAD); A warm bulb infusion is gargled with to relieve a painful tooth (MYS); The bulb decoction is used to treat and flush the kidneys, probably administered as a tonic (DLAMINI); A warm bulb decoction is administered a an emetic to get rid of *udende*-"*kuyazibuyela"* phlegm or mucus in the chest (NOMV); The bulb is used to treat *iphika* the shortness of breath, it is administered as an emetic over a couple of days (ZNGD); This plant is used to treat high fever *uqhuqho* (REVDUM); This plant is used to treat malaria (REVDUM).

Uses in the literature: Gerstner, 1939; Pappe, 1857; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Hutchings et al., 1989; Walker, 1996; Corrigan et al., 2010; York et al., 2011.

Zulu uses: The bulb mixed with other plant species is administered as *imbiza* or a draught or as an enema to treat gastro intestinal problems (Walker, 1996). Root decoction is taken as emetic for coughs (Bryant, 1966). The bulb is used by the people of Maputaland in treating chest pains, fever and blocked nose (York et al., 2011). Unspecified parts are ingredients in the infusions taken during pregnancy to ensure safe delivery (Gerstner, 1939; Doke and Vilakazi, 1972). The ash of a burnt plant is applied on the red spot on the back of a baby (Corrigan et al., 2010).

Other uses: It is used in traditional medicine to treat coughs, headaches, stomach ailments, poisoning and as a poultice (Pooley, 2005).

288*. Schkuhria pinnata* (Lam.) Kuntze ex Thell. (Asteraceae)

Unsakansakane, Umanxiweni

[0.64] [0.81] P242

No names found in literature

Uses at Amandawe: Cold infusion of the aerial parts is used to treat stomach cramps (KV, MYS, ZCEL, JZ, BMKH, SHEZ, MBUTHO, NOMV, REVDUM, (it is administered orally ZNK), it is administered as an enema BKHW, MAKAS, the roots are used MUN); The presence of this plant in the vegetable garden serves as an insect repellent in (MSANI); Cold infusion of the aerial parts is used medicinally and administered as an enema to babies that defecate loose watery and strange looking stools "*khipha amahlengehlenge"* a sign of raised body temperature in babies (PHEW, TMS, TNGW, NDU, MGOZ); The leaf infusion is used to deworm humans (MBUTHO); This plant is used to treat diarrhoea. The infusion of leaves mixed with the leaves of *Lantana camara*, *Psidium guajava* and *Solanum lycopersicum* leaves and taken as enema as well as orally (MYS); This plant is

used to treat teething related ailments in babies (MYS); The plant is used to stop recurring vomiting, the infusion is drunk slowly in small sips (MYS); This plant is used to treat fever in babies (KV, PHEW, TMS, TNGW, NDU, (it is administered as an enema MGOZ, it is administered as an enema, orally REVDUM); This plant is used to cure a sickness called *isela* (DSHA, ZADL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Rose and Guillarmod, 1972; Van Wyk and Gericke, 2000.

Zulu uses: No use record found in literature.

Other uses: The plant is used as an abortifacient and as an oral contraceptive (Van Wyk and Gericke, 2000). It is used to treat malaria, flu and colds (Watt and Breyer-Brandwijk, 1962). It was recorded as being edible in Transkei (Rose and Guillarmod, 1972).

289*. Schoenoplectus scirpoides* (Schrad.) Browning, (Cyperaceae)

Igceba, Incema, Incema yamadoda, Induma*, *Ingqumba, Ingcingolo, *Ingqumbe*

[0.05] [0.05] P243

Ingqumbe[1]

Uses at Amandawe: The roots decoction is administered as a tonic to ease childbirth (MYS); The roots are used for blood purification whereby it serves a similar purpose as *ugobho- Gunnera perpensa* (PHEW).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: This plant is used to make mats (Van Wyk and Gericke, 2000). It is also used in making of fish traps (Pooley, 2005).

290. *Schotia brachypetala* Sond. (Fabaceae)

Ihluze, ***Ingwavuma***

[0.73] [0.84] P244

Ihlusi [6]*, Ihluze* [3,6,10,11,18,20,22,28] *(iHluze*[20,22]*), Umgxama*[23]*, (umGxamu*[20,26,28]*), Umgxanu*[2,3,6,10,15, 18,22]*, Uvovovo*[2,3,6,10,17,20,22]*, (uVovovo*[20,22]*)*

Uses at Amandawe: The bark is used as *umuthi obovu* (SHEZ, BKHW, NOMV, MUN, CHLNDL, DSHA, ZADL, MAKAS, ZCEL, JZ, to strengthen the body DLAMINI, SGAM, it is administered as an emetic MYS, MAKAS, ZCEL, PHEW, BMKHA, MAMBA, TMBA, REVDUM, MSANI, MBUTHO, ZNK, PB, JB); The bark decoction is used for blood cells regeneration after one has lost a lot of blood. It is prepared together with *Albizia adianthifolia*, *Searsia* species, *Elephantorrhiza elephantina*, *Hypoxis* species and *Merwellia plumbea* collectively known as *"umuthi owakha igazi*". The bark should be harvested while the tree is in flower DZA); Unspecified plant parts are used to treat flu, administered as an emetic (JHLO); **The bark mixture administered as an emetic helps recover voice loss (JHLO); The bark decoction administered as an**

emetic for blood purification (MGOZ, BMHL); The bark is used to treat various skin problems (ZNGD).

Uses in the literature: Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Netshiungani, 1981; Pujol, 1990; Hutchings et al.,1996; Bryant, 1966; Van Wyk and Gericke, 2000; Boon, 2010; Corrigan et al., 2010; De Wet, 2010; De Wet et al., 2013; Nciki et al., 2016.

Zulu uses: Together with the bark of *Sclerocarya birrea*, the bark is used by the people of Mputaland to treat sores both for children and adults (De Wet et al., 2013; Nciki et al., 2016). Bark is used in red bark mixtures known as *ikhubalo* to ward off the evil or to cure unspecified ailments (Hutchings et al., 1996). It is used in purification after funerals of (Hutchings et al., 1996). Part(s) of this plant, probably the bark is also used to strengthen the body and to steam the face (Pujol, 1990). Bark infusion are taken as emetics for pimples (Hulme, 1954). Bark decoction decoctions are administered for heartburn and after too much beer drinking and also to treat diarrhoea (Watt and Breyer-Brandwijk, 1962). Roots are used for dysentery and diarrhoea (Bryant, 1966). The bark is used to treat flu (Corrigan et al., 2010). People of Maputaland use the bark to treat diarrhoea (De Wet, 2010).

Other uses: It is used to treat heartburn, hangovers and nervous conditions (Van Wyk and Gericke, 2000). Bark and root used for heartburn, hangover, diarrhoea and to purify blood (Boon, 2010). Bark is used to tan leather, as dye and in Tembe fishing nets (Boon, 2010). Bark is a source of red-brown dye used by the people (Cunningham and Terry, 2006). Roasted seeds were eaten by the Voortrekers, while the Hottentots ate the peeled and pounded seeds (Palmer and Pitman, 1972a)

291*. Sclerocarya birrea* (A. Rich) Hochst. (Anacardiaceae)

(Umaganikhehla, Umgane), *Umganu*

[0.41] [0.86] P245

Umcane[10,22]*, (Umgamu*[10,22]*), Umganu*[2,3,10,11,15,18,22,24,26,28]

Uses at Amandawe: This plant is used medicinally and administered as an emetic (JHLO); The bark is used to stop diarrhoea (JB); **This plant is used to treat mumps (SGAM, MYS, MAKAS, PHEW, SUKD, TNGW, NDU, NOMV, MUN, BMHL, DSHA, SGAM, MYS, MAKAS, PHEW, SUKD, TNGW, NDU, NOMV, MUN, BMHL, ZADL, DLAMINI); The bark is used as *umuthi obovu,* it is administered by body steaming and as an emetic (ZNK, MAKAS, TMBA, MYS, PB, TMSO, MADLAMINI, BKHW, MNQO, SHEZ, NOMV, ZADL, MGOZ, BHEKI); Unspecified plant parts are used in a tonic prepared to boost the immune system and flush toxins out of the body. The mixture is admininistered as an enema (PHEW); This plant is used to treat stomach problems, where the mixture is administered as an enema and orally as a drink each time the complications are experienced (MYS).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Palmer and Pitman, 1972a; Kokwaro, 1976; Gelfand et.al, 1985; Hutchings, 1989; Rasoaniavo et.al., 1992; Iwu, 1993; Pujol, 1993; Hutchings et al., 1996; Hutchings.et al., 1996; Coates Palgrave, 2002; Boon, 2010; Corrigan et al., 2010; De Wet et al, 2010; De Wet et al., 2012; York et al., 2012; De Wet and Ngubane, 2014.

Zulu uses: People of Maputaland use the bark in treating gynaecological and obstetrics ailments (De Wet and Ngubane, 2014). Bark decoctions are used as enemas for malaria and diarrhoea, used as tea to strengthen the heart and as blood-cleansing emetic before marriage (Gerstner, 1938; Pujol, 1990). Fruit is used for destruction of ticks (Watt and Breyer-Brandwijk, 1962, Hutchings et al., 1996). Newly born baby girls and their mother are washed in waters heated on fire made from the twigs so that the baby may be endued with fertility, softness, tenderness and early maturity (Palmer and Pitman, 1972b). Bark decoctions is used against gangrenous rectitis (Bryant, 1966). Medicine known as *umganu* appears to be widely used for abdominal pain (Hutchings et al., 1996). People of Maputaland use the bark and the leaves in treating sexually transmitted diseases (De Wet et al, 2010), while bark or leaves treat gonorrhoea (De Wet et al., 2012). Leaves are used to treat diarrhoea (De Wet et al., 2010). The bark produces brown dye (Cunningham and Terry, 2006). Beer is made from the fruits while the bark treats dysentery (Corrigan et al., 2010). This plant is used in treating respiratory problems (York et al., 2012). The bark is used together with the bark of *Syzygium cordatum* to treat burns and with *Schotia brachypetala* bark to treat sores, while the bark alone treats inflammation on boils (De Wet et al., 2013). The twigs are used to treat sores, boils and burns (De Wet, 2013; Nciki et al., 2016). The bark is used to treat dry coughs, fever and runny nose (York et al., 2011).

Other uses: The Venda people use the seed oil to preserve meat, while the Pedi use the leaves as relish (Fox and Norwood Young, 1982). It is used by some Africans to remove defilement after eating at a funeral, administered by steaming and drinking a bark decoction (Watt and Breyer-Brandwijk, 1962). Pedi eat the porridge made from the kernel together with uncrushed embryo and the leaf (Watt and Breyer-Brandwijk, 1962). The Venda use the bark of the tree to regulate the desired sex of an unborn child, using a bark from a male tree for a boy and from a female tree for a girl a, powdered bark is administered to pregnant women (Watt and Breyer-Brandwijk, 1962). Fruit is edible (Watt and Breyer-Brandwijk, 1962), also makes different types of beverages (Watt and Breyer-Brandwijk, 1962). The juice is of importance in some Shangaan religious ceremonies. (Watt and Breyer-Brandwijk, 1962). The Thonga use the branch in funeral ritual Thonga (Watt and Breyer-Brandwijk, 1962).

292*. Sclerocroton integerrimus* Hochst. (Euphorbiaceae)

Umgudlampuzi, Umshampunzi, Umshayampunzi, Umvumampuzi

[0.08] [0.08] P246

Umdlampunzi[2], Umhlalampunzi[24], Umhlepha[2]

Uses at Amandawe: [This plant is used medicinally as an emetic (MYS, MAKAS)]; Unspecified parts are used to treat a baby that cries abnormally, probably as a sedative. It is administered to the baby as bath outside the yard of the homestead after which the baby calms down. (BKHW).

Uses in the literature: Boon, 2010.

Zulu uses: No use record found in literature.

Other uses: It was used to make ink in the past and it also has medicinal uses (Boon, 2010). Wood is used for furniture and hut building (Boon, 2010).

293*. Searsia chirindensis* (Baker f.) Moffett (Anacardiaceae)

Inhlakoshane, *Inyazangoma, Inyazangoma elimhlophe****, Isihlakothana****, Isihlakothi****, Isihlakothi esimhlophe, Ishlakothi sehlathi, Uvethe***

[0.16] [0.19] P247

No names found in literature

(iKhathabane[20]), (Ikhathabane[6,20]), Ikhathabane[2,6,20,10,22,23], (Inhloboshiyane[9]), Inhlokoshiyane enkulu[2,6,9,10,18,20,22,23], (iNhlokoshiyane-enkulu[20,22]), Inhlokoshiyane yehlathi[6,10,22], Inyazangoma elibovu[3,6,22], Isibanda[6], Udwendwelencuba[6,10 2,3,9,6,10,22,23], (Umdwendwe lengcuba[2,3,9,6,10,22,23]), Umhlabamvubati[6], Umhlakothi ***[18]****, Umhlabamvubu[2,6,10,22,23], Undwendweni[9], Unyazangomolumhlophe[9], (Umnyazangoma-embovu[6]), Umhlabankonkoni[10,22], Umhlabankunzi[10,22], Uphephelelangeni[9]*

Uses at Amandawe: This plant is used medicinally (it is administered as *isincindo* MYS), (it is administered as an emetic PUNCH, MSANI), (it is administered by *ukugcaba* MYS); The bark is used as *umuthi obovu* (ZNK)**; The bark is used to treat sharp internal body pains (DLAMINI).**

Uses in the literature: Gerstner, 1938; Pujol, 1990; Arnold et al., 2002; Boon, 2010.

Zulu uses: This plant is used by the herbalists in treating heart problems (Gerstner, 1938). Bark is used to strengthen the body, stimulate circulation and against rheumatism (Pujol, 1990). Bark decoction is used as a protective charm against evil spirits, administered as an emetic and by steaming. It is also used by diviners probably for communicating with their ancestors (Ngwenya et al., 2004).

Other uses: Wood used for furniture and the sap is used for heart complaints (Boon, 2010).

294*. Searsia rehmanniana* Engl. (Anacardiaceae)

Inyazangoma elibovu*, Isihlakothi****, Isihlakothi esibovu***

[0.19] [0.35] P249

No names found in literature

Uses at Amandawe: The bark decoction is an ingredient in *umuthi obovu* (it is administered as an emetic ZADL, CHNDL, JHLO, CHNDL, MSANI, MAMBA, it is administered by steaming MAKAS, DLAMINI, MNQO, it is used as a tonic to cleanse the body systems BMHL, DSHA); This plant is used to treat acne (NOMV); This plant is used to treat *umndondo* which is the type of thick saliva/phlegm that can suffocate the patient to death (ZNGD)

Uses in the literature: none found.

Zulu uses: Fruits are edible (Gerstner, 1938).

Other uses: Wood is used as fence poles (Boon, 2010).

295. *Secamone alpini Schult.* *(*Apocynaceae)

Iphophoma

Not in the matrix P417

Umbondwe wehlathi[22], ihlaphu elincane[22]

Uses at Amandawe: Unspecified plant parts of this climbing that exudes white milky sap, are used as *umuthi omhlophe* (MRGUMEDE, SHEZ).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

296*. Senecio coronatus* (Thunb.) Harv (Asteraceae)

Ubulibazi, ***Ikhohlwa****,* ***Imbiza yezingane***

[0.07] [0.08] P250

(Inzizonkozonko[6]), (Inzinzikizozonko[10, 22]), Inzonkozonko[6, 10, 22], Izonkozonko[2, 22, 25], Ubulibazi[2, 6,10,22,25]

Uses at Amandawe: Whole plant is used medicinally, and administered as an enema (MAKAS); **The roots are used together with milk in order to get rid of *idliso*, a poisonous substance taken orally with food. The mixture is usually administered as an emetic, thereby ejecting the poisonous stuff (BMKH); Unspecified parts are used to treat a sickness called *isela*. Probably the root parts which include the lower stems are used (PB).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Gelfand et al., 1985; Savage and Hutchings, 1987; Cunningham, 1988; Pooley, 2005.

Zulu uses: Unspecified parts are used as poultices (Doke and Vilakazi, 1972). Whole plant is used as traditional medicines (Cunningham, 1988).

Other uses: In Zimbabwe the roots are used in treating fontanel depression, abdominal pains, dysmenorrhoea, sore eyes and as a lucky charm (Gelfand et al.1985)

297. *Senecio serratuloides* DC. (Asteraceae)

Unsukumbili, ***Unsukumbili wehlathi***

[0.81] [1.08] P251

Insukumbili[22], umahanya[4, 9, 10], (Insukumbili-uma-hanya [6, 22]), Umaphozisa umkutelo[6, 10, 22], Unsukumbili[10, 15]

Uses at Amandawe: This plant is used medicinally for an unspecified ailment (SHEZ, PHEW, it is administered orally and as an enema PB); The aerial parts are used to treat

sores (SGAM, MYS, MRMAD, JB, JZ, ZCEL, PUNCH, MNQO, DSHA, ZNGD, CHNDL, NOMV, KV, JHLO, ZNK, MSANI, MBUTHO, BKHW, the leaves are dried, charred on a metal plate and applied directly to the sores MAMBA, BMHL, fresh leaves are crushed and placed onto the sores or wounds TMSO, the leaf infusion is administered as an enema MADLAMINI, MGOZ, hot infusion is administered by steaming JZ, a leaf mixture is administered as a bath MAKAS, TMSO, it is added to all medicinal mixtures used to treat sores and other skin related problems ZNK); The infusion is used as *imbiza* for *umzimba omubi* a condition of characterized by the eruption of body sores (ZADL); **This plant is used to treat sexually transmitted infections, it is administered as an enema and orally (PUNCH);** [This plant is used to help the operations heal faster (NOMV)]; **A hot leaf infusion is used as a compress to treat inflammation (JZ, MAKAS); Unidentified parts are dried, powdered and licked to relieve body pains (MBUTHO); Fresh leaves mixed with water is used in helping raise the depressed fontanelles in infants (ZNK), ANNY).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pujol, 1993; Hutchings & Van Staden, 1994; Walker, 1996; Van Wyk and Gericke, 2000; Arnold et al., 2002; Ngwenya et al., 2004; De Wet et al., 2010; York et al., 2012; De Wet, 2013; De Wet and Ngubane, 2014; De Wet et al., 2016; Nciki et al., 2016.

Zulu uses: A leaf decoction is taken orally to purify blood and to treat skin eruption (Watt and Breyer-Brandwijk, 1962, Walker, 1996), powdered leaf is used to treat sores while charred powdered root treat burns (Watt and Breyer-Brandwijk, 1962, Walker, 1996). Mixed with a Combretaceous plant, it is used to treat swollen gums and chest pains (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996). It is used by the Zulu people for treating wounds (Van Wyk and Gericke, 2000). The whole plant is burnt and the pork fat is mixed with it and then applied onto the sore (Ngwenya et al., 2004). This plant is used in treating respiratory problems (York et al., 2012). The leaves are used to treat sores, abrasions, burns, burns, cuts, rash and open wound (De Wet, 2013; Nciki et al., 2016). People of Maputaland use the leaves to treat chest pains, fever, sore throat and runny nose (York et al., 2011). The leaves, the roots or the whole plant are used by the people of Maputaland to treat hypertention, gynaecological and obstetrics ailments (De Wet et al., 2010; De Wet and Ngubane, 2014; De Wet et al., 2016) and gonorrhoea (De Wet et al., 2012).

Other uses: Treats septic sores draw boils and ripen abscesses and burns (Van Wyk and Gericke, 2000).

298*. Senegal caffra* (Thunb.) P.J.H. Hurter & Mabb*.* (Fabaceae)

Isakhamuzi, *Umthole*, ***(Uzula'zayithole)***

[0.32] [0.38] P252

Umngamazi[17]*, Umthole*[6, 20]*, Umtholo*[2, 6, 10, 17,18,22,24]

Uses at Amandawe: The bark decoction is used in preparing *umuthi obovu* (SGAM, MYS, MAKAS, MGOZ, CHNDL, DSHA, ZADL, PB, DZA, REVDUM); **The bark decoction administered by steaming, is used as a complexion enhancer or skin lightener (REVDUM); The bark decoction administered by steaming and as an**

emetic is used to keep the skin healthy, soft and moist especially during the dry winter months (BKHW); The bark decoction administered as an emetic, is used to treat tight chest and to relieve chest congestion (MRS MADLALA); The bark decoction is used in the preparation of a medicinal mixtures called *umuthi omhlophe* (DZA).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Van Wyk et al., 2008.

Zulu uses: Bark infusion is used for blood cleansing and administered as emetics (Watt and Breyer-Brandwijk, 1962). Enemas made from milk and leaf infusions are administered for infantile abdominal disorders and infants may be made to chew and swallow the leaf (Watt and Breyer-Brandwijk, 1962). Love charm emetics are made from the roots (Palmer and Pitman, 1972b). Gum is edible (Fox and Norwood, 1982).

Other uses: The Xhosa used the wood to make tobacco-smoking pipes (Watt and Breyer-Brandwijk, 1962). Leaves are reported to be eaten by the black people of Rustenburg (Fox and Norwood Young, 1982).

299. *Sesbania punicea* (Cav) Benth. (Fabaceae)

Ujikanelanga, Ukhehlekhehle

Not in the matrix P419

No names found in literature

Uses at Amandawe: Unspecified parts of this plant are used together with *Maesa lanceolata* to deworm humans (ZNGD).

Uses in the literature: Boon, 2010.

Zulu uses: No use record found in literature.

Other uses: This plant is used in traditional medicine (Boon, 2010).

300*. Setaria megaphylla* (Steud.) T.Durand &Schinz (Poaceae)

Ubabe, ***Ubani, Ugobuvalo, Uhashahasha, Utshani behlathi***

[0.14] [0.19] P253, *Mhlongo 6*

Ubabe olukhulu[6, 10, 22]*, Uhashawehlathi*[10, 22]*, Uhlongohlonga* [12]*, Uhlongohlongo*[6, 10, 22]

Uses at Amandawe: The plant is used medicinally (SHEZ, it is administered as a n emetic MAKAS); The roots are used as an ingredient in *umuthi obovu* (MYS); The plant infusion is used to treat coughs, it is administered as an emetic (PHEW); Unspecified plant parts are used to empty the gall or to treat gall sicknesses (PHEW, MSANI, REVDUM); The root it is used by men for sexually related enhancement probably for virility, the infusion is administered as an emetic (CHNDL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: Crushed unspecified plant parts, moistened with water, are applied to bruises (Watt and Breyer-Brandwijk, 1962).

Other uses: No use record found in literature.

301. *Sida dregei* Burtt Davy (Malvaceae)

Uvemvane

[0.03] [0.03] P254

Umdiza wethafa[1, 6, 10, 22]

Uses at Amandawe: This plant is used as *umuthi wamadoda* probably for virility (DLAMINI).

Uses in the literature: Gerstner, 1938; Watt and Breyer-Brandwijk, 1962; Arnold et al., 2002; Pooley, 2006.

Zulu uses: Leaf paste is applied to sores (Gerstner, 1938).

Other uses: It is used by the Mfengu people as a paste from dry leaf to treat sores (Watt and Breyer-Brandwijk, 1962).

302. *Sideroxylon inerme* L. (Sapotaceae)

Amasethole, ***Ibhinini, Ibhinini lehlathi,*** *(Umakhwelafingqane),* ***Uvuma obovu***

[0.27] [0.30] P255

(Amasethole-amhlophe[2,6,28]*), (uMakhwela-afingqane*[20]*), Umakhwela fingqane*[2,6,10,18,20,22]*, Umasethole*[10,18,22,26]*, uMasethole-amhlophe*[2,20,6]*, Umbobe*[6,28]*, Umhlahle*[6,10,22]*, umGqwashu*[23]*, umHlala* [23,] *Umqhwashu*[10,22]*, Umnuma*[10,22]*, umNweba*[23]*, Umphipha*[6,28]

Uses at Amandawe: The bark is used medicinally and administered as an emetic (JHLO, SHEZ, PHEW, PB, MYS, MNQ). **The bark decoction is used to deworm humans (BMKH, MUN); The bark decoction is used to get rid of *idliso*. It administered as an emetic and the *idliso* is ejected orally (PUNCH); The bark is used as *umuthi omhlophe* (PHEW, BMKH).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 1993; Cunningham, 1988; Gerstener, 1941; Palmer and Pitman, 1972c; Chhabra et al., 1993; Corrigan et al., 2010.

Zulu uses: Bark infusion is used to stop bad dreams (Watt and Breyer-Brandwijk, 1962) and in traditional medicine (Cunningham, 1988). They also administer a tonic made from the bark to stock (Watt and Breyer-Brandwijk, 1962). Root bark decoction administered as an enema produces drastic perspiration (Gerstner, 1941). Powdered root is used to heal broken bones by rubbing it into incisions on a broken limb (Palmer and Pitman, 1972c). The bark is used as a suppository to treat flu (Corrigan et al., 2010).

Other uses: In Tanzania dried powdered roots are mixed and eaten with porridge to treat conjunctivitis, hernia, coughs and paralysis (Chhabra et al., 1993).

303*. Silene burchellii* Otth ex DC. (Caryophyllaceae)

Ikhambi lezingane, Umnyamawempunzi, Umshekisane

[0.05] [0.05] P256

Igwayintombi elincane[1,4,6,10,22,25]*, Injunju*[1,6,1013,22,25]*, Umthusi*[1,25]

Uses at Amandawe: This plant is used to treat *isthakathi* in babies, the infusion is administered as an enema (ZNK); [This plant is used medicinally for an unspecified ailment (SHEZ)].

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Guillarmod, 1971; Walker, 1996; Arnold et al., 2002.

Zulu uses: Root infusions are taken as love charm emetic (Hulme, 1954; Walker, 1996).

Other uses: This plant is used by some Africans as a tonic bath after a serious illness and to combat sleepiness (Walker, 1996).

304*.* *Solanum aculeastrum* Dunal (Solanaceae)

Intuma, ***Intuma enkulu, Intumayezibaya, (Ugagalezintaba), Uthuma, Untumane***

[0.76] [0.42] P257

Intuma[3]*, uthuma*[6, 10]*, uthuma olukhulu*[6, 10]*, (Umthuma*[6, 10]*), (Umthuma omkhulu*[10]*)*

Uses at Amandawe: This plant is administered as an enema to treat the symptoms of *umeqo* (BMKH, JZ, MADLAMINI); The fruit decoction is used to treat frequent muscle cramps where the infusion is administered as an enema (ZCEL, JB); The fruit decoction is used to treat sore joints, it is administered as an enema (PUNCH); The fruit decoction is used to cure backaches *iqolo*, it is administered as an enema (MRMAD, PHEW, BKHW, CHNDL, MGOZ, ZADL, BMKH, NDU); The fruit decoction it is used to cure lower back problems which includes the pelvic girdle area *isinqe*. Usually when one's lower back feels heavy and painful (JZ, PHEW, MAKAS, MAMBA); **The fruit is used to cure stroke. The fruit decoction is administered as enema and the dried and powdered fruit is then charred on a metal plate. This powder is applied into the incisions made on the body (PB);** Amampondo people administer it as an enema to anyone who has committed theft as a punishment PUNCH); The fruit decoction is used medicinally as *imbiza* administered as enema (MNQO, DSHA, SHEZ, BKHW, JHLO, MAKAS, MBUTHO, MYS, ZNGD, ZADL, *iyadonsa kushise ikhanda* MYS, the mixture must not be too strong mixed with *umdubu- Combretum* species bark BMHL); **The fruit is used as *umhlabelo* to facilitate a faster bone repair. After a bone has sprained a fruit is heated and applied into the incisions which then draws out the bad blood out (BMKH, ZNK);** Charred fruits are used to treat inflammation, specifically for a swollen knee area. The fruit is charred and rubbed into the incisions (NOMV); The fruit is used to treat toothache. It is burnt and the smoke is directed to the infected tooth as a result a worm(s) that are believed to cause the pain comes out (MUN, PHEW, MGOZ); **The fruit is used to treat sores and wounds (KV); The fruit decoction is used to treat and**

clean kidneys, administered as an enema (DLAMINI); The powdered dry fruit is licked to relieve body pains (RVDUMA).

CAUTION: The seeds from the fruit should be avoided when the mixture is administered as an enema, otherwise this may be fatal; The fruit is dangerous and should not to be eaten TMBA); it can only be used as an enema by males only MRS MADLALA.

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Cunningham, 1988; Van Wyk and Gericke, 2000; Boon, 2010; Van Wyk and Gericke, 2000; Arnold et al., 2002.

Zulu uses: Ashed fruit is applied over the knees or rubbed into scarification to treat rheumatism (Watt and Breyer-Brandwijk 1962). Boiled fruit pulp, from which seeds have been carefully removed, is administered as powerful enema (Cunningham, 1988). Unspecified parts are used for toothache and are also placed in the wound after tooth extraction (Gerstner, 1939).

Other uses: Fruit is used to treat ringworm in cattle and horses (Watt and Breyer-Brandwijk, 1962). Used throughout the southern Africa to treat toothache (Van Wyk and Gericke, 2000).

305. *Solanum incanum* L. (Solanaceae)

Intuma, Intuma encane, (Ucalakalithethwa), Umagangeni

[0.81] [0.89] P258

No names found in literature

Uses at Amandawe: The ripe fruits have their seed removed and the infusion is administered as an enema to treat and cleanse the back area *iqolo* (BKEKI); The fruit infusion is used to treat *ukubhajwa* which is a sexually transmitted infection, the infusion is administered an enema (DZA, TMSO); Unspecified parts are used to treat fever (SGAM); Unspecified parts are used medicinally as an emetic (SGAM, MGOZ, MAKAS, ZNK, TMBA); **The fruits are used for wound healing (ZCEL, MSANI, in treating burn wounds the fruit is ground and applied to the affected area REVDUM, the fruit is an ingredient in other mixtures used for the wound dressings MAMDUMA, a paste made from the burnt fruit is applied directly onto the sores/wound DLAMINI); The fruits help heal the umbilical cord of a newborn (PHEW, ZCEL); The fruits is an ingredient in treating patients suffering from stroke (PB); The fruit is used to treat toothache. It is burnt and the smoke is directed to the infected tooth and as a result a worm that are believed to cause the pain comes out (PUNCH, MUN, MAMBA, ZNGD, MADLAMINI, MNQO, TNGW, NDU, MBUTHO); Unspecified plant parts are used to treat barrenness by cleaning and preparing the womb area in females (MBUTHO); The fruit is one of the main ingredients used for the bone recovery/reformation (BKHW, powdered fruit is applied on the incisions in the affected area BMHL); Unspecified plant parts are administered as a tonic (BKHW); A decoction made from the fruit with the seeds removed is administered as an enema to relieve the lower backaches (MADL, JZ, ZADL, TMSO).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Kokwaro, 1976; Sawhney et.al, 1978; Gelfand et al., 1985; Pooley, 2006; Dakone and Guadie, 2016.

Zulu uses: Zulu people from Durban use the plant juice to treat ringworm (Watt and Breyer-Brandwijk, 1962).

Other uses: This plant is used in arrow poison in Northern Nigeria (Watt and Breyer-Brandwijk, 1962). Pedi people use it as a decoction to treat chest problem, pleurisy and pneumonia (Watt and Breyer-Brandwijk, 1962). The Southern Sotho people use it to treat toothache and sore throat (Watt and Breyer-Brandwijk, 1962). Leaves and flowers are used as traditional cure for ear problems and treats swelling in South Africa, Tanzania and Uganda (Dakone and Guadie, 2016). It is used to relieve toothache (Gelfand et al.1985; Watt and Breyer-Brandwijk, 1962, Pooley, 2005), venereal diseases (Gelfand et al., 1985; Watt and Breyer-Brandwijk 1962, Kokwaro, 1976). The fruit juice has been used to coagulate milk and as a stomachic (Watt and Breyer-Brandwijk, 1962) and used in cheese preparation in West Africa and East Asia (Watt and Breyer-Brandwijk, 1962).

306. *Solanum lycopersicum* L. (Solanaceae)

Utamatisi, Utametisi, Udamede

Not in the matrix P420

Uboqo[6], Ugwayana[6], Umtotovane[6]

Uses at Amandawe: The leaves of this plant together with the leaves of *Bidens pilosa* are used to treat nausea (MYS).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

307. *Solanum marginatum* L. f. (Solanaceae)

Intuma, (Ucalakalithethwa)

[0.29] [0.35] P259

No names found in literature.

Uses at Amandawe: The fruit is used to facilitates a faster healing of the umbilical cord (ZNK, ZCEL, PHEW); Unspecified plant part is used as *umhlabelo* to facilitate a faster bone repair of a fractured or broken bone (ZNK, BKHW); This plant is used medicinally and administered as an enema for an unspecified ailment (ZADL); **The fruit is used to help women conceive if they have a difficulty with conceiving (MBUTHO); The fruit it is used to treat a sexually transmitted infection called *ukubhajwa* (ZJ); The fruit decoction is used to cleanse the body systems, it is administered as an enema (PB); The fruit is used to treat toothache. It is burnt and the smoke is directed to the infected tooth and as a result a worm(s) that are believed to cause the pain come out (MAMBA, MUN), (A warm root infusion is gargled with ZNGD); The fruit is used to treat inflammation around the sprained**

area. Cut fruit is applied on incisions made on the swollen areas which is said to draw out the bad blood or the clots from the affected area (BMHL).

CAUTION: This fruit is not to be eaten by people, because it is poisonous (TMBA).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

308. *Solanum mauritianum* Scop (Solanaceae)

Umbhangabhanga, Ugwayana

Not in the matrix P421

Ibhoqo[22], Ugwayana[22], Umbhongabhonga[22], Umthothovane[22]

Uses at Amandawe: This plant is used to treat eye problems (SKHULUSE); This plant is used to treat ear problems (SKHULUSE).

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Jenkins, 1987; Hutchings et al., 1996.

Zulu uses: Roots are an ingredient in treating excessive menstruation (Hutchings et al., 1996). Unspecified plant parts are used medicinally as an emetic (Gerstner, 1939).

Other uses: In Mauritius the leaf sap is used to treat manioc poison (Watt and Breyer-Brandwijk 1962). Seeds are used for rheumatism, while the leaf is used against haemorrhoids (Hutchings et al., 1996).

309*. Solanum nodiflorum* Jacq. (Solanaceae)

Ubhici lwenyoka, Ugqumgqumu, Umsobo

[0.03] [0.03] P260

No names found in literature.

Uses at Amandawe: This plant is used medicinally to treat an unspecified baby ailment, it is administered as an enema (BMHL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: Unspecified plant parts are used as a dressing on abscesses, ulceration, swollen glands, furnacles and carbuncles by the Swahili (Watt and Breyer-Brandwijk, 1962). Leaf is used as a poultice for ulcers in central Africa (Watt and Breyer-Brandwijk, 1962), plant used to treat respiratory tract problems, skin problems, cuts, wounds and trachoma (Watt and Breyer-Brandwijk, 1962). Plant used as food in tropical Africa (Watt and Breyer-Brandwijk, 1962).

310*. Solanum panduriforme* E. Mey**.** (Solanaceae)

Intuma encane

[0.32] [0.32] P261

Intuma encane[10, 22]

Uses at Amandawe: The fruit is used to facilitates a faster healing of the umbilical cord (ZNK, PHEW); The fruit is used as *umhlabelo* to facilitate a faster bone repair (ZNK, BKHW); The fruit it is used to treat a sexually transmitted infection called *ukubhajwa* (ZJ); The fruit decoction is used to cleanse the body systems, it is administered as an enema (PB); The fruit is used to treat toothache. It is burnt and the smoke is directed to the affected tooth and as a result the worms that are believed to cause the pain come out (MAMBA, MUN, MSANI, MBUTHO, DLAMINI, MAMDUMA). **The fruit is used to treat inflammation around the sprained area. Cut fruit is applied on incisions made on the swollen areas, which is said to draw out the bad blood or the clots from the affected area (BMHL).**

CAUTION: This fruit is not to be eaten by people, because it is poisonous (TMBA).

Uses in the literature: Nciki et al., 2016

Zulu uses: The people of Maputaland in northern KwaZulu-Natal use the fruits in treating warts (Nciki et al., 2016).

Other uses: No use record found in literature.

311*. Sonchus oleraceus* (L.) L. (Asteraceae)

Isendelengulube, Isikhabasengulube, Ucange, Uhabe, Uklwabuklwabu, Ukhuphekhuphe, Uqange, Uqhoshombe, U-two minute, Uvelemampondweni

[0.30] [0.03] P262

Ihahehabe[10,17,22], *Ihogwe*[10,22], *Igaba*[10,22], *Igabe*[10,22], *Iklaba* [17], *(IKlabeklabe*[13]*), Iklabeklabe*[10,13,22], *Iklabhuklabhu*[10,22], *Iklebe*[17], *Indangamane*[17], *Ixhada*[17], *Umahogo*[10], *Xabexabe*[17]

Uses at Amandawe: Unspecified plant parts are used to treat diabetes (REVDUM).

Uses in the literature: Watt and Breyer-Brandwijk, 1962.

Zulu uses: No use record found in literature.

Other uses: It is used against liver problems, jaundice, to purify blood and the juice is used as an eye drop (Watt and Breyer-Brandwijk, 1962). The root is used as a vermifuge by the Pare people of Tanganyika by eating it raw or boiled with banana (Watt and Breyer-Brandwijk, 1962). Leaves are cooked and eaten in Lesotho (Fox and Norwood Young, 1982).

312*.* *Spilanthes mauritiana* (A.Rich. ex Pers.) DC. (Asteraceae)

Isishoshokazane, *Isisinini*

[1.00] [1.62] P264

Isisilili[1, 4, 6, 10, 22], *Isisinini*[1, 4, 6, 10, 22]

Uses at Amandawe: The leaves are used in treating venereal infections (DLAMINI, especially the discharge in females MYS); A cold leaf infusion is used to treat pinworms which are called *impeshwana* (ZCEL); This plant is used medicinally (TMBA); **A tonic made from the leaves is taken as a drink to lower the high blood pressure (MGOZ); A cold leaf infusion is gargled with to treat sores in the mouth/ mouth ulcers also known as *amalonda* (MAKAS, PUNCH, REVDUM, MBUTHO, SUKD, MAMBA, MADLAMINI, DSHA, ZADL, ZCEL, NDU, CHNDL, BMHL, KV, SHEZ, MNQO, NDU, TMSO, BKHW, MYS, LMUS); The leaf infusion is used to treat body sores (MYS, ZNK, DLAMINI, PHEW, ZNGD, JZ, it is administered as an enema), it is used to treat *umzimba omubi* body sores eruption (MUN); The leaves are used to treat coughs (SGAM, TMSO, BKHW, BMHL, MAMBA); A leaf infusion is used to treat flu, it is administered orally as a drink (MGOZ, MSANI, MBUTHO, ZNK, PHEW, ZNGD), it is administered as enema and drops into nasals JC, TNGW, it is administered as enema and by chewing the leaves and swallow them TNGW).** A warm leaf infusion is gargled with to relieve toothache JHLO, NDU, pounded leaves are inserted into the painful tooth cavity or kept next to it MRMAD); **Leaf infusion is administered as an enema to treat a sickness called *isela* (MUN); This plant is an ingredient in mixtures used to treat various baby sicknesses, it is administered as an enema and taken orally as a drink (PB, BKHW); A leaf infusion is taken orally as a drink and as an enema to treat ulcers (REVDUM, BMKH, NOMV, MBUTHO, CHNDL); The leaves are used to treat tonsillitis, they are administered by dipping *ukupolomba* whereby leaves are chewed and kept around the gums (REVDUM).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Kokwaro, 1976; Jenkins, 1987; Johns et al., 1990; Walker, 1996; Pooley, 2006.

Zulu uses: Leaves are chewed to relieve toothache (Doke and Vilakazi, 1972). Moistened powdered leaves are applied to hollow tooth to relieve the pain and also rubbed on children's sore lips and gums (Watt and Breyer-Brandwijk, 1962, Walker, 1996).

Other uses: The flower is edible in West Africa (Walker, 1996). This plant is used to treat snakebite in Cameroon (Watt and Breyer-Brandwijk, 1962, Walker, 1996) and used against rheumatism (Walker, 1996).

313*. Spirostachys africana* Sond. (Euphorbiaceae)

***Umfece**, Umthombothi*

[0.14] [0.27] P265

Injuqu[3,6,28], *Ubande*[3], *Ubanda*[6,28], *umFubu*[20], *Umthombothi* [3,2,6,13,10,18,22,23,24, 26,28]

Uses at Amandawe: [Unspecified plant parts are used to make tonics for all ailments (administered as an emetic BMKH, MAMBA, ZADL, SHEZ, administered orally MBUTHO)]; **Powdered bark is used to treat snakebite (BKHW); The bark of tthis plant is mixed with the bark of *Dalbergia armata* where both are used to treat lice infestation (BKHW); Unspecified plant parts are used to neutralize *idliso* a**

poisonous substance that has been orally ingested (MBUTHO); A tonic made from the bark decoction is used to promote weight loss (MKP).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Palmer and Pitman, 1972b; Van Wyk and Gericke, 2000; Mabogo, 1990; Pujol, 1990; Hutchings et al., 1996; Boon, 2010; Corrigan et al., 2010.

Zulu uses: Powdered bark decoction are taken for stomach ulcers and acute gastritis (Pujol, 1990). Boiled root and bark infusions are used for stomach ulcers and as eye washes (Palmer and Pitman, 1972b). Slightly burnt wood is put in the nose to relieve headaches and dry bark is used in embrocation for rashes in babies. Sap is applied to boils and also used on cattle sores to kill maggots (Hutchings et al., 1996). Timber is used for hut building, the bark for wound healing and the tree sap is applied onto the bait used in hunting (Corrigan et al., 2010).

Other uses: The Shangaan people use the bark as a purgative (Watt and Breyer-Brandwijk, 1962) and reported to have caused deaths (Watt and Breyer-Brandwijk, 1962). Bark decoction is used as and emetic by the Sotho and the bark as fish poison in Southern Rhodesia (Watt and Breyer-Brandwijk, 1962). The Xhosa and Mpondo people wear the charm of the wood as charm (Watt and Breyer-Brandwijk, 1962) Fresh latex is used to treat toothache (Mabogo, 1990; Von Koenen, 1996). Piece of wood used as insect repellent (Van Wyk and Gericke, 2000). It is used as an arrow and fish poison in Namibia (Von Koenen, 1996), Zimbabwe (Watt and Breyer-Brandwijk 1962). It is used as hunting poison (Van Wyk and Gericke, 2000). Seed collected by children for fun (Boon, 2010). Freshly cut branches used to find stingless bee nests, bees are attracted to sap and flight path is followed. Roots and barks and sap used for a variety of medicinal purposes (Boon, 1996).

314. *Stangeria eriopus* (Kunze) Baill. (Zamiaceae)

Imfingo, ***Umafinga***

[0.05] [0.08] P266

Imfingo[1, 6, 22, 23]*, (imFingo*[23]*), Umgingwana*[10]

Uses at Amandawe: The root decoction is administered by steaming and as an emetic to treat sharp internal body pains (DLAMINI); This plant is used to treat fits (MBUTHO); The root decoction is a tonic that is administered orally (MBUTHO).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Broster, 1982; Pooley, 2006; Osborne et al., 1994; Van Wyk and Gericke, 2000.

Zulu uses: A tuberous root of a particular *Stangeria* sp is used medicinally and the underground stem used as a purgative (Watt and Breyer-Brandwijk, 1962). It is used as a sprinkling protective charm to prevent *abathakathi* from entering the homestead (Gerstner, 1938; Doke and Vilakazi, 1972; Cunningham, 1988). Ash from the plant is used as a protective charm for warring travellers (Hutchings et al., 1996). Tuber infusion is taken as an emetic for cleansing and protection against harmful spirits (Osborne et al., 1994). Tubers are used to dispel bad dreams (Hutchings et al., 1996), the burnt powdered tubers are snuffed to treat headache (Hutchings et al., 1996), treat congestion

in infants and to reduce high blood pressure in adults (Osborne and Grove, 1992). Tubers are used as purgative for flatulence and for painful bones (Watt and Breyer-Brandwijk, 1962; Pujol, 1990).

Other uses: Xhosa people use the tubers and seeds as purgatives and to induce vomiting in children who have eaten something poisonous (Batten and Bokelmann, 1966), tubers are also worn by mothers with young infants as a protective charm (Hutchings et al., 1996).

315*. Strelitzia nicolai* Regel & K.Koch (Strelitziaceae)

*Isigude, **Inkalvasi**, Inkamanga*

[0.05] [0.11] P267

(iGceba[20]), Igceba[2], Ikhamanga[22], Ingceba[22], Inkamanga[2,10,4,20,22], (iNkamanga[20,22]), Isagude[10,17,18,22], Isidabane[22], Isigceba [17, 23], Isgude[2,4,10,17,18,20,22], (isiGude[20,22])

Uses at Amandawe: Unspecified parts are used to treat heart problem and high blood pressure. The male flower bud of the banana plant is mixed with unspecified loquat parts and *Cannabis sativa* plant parts (REVDUM); This plant is used as a tonic to treat tiredness and listlessness thereby giving vigour and strength to the sick (MBUTHO).

Uses in the literature: Bryant, 1966; Walker, 1996.

Zulu uses: The stem juice is used to sober up a person very quickly (Walker, 1996). Leaf stalks are used as binding material for hut building and fish traps (Walker, 1996). Seeds are used as food by the Zulu people (Palmer and Pitman, 1972a).

Other uses: The root is used to make tonic, taken as a stimulant for seediness or depression, caused by febrile conditions known as "*umkhuhlane*" (cold/fever/influenza) (Bryant, 1966). The plant is used as a protective charm (Gerstner, 1938). Petioles are used as twines (Cunningham and Terry, 2006).

316. *Strychnos decussata* (Pappe) Gilg (Loganiaceae)

Umqalothi

Not in the matrix (P268)

Inama[6,28], iNkazankulu[26], Uhlalale[22], Umahalala[22], Umgangele[6], Umhlalane[22], Umhlamahlala[6], Umlahlankosi[2,6,22,28], Umkhombazulu[6], Umkhangala[2,6,22,23] umKhombazulu[6,20,22], Umkwakwa[15], (umPathawenkosi[20]), Umphathawenkosi[6,20], Umphathawenkosi-omhlophe[2,6,22,28]

Uses at Amandawe: The bitter tasting leaves are used to treat snakebite, the dried and powdered bark is also used for the similar purpose. In the case of an emergency the leaves are chewed and the extract is swallowed (MRGUMEDE).

Uses in the literature: Palmer and Pitman, 1972c; Mabogo, 1990; Pooley, 1993; Hutchings et al., 1996; Boon 2010; Corrigan et al., 2010.

Zulu uses: Root bark scrapings are taken as snuff and mixed with water to treat stomach gripes and cramps (Palmer and Pitman, 1972c). Unspecified parts are traditionally used with crocodile fat against lightning (Pooley, 1993). Sticks made from this tree are used for a particular Zulu ceremony (Koopman, 2015). The roots are used as a protective charm against thunderstorms sent by *isangoma* (Corrigan et al., 2010).

Other uses: The Vhavhenda use the root for snakebite and the powdered material is sprinkled around the homestead against snake invasion (Mabogo, 1990). Fruits are edible (Fox and Norwood Young, 1982).

317*. Strychnos henningsii* Gilg (Loganiaceae)

Umqalothi

[0.11] [0.24] P270, *Mhlongo 8*

(uManana[20]), Umanana[6,10,20,22], Umdunye[6,10,22,28], Umnono[10,22,23,28], (Umqaloti[6]), Umqalothi[6],[10,15,20,22,23], (umQalothi[20,28]), (uNqonjo[26])

Uses at Amandawe: Unspecified plant parts are used to treat nausea and persistent vomiting in babies (MYS); Unspecified parts are used to deworm humans (MYS, ZNK); Powdered bark is licked to treat stomach cramp (MSANI); This plant is used medicinally for an unspecified ailment (SHEZ); **The bark is used to treat snakebite (MSANI, ANON); The bark powder is licked to relieve body pains (MYS, ZNK).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Doke and Vilakazi, 1972; De Wet et al., 2010; Jurg et al., 1991; Hutchings et al., 1996; Van Wyk et al., 2009; Wumbugu et al., 2011.

Zulu uses: The fruits are eaten by the people of KwaNibela (Corrigan et al., 2010). The bark is used in treating diarrhoea (De Wet et al., 2010). Roots are used for stomach problems (Hutchings et al., 1996) and bark is also used for stomach complaints (Doke and Vilakazi, 1972), dysmenorrhoea (Hutchings et al., 1996) and nausea (Watt and Breyer-Brandwijk, 1962). Unspecified parts of the plant are used against tapeworm (Bryant, 1966).

Other uses: It is used against malaria in Mozambique (Jurg et al., 1991). Unripe fruit and root bark are used to treat snakebite (Van Wyk et al., 2009). In Kenya it is used to treat chronic painful joints (Wumbugu et al., 2011). In eastern Pondoland the bark is used as an appetiser (Watt and Breyer-Brandwijk, 1962).

318. *Strychnos madagascariensis* Poir. (Loganiaceae)

Amagulukungqa**, **Amangola**, **Itshelemfene,** Umgulukuza,* (Ungquluzemfene*****)**

[0.08] [0.11] P271

Umguliguhla[10], Umgulugudu[17], Umgulugulu[10], Umgulukunqa[10], Umgulukuza[2,22], Umhlala [17], Umhlalane[10,22], Umhlalale[22], Uhlalale[10], Umkwakwa[2,10,15,2022,26], (umKwakwa[20,22]), Umnconjwa[2,10,20,22], (umNcojwa[20,22]), Umqalothi[10]

Uses at Amandawe: Unspecified plant parts are used for virility, better known as *umuthi wamadoda* (CHNDL); The powder from the charred fruit is rubbed into the incisions to treat swollen testicles (DLAMINI); Unspecified parts are used to treat high blood pressure (MSANI); Dry leaves are used to treat excessive and irregular menstruations (MGOZ).

Uses in the literature: Breyer-Brandwijk, 1962; Pooley, 1993; Maroyi, 2011; De Wet et al., 2010; De Wet, 2013; Nciki et al., 2016.

Zulu uses: The fruits are edible, seeds pounded to make a drink *amahewu* and also used to treat diarrhoea (De Wet et al., 2010). It is used as an anthelmintic, bark powder used against nausea while root is used for rheumatic pains together with *Turraea floribunda* root (Watt and Breyer-Brandwijk, 1962). The fruit pulp is eaten by the Zulu people and the seeds are dried and pounded into edible powder (Fox and Norwood Young, 1982). The people of KwaNibela eat the fruits and the pulp is mixed with mealie meal to make porridge (Corrigan et al., 2010). People of Maputaland use the root, bark and leaves to treat diarrhoea (De Wet et al., 2010). The leaves are used to treat sores (De Wet, 2013; Nciki et al., 2016), while the leaves alone treat burns, sores and ringworms (Nciki et al., 2016). This plant is used in treating hypertention by the people of Maputaland (De Wet et al., 2016).

Other uses: Fruit is used in treating Tunga penetrants (Pooley, 2003). It is used to treat sore eyes by the Neman people of Zimbabwe (Maroyi, 2011). It is used by the Pondo people as a bitter appetiser (Watt and Breyer-Brandwijk, 1962). The bark is used as a purgative and for colic (Watt and Breyer-Brandwijk, 1962).

319*.* *Strychnos spinosa* Lam. (Loganiaceae)

Amahlala, ***Igulukungqa, Igulukuza, Ingola,*** **(*Unquluzemfene*)**

[0.14] [0.14] P272

Amahlala [17], Umhla[3,6,10], Umhlala[2,3,4,6,10,17,22,23], umHlala[20,24], (Umhlala (fruits) [17]), Umhlalankolontshe[2,6,10,22], Umhlahlawehlathi[3,6]

Uses at Amandawe: Unspecified plant parts are used for virility, better known as *umuthi wamadoda* (CHNDL); The powder from the charred fruit is rubbed into the incisions to treat swollen testicles (DLAMINI); Unspecified parts are used to treat high blood pressure (MSANI); Dry leaves are used to treat excessive and irregular menstruations (MGOZ, MAMDUMA).

Uses in the literature: Gerstner, 1939; Watt and Breyer-Brandwijk, 1962; Bryant, 1966); Oliver–Bever, 1986; Jenkins, 1987; Mabogo, 1990; Walker, 1996; Van Wyk and Gericke, 2000; Boon, 2010.

Zulu uses: The leaves are used to treat sores (De Wet, 2013). The people of Maputaland use the fruit to treat warts (Nciki et al., 2016). The pulp of a ripe fruit is eaten by people (Fox and Norwood Young, 1982; Walker, 1996). Hot roots or green fruit infusion together with the roots of *Leonotis leonurus* and other plants are taken to treat snakebites (Bryant, 1966). Crushed seeds are also used as a snakebite antidote

(Gerstner, 1939). Roots or green fruit are used for fevers, as emetics and for sore eyes (Watt and Breyer-Brandwijk, 1962).

Other uses: Tonga people use this plant in death rites (Watt and Breyer-Brandwijk, 1962). Leaves are used for scabies in Madagascar (Jenkins, 1987). The Vhenda people treat the post-parturition pain by taking the fruit infusion with porridge (Mabogo, 1990).

320*. Strychnos usambarensis* Gilg ex Engl. (Loganiaceae)

(Ubulaluyise), *Umkhangala,* ***(Umnqamlamakhanda),*** **(*UmthikaShaka***)

[0.03] [0.03] P273, *Mhlongo 9*

Indlununye[6, 22], (inDlunge[20]), Umanana[10], Umdunye[10], (umKhangala[23]), Umphathawenkosi-omnyama[6, 22], (umPhathawenkosi[6, 20, 22]), Umnono[10], Umqalothi[10, 15]

Uses at Amandawe: This plant is used medicinally for an undisclosed ailment (SHEZ).

CAUTION: Nobody should use it as a fighting stick while his father is still alive, because it may result in his father's death SHEZ.

Uses in the literature: Iwu, 1993; Pooley, 1993.

Zulu uses: Parts of the plant are used to treat gastric problems (Pooley, 1993).

Other uses: The bark of the tree is used to treat pains, general weakness and as a tonic (Iwu, 1993). The Banyambo tribe use both the roots and leaves as ingredients in preparing arrow poison (Tits et al., 1984; Frederich et al., 2003).

321*. Syzygium cordatum* Hochst. ex Krauss (Myrtaceae)

Izindoni**,** *Umdoni*

[0.92] [0.73] P274

Ingozi [17], Umdoni[2,6,10,11,15,17,22,24, 26,28], Umhlukazi[22], Umkhethunge[10,22], Umuswi[10,22], Unhlukazi[10]

Uses at Amandawe: [**The bark is one of the ingredient in the preparation of *umuthi obovu* (SGAM, MYS, MAKAS, JZ, TMSO, SHEZ, TNGW, NOMV, MUN, MAMBA, BMHL, ZNGD, MSANI, DLAMINI)]**; The bark decoction is it used to treat stomach cramps (DLAMINI);The bark is used medicinally (it is administered as an emetic TMBA, MADLAMINI, JHLO, it is administered by body steaming ZCEL, MRMAD, it is administered as an enema JZ, it is administered by body steaming and as an emetic PHEW, JB); **Unspecified plant parts are used to treat flu (REVDUM); The bark decoction is used to treat facial skin problems especially excessive sebum secretion around the nose area *isidina*. It is administered by steaming and as an emetic (BKHW, NDU);** This plant is used to stop diarrhoea (MUN, CHNDL, DZA).

Note: The study area of Amandawe falls in the Umdoni Municipality which was named after the popular and the abundant *Syzygium cordatum* better known as *uMdoni* in isiZulu language.

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Cunningham, 1988; Hutchings, 1989; Mabogo, 1990; Iwu, 1993; Pooley, 1993; Hutchings, et al., 1996; Van Wyk and Gericke, 2000; York et al., 2011; Cock and van Vuuren, 2013; De Wet, 2013; Nciki et al., 2016.

Zulu uses: The bark and leaf mixture is gargled with to treat mouth wounds (Corrigan et al., 2010). The Zulu people use the bark to treat tuberculosis (Watt and Breyer-Brandwijk, 1962). Bark is used as traditional medicine (Cunningham, 1988). Unspecified parts are used for respiratory ailments, tuberculosis, stomach complaints and as emetics (Watt and Breyer-Brandwijk, 1962; Pooley, 1993). Bark and leaves are used to treat diarrhoea (De Wet et al., 2010). Zulu people eat the ripe fruit (Gerstner, 1938; Doke and Vilakazi, 1972; Fox and Norwood Young, 1982). The bark and the leaves are used by the people of Maputaland to treat sexually transmitted diseases (De Wet et al., 2010), burns and sores (Nciki et al., 2016) and gonorrhoea (De Wet et al., 2012). Parts of this tree are used to treat sores (De Wet, 2013). The bark is used by the people of Maputaland to treat coughs, sleepless nights and runny or blocked nose (York et al., 2011).

Other uses: It is used by the Bhemba people to treat diarrhoea, stomach problems, to enhance milk production and as a fish poison (Watt and Breyer-Brandwijk, 1962). It is used by the pregnant Chewa women as a charm to prevent infant deformity when their husband has committed adultery (Watt and Breyer-Brandwijk, 1962).

322. *Syzygium cumini* (L.) Skeels (Myrtaceae)

*Umdoni, **Umdoni wesilungu**, **Umdoni omnyama***

[0.05] [0.03] P275

Umdoni [11], uMdoni[20]

Uses at Amandawe: The bark is an ingredient in the preparation of *umuthi obovu* (MBUTHO, MSANI).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: The tree is grown for ornamental purposes & fruits are edible (Boon, 2010).

323. *Syzygium gerrardii* (Harv. ex Hook.f.) Burtt Davy (Myrtaceae)

Indonyana**, Umdoni, **Umdoni omhlophe

[0.65] [0.59] P276

Isifecane[6], (Umdlumuthwa[6]), Umdoni wehlathi[6,10,22,23,24], Umdoni [18], Umdoni wamanzi[2], Umdonivungu[2], Umdunywa[6,22], Umdunywana[10,22,23,24,28] umKhethunge[13], Umdlulamuthwa[6],[10,22,23], (Umhlumuthwa[23]), (Umdlulamuthwa[22]), (Undunywana[22])

Uses at Amandawe: The bark is used as an ingredient of *umuthi obovu* (MYS, PB, MNQO, NOMV, DSHA, ZNGD, ZADL, MAKAS, JB, TMSO); The bark decoction is used to treat diarrhoea (ZNK, PHEW, SUKD, MUN, ZCEL, REVDUM); The bark is used medicinally (TMBA, it is administered as an enema JZ); **A bark mixture is used to treat**

a sickness called *isela*, the mixture is administered as an enema (MADLAMINI, BMKH); The roots are used in treating a venereal disease called *ukubhajwa* (DLAMINI); The bark decoction is used to treat facial skin problems known as *isidina*, especially excessive sebum secretion around the nose area. It is administered by steaming and as an emetic (NDU).

Uses in the literature: Van Wyk and Gericke, 2000; Boon, 2010.

Zulu uses: Ripe fruits are eaten by the Zulu people (Gerstner, 1938; Fox and Norwood Young, 1982). Bark infusion is taken orally to treat lung tuberculosis, chronic chest problems and diarrhoea (Watt and Breyer-Brandwijk, 1962).

Other uses: Fruit are eaten by people (Watt and Breyer-Brandwijk, 1962). It is used in treating respiratory complaints (Boon, 2010).

324. *Tabernaemontana ventricosa* Hochst. ex A.DC. (Apocynaceae)

Amasende enkawu, Indokonde, Isende lenkawu

Not in the matrix P425

Umcikimanzi[22], Umkhahlu[22], Umhlahlu[2], (Ukhakhamasane[2, 28]), Ukhamamasane[2], [4,6,22], Umkhadlu[3, 28], Umkhahlwana[3, 20], (umKhahlwana[20]), (umKhandlu[20]), Umkhathu[3], Umondane[22], Unokhahlu[22]

Uses at Amandawe: This plant is used medicinally for an unspecified ailment (MRMAD)**; This plant is used is used to treat sexually transmitted infection called *ukubhajwa*. The roots are ground up burnt over a metal plate and licked (JZ).**

Uses in the literature: Pooley, 1993; Walker, 1996.

Zulu uses: The Zulu people use the fruit to speed up milk curdling (Walker, 1996): The bark is used for fevers (Pooley, 1993, Walker, 1996).

Other uses: White sap is used as birdlime, bark used for fever (Boon, 2010). Latex from the green fruit is used to make lime and glue (Walker, 1996), it is also used externally to treat and dress wounds and sore eyes in Kenya (Omino and Kokwaro, 1993). South Africans eat the orange pulp from the seed casing (Walker, 1996).

325. *Tagetes minuta* L. (Asteraceae)

Ikhambi lempaka, Insangu katikoloshe, Usangwana

[0.35] [0.32] P277

Insangwana[10, 14], Umavelegoli[10, 22], Umansankwana[10, 22]

Uses at Amandawe: This plant is used medicinally for an unspecified ailment (SHEZ)**; The leaves are an ingredient in medicinal mixtures administered as an emetic (ZNK); A decoction made from the leaves is used medicinally and administered by steaming (ZCEL); A leaf decoction is used to treat bad body odour, administered by drinking it as a tonic over a long period of time (PHEW); The leaves of *Tagetes minuta* together with the leaves of *ubhatata Ipomoea batatas* are used to treat**

stomach cramps (PUNCH); Crushed leaves are inserted into the tooth cavity to relieve toothache (MNQO); The leaf infusion is administered as an emetic to treat flu (NOMV, MBUTHO); This plant is used medicinally, probably as some kind of a precautionary tonic to strengthen the body every time when seasons of the year change. It is administered as an enema (ZNGD); Charred leaves are applied onto the sores (DLAMINI); This plant together with *inyathelo,* probably *Vernonia adoensis* is used in treating *impehlwa* (REVDUM); Lightly bruised leaves are used to prevent and rid of maggots on human wounds and sores (MYS).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: It is used as an insect repellent (Smith, 1966). Flower heads are used for gold, olive, sienna, green-grey, lemon yellow, maroon ochre brick red colours (Van Wyk and Gericke, 2000). It is used to treat nematode infestation, fleas on dogs and in the perfume industry (Pooley, 2005).

326. *Tecomaria capensis* (Thunb.) Spach (Bignoniaceae)

Umunyana, Uthswala benyoni

[0.68] [1.22] P278

(iLozane[22]), (isiDamvulu[22]), Isidamvulu[10,22], Isikhwali[10,22], Incwincwi[1], (Lungana[6], Uchacha[1,10,22,26], (uChacha[26]), Uchahacha[6], Udodo[1], Umunyana wasehlathini[22], umunyane[1,2], Umunyawehalthi[10], Ungcanga[1,10,22], (Ununyane[6]), umunyane[6] Uthswalabezinyoni[10,22]

Uses at Amandawe: The cold leaf infusion is used to treat flu (it is administered orally BMKH, ZNGD, BKHW, SGAM, JHLO, ZNK, ZCEL, SHEZ, JZ, PHEW, PUNCH, MSANI, REVDUM, MBUTHO, drops are released into the eyes and ears MGOZ, MADL, it is administered as an enema as well as drops into the nasals MAMBA, PB, it treats flu that results in a runny nose BMHL); The leaf infusion is administered as an enema, is used to treat fever (SGAM, DLAMINI, BMKH, ZNGD, BKHW, SGAM, JHLO, ZNK, ZCEL, SHEZ, JZ, PHEW, PUNCH, MSANI, REVDUM, MBUTHO); **Unspecified plant parts used to treat backaches by administering the mixture as an enema (SGAM); The leaf infusion is used to empty the overflowing gall or treat gall sicknesses (MYS, MAKAS, it is used as a purgative by drinking the infusion SUKD); Fresh leaves are crushed and inhaled to treat sinus problems (MRMAD); A strong extract from the leaf infusion is administered as drops directly into the nostrils of females with hysteria *ufufunyane*. This could probably be a sedative as explained (JB, PB); The cold leaf infusion is administered as droplets into the nasals to relieve congested nasals (ZNGD, PHEW, JZ, MNQ); Unspecified plant parts are used in treating *isela* and administered by u*kuphumputha* (DLAMINI).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Roberts, 1990; Pooley, 2005; Van Wyk and Gericke, 2000; Boon, 2010.

Zulu uses: Dried powdered bark infusions are taken for fevers, pain, sleeplessness, chest ailments, diarrhoea, dysentery and stomach pains Roberts, 1990). The sweet nectar from the flowers is sucked (Corrigan et al., 2010).

Other uses: Powdered bark is used by the Sotho people of Northern Transvaal to treat pneumonia and high fever (Watt and Breyer-Brandwijk, 1962). It is used to treat fever, pain, insomnia, chest ailments, dysentery, bleeding gums and to promote flow of milk in feeding mothers (Boon, 2010).

327. *Tephrosia macropoda* (E.Mey.) Harv. (Fabaceae)

Isinama,* (*Umlomo* omnandi)**, **(Umnandinoveshe*), (Uncinci langena idlozi)*, *(Uncinci wafika dade)*, *(Uthongami)

[0.05] [0.03] P279

Ilozane[1, 22], Iklozane[4], Ithethe[4], Ugwengu[1, 22], uHlozane[22], Uqwengu[4, 22], Umuthiwesifuba[4]

Uses at Amandawe: This plant is used to treat impotence (ZADL).

Uses in the literature: Gerstner; 1941; Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Pooley, 2005; Walker, 1996; Arnold et al., 2002.

Zulu uses: The root is used for stupefying fish, as an insecticide (Watt and Breyer-Brandwijk, 1962, Hutchings et al., 1996), as an anthelminthic in cattle, vermin killer, treating sores, and as a parasiticide (Hutchings et al., 1996). Leaf infusion is used for blood cleansing, stomach problems, chest complaints, to stupefy fish, as a parasiticide (Walker, 1996), typhoid, fevers and febrile complaints (Watt and Breyer-Brandwijk, 1962). This plant is also used as an anthelmintic, insecticide (Watt and Breyer-Brandwijk, 1962). Root or stem infusion is sprayed as an insecticide especially against mealie borers (Watt and Breyer-Brandwijk, 1962). Root infusions are used for chest ailments (Hulme, 1954). Roots and seeds are used for killing vermin for both humans and cattle on man (Gerstner, 1941).

Other uses: No use record found in literature.

328. *Tetradenia riparia* (Hochst.) Codd (Lamiaceae)

Iboza, ***Iboza elincane***

[0.97] [1.84] P280

Iboza[1,2,4,11,6,10,22], Ibozane[1,2,4,6,15]

Uses at Amandawe: A cold leaf infusion is used to treat flu (it is administered orally as a drink JB, CHNDL, SGAM, DZA, MBUTHO, MAMBA, MYS, REVDUM, ZNK, ZCEL, TMBA, JZ, PHEW, PB, PUNCH, SUKD, BMKH, MGOZ, MNQO, DSHA, ZADL, JHLO, MSANI, TNGW, BMHL, MAKAS, it is administered through the nasals MRMAD); A cold leaf infusion is used to treat fever (it is administered orally as a drink JB, CHNDL, SGAM, DZA, MBUTHO, MAMBA, MYS, REVDUM, ZNK, ZCEL, TMBA, JZ, PHEW, PB, PUNCH, SUKD, BMKH, MGOZ, MNQO, DSHA, ZADL, JHLO, MSANI, TNGW, BMHL, MAKAS, it is administered through the nasals MRMAD); A

warm leaf infusion is gargled with to treat throat infection and a painful throat (MNQO); A cold leaf infusion is taken orally as a drink to treat coughs (NDU, MUN, KV, MADLAMINI, MAKAS); **This plant is used to treat snakebite (JB); The leaf infusion is administered as an enema to treat back problem (MAMBA); The leaf infusion administered as an enema to treat body sores (MNQO, DLAMINI, MAKAS);** Unspecified plant parts are used to treat chest ulcers (BMHL, MADLAMINI); **A cold or warm leaf infusion is administered as an enema to treat a sickness called *isela* (REVDUM).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Hutchings, 1989; Roberts, 1990; Hakizamungu et al.,1992; Githinji and Kokwaro, 1993; Hutchings and Van Staden, 1994; Hutchings et al., 1996; Hutchings. et al., 1996; Pooley, 2005; Walker, 1996; Van Wyk and Gericke, 2000; Boon, 2010; York et al., 2011; York et al., 2012; De Wet et al., 2016.

Zulu uses: This plant is used in treating hypertension by the people of Maputaland (De Wet et al., 2016). Leaf decoction is used to treat coughs, sore throats, as a stomachic (Hutchings et al., 1996), chronic coughs (Bryant, 1966) and to treat malaria (Watt and Breyer-Brandwijk 1962), leaves are chewed for gall sickness and for fevers in cattle (Hutchings et al., 1996), and roots are used in emetics for dropsy of lower limbs (Hutchings et al., 1996). Infusions are used against coughs, respiratory problems and dropsy, as an emetic to clear phlegm (Walker, 1996). The Zulu also chew the leaf for dengue fever (Walker, 1996). The leaves of this plant are used by the people of Mputaland to treat coughs, fever, sore throat, runny nose, chest pains, headache, shortness of breath, chills, sleepless night and tiredness (York et al., 2011). This plant is used in treating respiratory problems (York et al., 2012).

Other uses: In some areas of Southern Africa, unspecified parts are used for diarrhoea and haemoptysis (Watt and Breyer-Brandwijk, 1962).

329*. Tetragonia tetragonioides* (Pall.) Kuntze (Aizoaceae)

Ibohlololo elimhlophe*, *Imfino, I spinach sehlathi, Isipinashi somgwaqo, U two minutes

[0.03] [0.03] P281

No names found in literature

Uses at Amandawe: The leaves are used to treat inflammation. It is not clear whether it is administered as a compressor as poultice (MAMBA).

Uses in the literature: none found.

Zulu uses: This plant is probably eaten or has some use by the Zulu people of KwaZulu-Natal (Fox and Norwood Young, 1982; Van Wyk and Gericke, 2000).

Other uses: No use record found in literature.

330. *Thunbergia atriplicifolia* E. Mey. ex Nees (Acanthaceae)

(Umatshinguphondo)*, *Isiphondo*, *(Umhlonishwa)

[0.25] [0.35] P282

Isiphondo[4, 6,10,22,23]*, Isiphondo esincane*[1]

Uses at Amandawe: The infusion made from this plant is administered as an enema to treat a babies sickness called *uphondo* which is described the fontanel depression (MYS); This plant is used medicinally for an unspecified ailment (it is administered by steaming and as an emetic ZNK), (it is administered as an emetic BMKH); **This plant is used to treat children sicknesses experienced during teething (the infusion is administered orally and as an enema BKHW, NOMV, TNGW, crushed leaves are rubbed on the gums ZNGD); The infusion of the plant parts is administered as an enema to stop diarrhoea in babies (DSHA); This plant is used to treat a sickness called *inyoni* in babies (DSHA, BKHW, MAKAS, MSANI one of the symptoms of this ailment is the inflammation on the pallet of the mouth an under the tongue MSANI).**

Uses in the literature: Arnold et al., 2002.

Zulu uses: It is used as a hair wash (Watt and Breyer-Brandwijk, 1962; Walker, 1996). A leaf infusion mixed with other species of this genus is given to newborn babies as an enema to treat ciperse a skin disease (Walker, 1996). Pounded leaf infusions are administered as ritual cleansing enemas to newly born infants (Hulme, 1954). Parts of this plant are used as soap (Doke and Vilakazi, 1972).

Other uses: This plant is used in traditional medicine as a love portion (Batten and Bokelmann, 1966; Walker, 1996; Pooley, 2006) and the green fruit is used as a hair wash (Pooley, 2006).

331. *Thunbergia natalensis* Hook. (Acanthaceae)

Umakhweyana, (Matshinguphondo), Umgunya

Not in the matrix P427

Isiphondo esikhulu[1, 3]*, isiPondo* [23]*, Unohlonoshwayo*[1, 3, 4,6,22]

Uses at Amandawe: This plant is used to help raise depressed fontanels in babies, it is administered as an enema (MYS).

Uses in the literature: none found.

Zulu uses: Root infusions are taken as emetics by brides, usually on the wedding day, to ensure happy marriage (Hulme, 1954).

Other uses: It is used as a charm to ensure happy marriage (Pooley, 2006).

332. *Tithonia diversifolia* (Hemsl.) A.Gray (Asteraceae)

Ugudlumngeni, Ugudlumfula, Umanthsoboza

Not in the matrix P428

Umwelele kweliphesheya[6]

Uses at Amandawe: Unspecified plant parts are used to treat stomach cramps (warm infusion JZ, GNGCOBO, ANON, NOMV); This plant used to treat a common sickness in babies called *isela* (ANON); A cold leaf infusion is taken orally to treat food poisoning (NTAKA).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

333. *Tradescantia pallida* (Rose) D.R Hunt (Commelinaceae)

Idangabane elibovu

Not in the matrix P429

No names found in literature

Uses at Amandawe: The fresh leaves are used to treat burn wounds, they are probably crushed and applied directly onto the affected area (NTAKA).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

334. *Tragia glabrata* var. *hispida* Radcl.-Sm. (Euphorbiaceae)

Imbabazane, ***Imbati, Imbati yehlathi, Imbati enkulu, Imbati yentaba****,* ***Imvabazane***

[0.08] [0.08] P283

Imbabazane[3]

Uses at Amandawe: Cooked leaves are mixed with cow dung and applied onto a body of a baby with body rash (MSANI); The roots of this plant is used to treat allergy symptoms, it is administered as a hot tonic and as *isincindo* made from a dried, pounded and charred root on a metal plate (PHEW); This plant is used medicinally for an unspecified ailment (SHEZ).

Uses in the literature: none found.

Zulu uses: No use record found in literature.

Other uses: No use record found in literature.

335. *Trema orientalis* (L.) Blume (Ulmaceae)

Ubhatini

[0.26] [0.24] P284

Ifamu[2,6,10,20,23]*, (iFamu*[2,220, 23]*), Iphubane*[2,6,20,22,23]*, (iPhubane*[20,23]*), (isiKhwelamfene*[20,23]*), Isikhwelamfene*[2,6,10,20,22,23] *, Isiphubane*[10]*, Ubathini*[6,20,22,23]*, (uBathini*[20,22]*), (Ubatini*[23,28]*),*

Ubhatini[2,10,23], Ufatekamati[10,22], uBhokhangabokhanga[20,22], Umbengebenge [18], Umbhantini[10,22], Umbengele [18, 23], Umcabakazane[2,6,10,20,22,23], (Umcebekhazana[2,6,23]), (Umcebagazane [23]), (uMcebekhazana[20,22]), Umdindwa[2,6,10,20,22,23], (umDindwa[20,22]) Umdindwa[10,23], Umbhangabhanga[2,6,10,18,22,23,28], Umbhengabhenga[22], Umbokhangabikhanga[2,6,10], Umbhongabhonga[22], (Umsekemseke[2,6,18,22]), Umpangazi [23], Upengapenga [23], Umsekeseke[2,6,10,18,22,23], (umVangazi[20,23]), Umvangazi[2,6,20,22,23]

Uses at Amandawe: This plant is used medicinally for an unspecified ailment (SHEZ, MYS); **The bark is used to empty the overflowing gall or gall sicknesses (PUNCH); The bark decoction is used as a tonic for cleansing the body systems, it is administered by steaming and as an emetic (BMKH, MSANI); The bark decoction administered as an emetic to get rid of *idliso,* which is ejected through the mouth (CHNDL); This plant is used to treat lice infestation (DSHA); Together with *Bridelia micrantha,* it is used to treat *iphika* which is described as the shortness of breath (ZNGD); This plant is used to treat coughs (ZADL); A tonic made from the bark is administered as a hot drink for a couple of days to treat a painful chest and other various chest problems (DLAMINI).**

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Ayensu, 1978; Jenkins, 1987; Akendengue, 1992; Rasoanaivo et al. 1992; Hutchings et al., 1996; Boon, 2010; Adnortey et al., 2015.

Zulu uses: Roots are used as an ingredient in a traditional medicine, which is taken as an emetic (Hutchings et al., 1996). Leaves are eaten as spinach by the Zulu people (Palmer and Pitman, 1972a).

Other uses: Leaves are eaten as spinach (Boon, 2010). Bark is used as an inhalant for chest disease in Guinea (Ayensu, 1978).

336. *Trichilia dregeana* Sond. (Meliaceae)

Igxolo, Umkhuhlu

[0.76] [1.05] P285

(Ixolo[6,10,22]), Igxolo[6,10,22,28], Umagudla[23], Umkhuhlu[2,6,10,18,20,22,23], (umKhuhlu[20,23]), umfuhla[6] (Umkhfuhla[6]), Umathunzini[2,6,10,18,22,23]

Uses at Amandawe: A bark decoction is used to treat the backache and lower back problems, whereby it is administered as an enema (ZNK, JHLO, MRMAD, SGAM, TMSO, PHEW, JZ, JB, PB, PUNCH, MACEL, MAMDUMA, DSHA, KV, ZNGD, BKHWL, SHEZ, DLAMINI, BMKH, BMHL, CHNDL, NOMV, MBUT, MBUTHO, ZADL, (it is used with the alarm stone DZA), (it can be fatal if the decoction or infusion is too strong REVDUM, JZ); **The bark decoction is used as tonic known as *imbiza yokuziklina*, it is administered as an enema. It cleanses the back and lower back drawing out waste which includes bad blood, after which a person feels refreshed, light and invigorated (DLAMINI, MSANI, SHEZ); The bark is used to treat a baby sickness called *inyoni* (MSANI, the bark is mixed with milk and the bark of *isithobothi* PB); Unspecified plant part is used to treat toothache (BMKHA);** The bark is used medicinally and administered as an emetic (MUN, KV); **A bark decoction is used to**

treat *isilonda sesela* (MAMBA); A bark decoction is used as *umuthi obovu* and administered by steaming (MAMDUMA).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Coates Palgrave, 1981; Cunningham, 1988; Pooley, 1993 Boon, 2010; De Wet, 2012; De Wet et al., 2012.

Zulu uses: Unspecified plant parts are used for stomach complaints and backache (Coates Palgrave, 1981). Unspecified medicinal usage of the bark and other parts of the plant (Cunningham, 1988; Watt and Breyer-Brandwijk, 1962). Powdered root and bark of an unidentified *Trichilia* species is rubbed into the incisions on a breast of a woman secreting too much milk (Watt and Breyer-Brandwijk, 1962). Bark or leaf infusion is used for sore back, heat pains in the back, for lumbago and for rectal ulceration in children (Watt and Breyer-Brandwijk, 1962). People in Maputaland use the leaves to treat sexually transmitted diseases (De Wet, 2012), syphilis (De Wet et al., 2012).

Other uses: Unspecified plant parts are used as fish poison. The wood is the most important source of timber for carving in southern Africa (Van Wyk and Gericke, 2000). Fruits are eaten by people and also produce oil used for soap making (Boon, 2010). Seed, oil, bark, leaves, root used medicinally (Boon, 2010). Timber is used for furniture, implements, carvings also used to repair ships in Durban in the 1800s (Boon, 2010). Cooking oil is extracted from the seeds (Palmer and Pitman, 1972a).

337*.* *Trimeria grandifolia* (Hochst.) Warb. (Salicaceae)

Idlebe lendlovu, ***Ilukuluku***

[0.11] [0.11] P286

Idlebe lendlovu[2, 10, 18, 20,22,23,25]*, (iDlebelendlovu*[20, 23]*), (Idlebeyendlovu*[22]*), Igqabile*[10, 22]

Uses at Amandawe: The bark and twigs are used in the preparation of *ubulawu* and *umuthi omhlophe* (JB, MSANI); This plant is used as a sedative to calm patients so that they can be treated medicinally (MYS); Unspecified plant parts are used to treat a baby's sickness called *inyoni* babies and it is administered as an enema (NOMV).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley, 2013.

Zulu uses: It is used as an ingredient in preparations for abdominal problems (Watt and Breyer-Brandwijk, 1962).

Other uses: Timber is used in the making of yokes (Watt and Breyer-Brandwijk, 1962). Bark and wood strips are used to make twine and beer strainers (Cunningham and Terry, 2006).

338. *Triumfetta pilosa* Roth (Malvaceae)

Intabane*, *Ugwababa, Uxhaphozi, *Uvemvane,* ***Uvemvane olukhulu***

[0.20] [0.30] P287

Uvemvane[1, 6, 10, 22]

Uses at Amandawe: [This plant is used medicinally for an unspecified ailment (ZNK, BMHL, DLAMINI, SHEZ)]; In the event of treating scabies, crushed leaves are rubbed directly onto the body with (MSANI); The leaves are mixed with the leaves of *Bidens pilosa* and paraffin to treat or to get rid of the lice infestation (NDU); This plant it is used to treat eye infections. The infusion of the leaves and the water is squeezed and the extract is released as drops into the infected eyes (JB); The leaves are used to treat heartburn (REVDUM, MBUTHO).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Walker, 1996; Pooley, 2006.

Zulu uses: The twigs and leaves are used for washing and treating hair (Watt and Breyer-Brandwijk 1962; Hutchings et al., 1996; Walker, 1996, Pooley, 2006) and the stems are used in twining (Pooley, 2006).

Other uses: No use record found in literature.

339. *Tulbaghia violacea* Harv. (Alliaceae)

Itsweli lezinyoka, ***Isivimbampunzi, ishalati lezinyoka, Itsweli***

[0.51] [0.19] P288

Ishaqa[11], Isenene[10], Isihaka[10, 22], Isikhwa [17], Isikwa [17], Itsweli lenyoka[6], (Sishaka[10])

Uses at Amandawe: This plant is used medicinally (SHEZ MGOZ administered as an enema); **Whole plant is used in *ukuphumputhalukuphuphutha* (MSANI); An infusion made from the whole plant is administered as an enema and orally to treat coughs (JB); This plant is used to treat flu (ZNGD); This plant is used to lower the high blood pressure (BP, NOMV).**

Uses in the literature: Hulme, 1954; Watt and Breyer-Brandwijk; 1962; Batten and Bokelmann, 1966; Burton, 1990; Hutchings et al., 1996; Hutchings et al., 1996; Van Wyk and Gericke, 2000; Arnold et al., 2002; Van Wyk et al., 2009.

Zulu uses: Zulu people of Kwa *Nongoma* eat both the flowers and the leaves as spinach (Fox and Norwood Young, 1982). It is planted in the yard to keep snakes away (Watt and Breyer-Brandwijk, 1962). Tuber infusions are taken as love charm emetics. Pounded tuber decoctions are administered as enemas for stomach ailments (Hulme, 1954). The leaves and flowers are eaten as spinach, the green parts are used as a hot condiment with meat and the bulb is used medicinally (Watt and Breyer-Brandwijk, 1962).

Other uses: It is used to treat fever, asthma and constipation (Van Wyk and Gericke, 2000). Leaves are rubbed on the face to treat sinus, headache and the infusion is used for colic, wind and restlessness in young children (Batten and Bokelmann, 1966). The leaves are cooked and eaten by the Swazi people (Fox and Norwood Young, 1982).

340. *Turraea floribunda* Hochst. (Meliaceae)

Isifithi sezangoma, Ifidi lezangoma, *Umadlozane*

Not in the matrix P289

Ikhambi lomsinga[22], *Inkunzane*[22], *Inkunzi*[22], *Ubhugulo*[22], *Ubhukulo, Umadlozane*[1, 20, 22, 23], *Umbovane*[22], *Umlulama*[22], *umLulama-omcane*[20], *Umhlatholana*[22], *Uvuma*[22, 23]

Uses at Amandawe: Unspecified plant parts are used medicinally and administered as an emetic (PHEW).

Uses in the literature: Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Bryant, 1966; Pujol, 1990.

Zulu uses: Bark mixture is taken as an emetic against dreams that are believed to indicate a weak heart (Bryant, 1966). Parts of the plant are used in mixtures used to strengthen people who have lost a family member (Gerstner, 1941). Roots are used by the diviners probably to sharpen their divining powers (Hutchings et al., 1996). Root infusions are used to treat dropsy, heart problems and rheumatism (Watt and Breyer-Brandwijk, 1962). Root decoctions treat swollen and painful joints (Pujol, 1990).

Other uses: No use record found in literature.

341*. Typha capensis* (Rohrb.) N.E.Br. (Typhaceae)

Ibhuma, ***Imbombo***

[0.24] [0.35] P290

Ibhuma[1, 3,4,10,11,14,22]*, (Ibuma*[1]*)*

Uses at Amandawe: The root decoction is used to treat a condition called *umzimba omubi* which is an outbreak of body sores (JB, it is administered as a bath and as a drink REVDUM, it is administered as a tonic taken orally PHEW); A root mixture is administered as a drink to stops excessive menstruation in women (BKHW); A mixture made from the rhizomes prepares and enables the womb to conceive (BKHW); A tonic made from the roots decoction is taken orally to ensure easy childbirth (BMHL); **A rhizome decoction is administered as a tonic to strengthen and cleanse the body systems, more especially for blood purification (MBUTHO, PB, ZADL); Unspecified parts of the plant are used to heal umbilical cord (REVDUM); This plant is used to treat an ear infection especially an ear that is dripping of pus (REVDUM);** The rhizomes are used to treat a venereal disease called *ukubhajwa* (DLAMINI).

Uses in the literature: Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Pujol, 1990; Roberts, 1990; Hutchings et al., 1996; Walker, 1996; Hutchings.et al., 1996; Van Wyk and Gericke, 2000; Pooley, 2006; Van Wyk et al., 2009.

Zulu uses: Root decoctions are used for venereal problems (Pujol, 1990; Watt and Breyer-Brandwijk, 1962, Walker, 1996). Rhizomes are used in facilitating easy childbirth (Gerstner, 1941) and to clean fallopian tubes improving chances of conceiving in women (Pujol, 1990). It is used to remove the afterbirth in humans and animals (Roberts, 1990). The Zulus use the rhizome to treat the circulation problem that affects the genitals (Pujol, 1990).

Other uses: The woolly inflorescence is used by the Tshwana to staunch bleeding wounds and also as an absorbent pad during menstruation by various groups in southern

Africa (Roberts, 1990). Leaves are used make mats (Cunningham and Terry, 2006). The roots are edible (Story, 1958).

342. *Uvaria caffra* E. Mey. ex Sond. (Annonaceae)

Umalizwende, *Umazwenda*, ***Unozende***

[0.03] [0.05] P291

iDwaba[20], Inkonjane[2, 22] Umazwenda[2, 23], uMalizwenda-omnyama[20, 22], uMaluvumba[26], umazwenda omnyama[2], Umazwenda omhlophe[22]

Uses at Amandawe: Unspecified plant parts are an ingredient in the preparation of *umuthi omhlophe* (ANON); This plant is used to treat a form of hysteria that is referred to as *ukuhlanya kwezizwe* not schizophrenia (REVDUM); The roots of this climber are used together with *umayime Haemanthus albiflos* to treat hysteria, probably as a sedative (REVDUM).

Uses in the literature: Cunningham, 1988; Mabogo, 1990.

Zulu uses: The roots are used as a love charm emetic (Corrigan et al., 2010). Stems are used in traditional medicine (Cunningham, 1988).

Other uses: The Venda people use the roots treat coughs (Mabogo, 1990).

343. *Vachellia karroo* (Hayne) Banfi & Galasso (Fabaceae)

Ingamazi, Ingamazi elincane, *Umunga* ***Umantungane****,* ***Usidlodlo***

[0.19] [0.14] P292

Isikhombe[6,22, 28], isiNga[26], U(lu)Faba[22], U(lu)Gagu[22], Umfaba[10], Umgagu[10], Umkhombe[10], Umunga[2,6,10,11,17,18,20, 22,26,28]

Uses at Amandawe: The bark decoction is administered as an emetic and as an enema to treat dysentery (JZ, BKHW); The spines of this tree are used in a mixture prepared to treat sharp internal body pains (DLAMINI); The spines of this tree are used in medicinal mixtures prepared to treat undisclosed ailment (ZADL).

Uses in the literature: Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996; Smith, 1996; Grace et al., 2003; Van Wyk et al., 2008; Van Wyk et al., 2009; Boon, 2010; Moffett, 2010.

Zulu uses: Zulu people use bark decoctions as an emetic to get rid of any ailments believed to be caused by witchcraft (Watt and Breyer-Brandwijk, 1962). A stringent medicine is made from the bark (Gerstner, 1941). Gum from the tree is edible (Fox and Norwood Young, 1982). Bark mixture is sprinkled as a snake repellent (Corrigan et al., 2010).

Other uses: Exude which forms gum is used in cooking as sugar (Watt and Breyer-Brandwijk, 1962). Stems are used as twine and the bark for dye (Cunningham and Terry, 2006). The tree produces edible gum, seeds as coffee substitute (Watt and Breyer-Brandwijk, 1962).

344. *Vachellia natalitia* (E.Mey.) & Kyal. & Boatwr**.** (Fabaceae)

Isambulela, Isingqawe, Isinqawe, *Umnqawe*

[0.03] [0.03] P293

Isishoba[22], Umnqawe[2, 10]

Uses at Amandawe: The tree spines are used in treating sharp internal body pains "*izibhobo"* (MADLAMINI).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Van Wyk et al., 2008; Boon, 2010.

Zulu uses: Bark decoctions are taken for dry coughs and are reported to loosen phlegm (Watt and Breyer-Brandwijk, 1962).

Other uses: The pod case is used for tanning (Watt and Breyer-Brandwijk, 1962). The root is used by the Tonga to treat tuberculosis. The pods give bright shades of brown (Van Wyk and Gericke, 2000). Gum is edible and makes good glue (Boon, 2010). Barks and pods have a high tannin content Boon (2010). Pods produce yellow and red dye depending on the age of the pods (Boon, 2010). Timber is used for furniture poles and fuel (Boon, 2010). Bark, leaves and roots are used medicinally, mainly for respiratory complaints (Boon, 2010). Spines are used to remove thorns, for sewing and for ear piercing (Boon, 2010).

345. *Vachellia nilotica* (L.) P.J.H. Hurter & Mabb. subsp. *kraussiana* (Benth) Kyal. & Boatwr. (Fabaceae)

Isingqawe, Isinqawe, Umunga;

[0.03] [0.03] P294

Isishoba[10], Ubobe[6], Ubombe[6], (Umqawe[6]), Umnqawe[2, 6, 22], (UmNqawe[22])

Uses at Amandawe: The tree spines are somehow involved in treating sharp internal body pains *izibhobo* (MYS).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Kokwaro, 1976; Sawney et.al 1978.

Zulu uses: Bark decoctions are taken for dry coughs and are reported to loosen phlegm (Watt and Breyer-Brandwijk, 1962).

Other uses: The flower has been used to induce menstruation, the flower as an ointment and the fruit as a remedy for diarrhoea and gynaecological conditions (Watt and Breyer-Brandwijk, 1962). The wood is used in treating smallpox in the African Italian colonies (Watt and Breyer-Brandwijk, 1962).

346. *Vachellia sieberiana* (DC.) Kyal. & Boatwr. var. *woodii* (Burtt Davy) Kyal. & Boatwr. (Fabaceae)

Isinqawe esimhlophe**, Umkhamba, **Uselephe

[0.11] [0.11] P295

Likhiya[28], Umkhamba[2,3,6,10,18,20, 22], Umkhambathi [2,6,10,22, 28], (Umkhambati[6]), Umkhaya[3,10, 22,28]

Uses at Amandawe: Part(s) of this tree probably the bark is used medicinally for an undisclosed ailment (SHEZ); **Part(s) of this tree is an ingredient in the preparation of *umuthi obovu* (MBUTHO); Leaves of this tree are used in treating sharp internal body pains (DLAMINI); The bark decoction is administered as a tonic to lower the high blood pressure (PB).**

Uses in the literature: Gelfand et al., 1985; Kokwaro, 1976; Ayensu, 1978; Watt and Breyer-Brandwijk, 1962.

Zulu uses: Bark infusions are administered as enemas for back pains (Watt and Breyer-Brandwijk, 1962). Women also use bark infusion for chafing the genital area (Watt and Breyer-Brandwijk, 1962).

Other uses: Pods are used to produce brown dye which is used dye certain craft products (Cunningham and Terry, 2006).

347. *Vangueria infausta* Burch. (Rubiaceae)

Amaviyo, Umtulwa

[0.19] [0.27] P297

Amatulwa [17], (iDulumuthwa[23]), Isantuluntshwana[22], Isidulumuthwa[22,23], Inkabayomntwana[22], (Imiviyo [17]), (Iviyo [17]), Umfilwa[22], Umsunuwengane[22], (Umthulwa[2,8,18]), (umThulwa[20]), Umtulwa [2,8,17,18,20,22], Umkhandlu[10], Umhlambamanzi[10], (Umvili[2]), Umvili[2,6,20,22], (umVili[20,22]), Umvilo[15] Umviyo[2,6,15,17,18,20,22,23,24,26], (Umviyo[6,15,17,18]), (umViyo[20,22,23])

Uses at Amandawe: The roots are used medicinally (DZA); **This plant is used in treating a venereal diseases called *ukubhajwa* and cauliflower (DLAMINI); The leaves are used in stopping excessive menstruation (NOMV, MSANI, the leaf infusion is administered as an emetic, and the back wash is ejected into a hole dug on the ground MAKAS, in addition to that a leaf is used in wiping the vagina PUNCH); This plant is used to treat internal side pains called *amahlaba* in babies (NOMV);** The bark is used to stop diarrhoea (ZNGD); **Unspecified parts of this plant used together with the roots of *Grewia occidentalis*, is used to hasten maturity in young girls (REVDUM).**

CAUTION: (The fruit should never be eaten or the leaves used as toilet paper before a sexual intercourse because this may lead to impotence or a low sperm production in men ZADL).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Arnold and Gulumian, 1984; Gelfand et al., 1985; Hedberg and Staugard, 1989; Mabogo, 1990; De Wet et al., 2010; De Wet et al., 2016.

Zulu uses: Roots and leaves are used against malaria and chest complaints (Pooley, 1993). Decoctions are sometimes taken as aphrodisiacs (Hutchings et al., 1996). Root and bark are used to treat diarrhoea (De Wet et al., 2010). The Zulu people in some parts of KwaZulu-Natal including those from Ingwavuma eat the ripe fruits (Wehemeyer, 1976). Ripe fruits are eaten and also used to make an edible dish called *amasi* (Corrigan et al., 2010). This plant is used in treating hypertension by the people of Maputaland (De Wet et al., 2016).

Other uses: Vhavhenda use the root bark mixture to enhance fertility in women and the sticks are used as protective charm for the homestead (Mabogo, 1990). In Botswana, the root decoction is taken for a strong heartbeat in adults and children (Hedberg and Staugard, 1989).

348. *Vangueria lasiantha* (Sond.) Sond. (Rubiaceae)

Umviyo*, *Amatulwa ehlathi, Umtulwabathwa*, *Umviyo wehlathi

Not in the matrix P298, *Mhlongo 7*

(iDulumuthwa[23]), Isibangabulonga[6,22], Isipilogojwane[2,6], Isithobe[2,6,22], Udulamuthwa[22,26], Umpilogojwana[22], Umtulu[2,6,22], Umtulwa[2,22], Umvilotshwana[6,22] Umviyoshwane[2,22,26], (umViyothojane[26])

Uses at Amandawe: Unspecified parts are used as *umuthi omhlophe* (SIZWE).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Hutchings, 1996.

Zulu uses: Leaves are dried, powdered and used against diarrhoea and dysentery (Watt and Breyer-Brandwijk, 1962; Hutchings, 1996). The Zulu people of KwaNibela eat the fruit (Corrigan et.al. 2010).

349. *Vepris lanceolata* G. Don; (Rutaceae)

Umzane, Umozane

Not in the matrix P431

Isutha[6, 19, 23], iSutha[20, 23], Ubekenyakatho[6, 19], Umozane[6, 19, 22], Umzane[6, 19, 20], umZane[20]

Uses at Amandawe: The dried and powdered bark is used in treating snakebite where it is administered by licking the powdered bark (MRGUMEDE).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Gurib-Fakim et al., 1993.

Zulu uses: Parts of the tree are used as a protective charm against *umkhovu, which* is sorcery-associated spirits (Gerstner, 1938). Roots are used against colic and influenza (Watt and Breyer-Brandwijk, 1962).

Other uses: In the Transkei the leaves are burnt to drive away bad spirits, while fruits are used as an adulterant or a substitute for cubes (Watt and Breyer-Brandwijk, 1962). In Mauritius, it is used as an astringent and to treat amenorrhoea (Gurib-Fakim et al., 1993).

350. *Vitellariopsis marginata* (N.E.Br.) Aubrév. (Sapotaceae)

Umphumbulu

Not in the matrix P431

Amasethole[6], uMasethole[6, 20, 22], Umnqambomabele[6, 20, 22], (umNqambomabele[20]), Umphumbulu[6]

Uses at Amandawe: Unspecified plant parts are used to treat impotence in men (CHNDL); **The roots are used in treating a sickness called *isela* (MRGUMEDE).**

Uses in the literature: Pujol, 1990; Hutchings et al., 1996.

Zulu uses: Roots are used in treating indigestion and blood poisoning (Pujol, 1990). Roots and leaves are used to purify blood, give strength and as sex stimulants (Hutchings et al., 1996). Roots infusion is taken as a tonic to treat *idliso* (Hutchings et al., 1996).

Other uses: No use record found in literature.

351. *Voacanga thouarsii* Roem. & Schult. (Apocynaceae)

Ihlala laselwandle, Isende lenja**, Inomfi, **Uthangana

[0.03] [0.05] P301

Inomfi[2,4,17], Umfomamasi[22], Umkhahla[23], Umkhandlu[2,10,22], umKhandlu[20,22], Unokhahlu[22], Umhahlu[17], Umhlambamanzi[2,10], (umHlambamas [23]), Inomfe[3], (Indlabayoi[3])

Uses at Amandawe: This plant is used to cure witchcraft-inflicted ailments better known as *amalumbo* (ZNK); Charred plant parts of this tree are used to treat blood clots especially when a person is injured. Powdered plant material is administered by inhaling through the nostrils (REVDUM).

Uses in the literature: Arnold et al., 2002.

Zulu uses: No use record found in literature.

Other uses: The Shambala use the plant latex to make birdlime (Watt and Breyer-Brandwijk, 1962). Seeds are an important staple food (Pooley, 2006). Tubers on roots are edible as well as the leaves eaten as spinach (Pooley, 2006). It is used traditionally to treat fever and as a love charm (Pooley, 2006). Fruits are eaten by people and sap used for birdlime, poles used for hut building (Boon, 2010).

352. *Watsonia densiflora* Baker (Iridaceae)

***Isqunga sikatikoloshe, Ufayibe wehlathi, Umasina,** Umlunge*

[0.11] [0.08] P302

Ikwaciba[22], Imbimbithwa[10,22], Incembuzane[1], Intshumo[1,4,6,10], Intshumu[22], Isidwa[1,6,10,22], Umlunge[1,4,6,10,22]

Uses at Amandawe: The leaves and the corm are used to treat back problems (REVDUM, MBUTHO); This plant is used for an undisclosed medicinal ailment (SHEZ).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Pooley 1996.

Zulu uses: The hollow flower stalk is used by dagga smokers in a competition of making artistic smoke-filled (Walker, 1990). Corms are used to treat diarrhoea and are also placed in seed-gourd as fertility charms to ensure good harvest (Gerstner, 1941). Flower stalks are used for smoking dagga (Hulme, 1954).

Other uses: Used by the Southern Sotho people to treat diarrhoea in the calf (Watt and Breyer-Brandwijk, 1962). Corms are edible (Pooley, 2005).

353*. Withania somnifera* (L.) Dunal (Solanaceae)

Impathampatha, ***Ubuvimba, Ubuvumba,*** **(*Undukuzempi, Unginakile*)**

[0.16] [0.14] P303

(Ibuvimba[6,10]), Impathampatha[1,3], Ubulibazi[10,22,24], Umaqhunsula[10,22], Ubuvimbo[6,10,22], Ubuvimba[1,3,11,6,10,22,23, 24], Umqhunsula[1,3,6], (Uvimbokhulu[10,22])

Uses at Amandawe: This plant is an ingredient in the preparation of *umuthi obovu* (MYS); A hot leaf infusion is used to treat inflammation (TMSO); This plant is used to treat head sores (SHEZ); **Unspecified plant parts are used as a protective charm (PHEW, MSANI); The water infused with leaves are used to wash a baby that has been delivered quite so that it cries, this is probably based on a certain belief that a baby on delivery should cry (DLAMINI);** This plant is used medicinally (SHEZ).

Uses in the literature: Gerstner, 1941; Watt and Breyer-Brandwijk, 1962; Watt, 1967; Pujol, 1990; Iwu, 1993; Hutchings and Van Staden, 1994; Bruneton, 1995; Hutchings et al., 1996; Hutchings.et al., 1996; Pooley, 2005; Van Wyk and Gericke, 2000; Van Wyk et al., 2009; Nciki et al., 2016.

Zulu uses: A root decoction is used to treat fever in infants and the infusion of with *Pentanasia variabilis* treats gangrenous rectitis and syphilis (Watt and Breyer-Brandwijk, 1962). Roots are used for gangrenous rectitis and syphilis (Bryant, 1966). The leaves are used to heal sores (Hutchings et al., 1996). Powdered roots, mixed with the fat of a python or a crocodile, are also used as ointment for infected sores and abscesses (Pujol, 1990). Unspecified parts are used to stimulate milk production in cows (Gerstner, 1941). The people of Maputaland use the roots to treat shingles (Nciki et al., 2016).

Other uses: This plant is used to tone the uterus in women who habitually miscarry (Watt and Breyer-Brandwijk, 1962). Pedi and Xhosa people use the plant to treat anthrax-affected meat (Watt and Breyer-Brandwijk, 1962). The leaf juice is used by the Masai to treat pink eyes and conjunctivitis (Watt and Breyer-Brandwijk, 1962).

354. *Ximenia caffra* Sond. (Olacaceae)

Umthunduluka

[0.11] [0.54] P304

Amatimbolubi [17], Amanumbilo [17], Amathunduluka[6,17], Umalala[10], Umanumbhalo[10], Umatimdobulu[10,23], Umanumbalo[23], Umalala[22], Umatimdolubu[22], Umgwenya[6,10,22,23],

(UmGwenye[23]), Umkolotshane [17], Umkholotshwana[2], Umthunduluka [6,10,13,15,17, 20,22,23,26], (umThunduluka [20,23]), Umthunduluka obomvu[10,20,22], (umThunduluka-obomvu[20]), (Umthunduluka [6,10,13,22]), Umthunduluka-omncane[6]

Uses at Amandawe: This plant is an ingredient in mixtures prepared to ease childbirth (ZNGD); The roots are used in treating chests complaints and clearing the chest, it is administered as an emetic (BKHW); The bark is used is used to empty the overflowing gall or to treat gall sicknesses (JZ); The roots and the bark are used as a tonic for cleansing the body systems and to purify the blood (NOMV, administered as an emetic-root is can be used alone BKHW).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Cunningham, 1988; Hedberg and Staugard, 1989; Bossard, 1993; Hutchings et al., 1996; Van Wyk and Gericke, 2000; De Wet, 2012; De Wet et al., 2012; Nciki et al., 2016.

Zulu uses: Oil from the seed kernel is used to soften the leather skirts and cold leaf infusions are applied to inflamed eyes (Watt and Breyer-Brandwijk (1962). Roots are used as traditional medicine for unspecified purpose (Cunningham, 1988). Ripe fruits are eaten by the Zulu people and the juice is sometimes mixed with kaffir corn meal to make sour porridge (Fox and Norwood Young, 1982). The fruits are eaten by the Zulu people of KwaNibela (Corrigan et al., 2010). The roots are used to treat sexually transmitted diseases (De Wet, 2012), gonorrhoea (De Wet et al., 2012), while the twigs treat sores (Nciki et al., 2016).

Other uses: Plant decoction is used by the Kgatla during cattle fertility rite (Watt and Breyer-Brandwijk, 1962). It is used by the Venda people to treat bleeding mouth and nose by smoking the powdered root together with horn shavings using a maize-cob pipe (Watt and Breyer-Brandwijk, 1962). Ndebele people use the powdered root with cow dung as floor polish, which serves as a protective charm against witches (Watt and Breyer-Brandwijk, 1962). Bushmen, Barotse and Kwangali people eat the fruit and sometimes swallow the pips (Tanaka, 1976).

355. *Xysmalobium undulatum* (L.) W.T.Aiton (Apocynaceae)

*Ishongwe, **Indonya***

[0.19] [0.22] P305

Ishinga[6, 22, 25], Ishongwe [1, 17, 25], Ishongwe elimpofu[6], Ishongwe elincane[6]

Uses at Amandawe: Unspecified parts are used to treat inflammation (SHEZ, MYS); This plant is used as *umuthi wamakhala*, probably as a sedative (MSANI); This plant is used in treating swollen, bloated and painful stomach (MYS); Unspecified plant parts are used for virility and other sexually related purposes by men (ZNGD), it is used to give men stamina during a sexual intercourse (ZADL); This plant is used to treat body sores (REVDUM); This plant is used as a tonic taken for strength and vigour (MBUTHO).

Uses in the literature: Hulme, 1954; Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Gelfand et al., 1985; Forbes, (ed.). 1986; Hutchings, 1989; Pujol, 1990; Roberts, 1990; Hutchings et al., 1996; Arnold et al., 2002; Van Wyk, 2008; Moffet, 2010.

Zulu uses: The stem infusion is used as an emetic against poisoning and powdered root is sprinkled on skins and hides to prevent dogs from gnawing them. (Watt and Breyer-Brandwijk, 1962). Root parts are used against headaches, dysentery, diarrhoea and stomach problems (Pujol, 1990; Roberts, 1990). Dried root pieces are chewed and spat as a protective charm against storms (Hulme, 1954). Tuber infusions are administered to dogs' mouths to make them keen hunters (Hutchings et al., 1996). Flowers are used against colic (Roberts, 1990). Cooked leaves are eaten by Zulu people from Nongoma (Fox and Norwood Young, 1982).

Other uses: The Xhosa people use this plant against headache and hysteria (Hutchings, 1989). The Xhosa people use it to treat colic, abdominal trouble, to prevent maggot infestation in (Watt and Breyer-Brandwijk, 1962). The Sotho people use it against colds (Hutchings et al., 1996). Sotho people use the roots as a vermifuge for children, decongestant, the leaves as potherb among other things (Moffet, 2010). The Nguni tribes and the Tswana use it to treat sores and wounds (Watt and Breyer-Brandwijk, 1962). In Zimbabwe it is used as an aphrodisiac and against uterine pain (Gelfand et al., 1985)

356. *Zantedeschia aethiopica* (L.) Spreng. (Araceae)

***Ingquthuyengane**, Intebe*

[0.05] [0.03] P306

(Idumbikanhloyile[10,22]), idumbelikahloyile[10,22], Ihlukwe[1,10,22,25], InJininka[10,13,22], Intebe[1,3,4,10,11,23,25], Untebe emhlophe[22]

Uses at Amandawe: Whole plant is used to treat inflammation (JB).

CAUTION: This plant is believed/known to attract lightning, therefore it should not be eaten in summer (SUKD, MYS, BKHW, MGOZ, MUNTU, ZIYALILE)

Uses in the literature: Pappe, 1857; Watt and Breyer-Brandwijk, 1962; Pujol, 1990; Pooley, 2005; Arnold et al., 2002; Rood, 2008.

Zulu uses: The young leaves are used as a vegetable or *imfino* by the Zulus (Walker, 1996) and the ripe berries are roasted and eaten as famine food (Gerstner, 1938). The Zulus use the leaves to treat insect bites and stings from bees (Pujol, 1990).

Other uses: The root is used by the Xhosa people to induce vomiting and to treat bladder disorders (Pujol, 1990). Xhosa people and South African Europeans use the fresh leaf to treat boils and sores and also insect bites (Watt and Breyer-Brandwijk, 1962). Leaves are said to give wool various shades of yellow (Van Wyk and Gericke, 2000).

357. *Zanthoxylum capense* (Thunb.) Harv. (Rutaceae)

***Umabelejongosi**, Umnungumabele*

[0.80] [1.11] P307

amaBele[26], Amabelentombi[2,6,10,22,28], Amabelezinthsingezi[2,6,10,22], Isimungumabele[6], Isinungwane[6], Umlungumabele[6,10,22] Umnungumabele[2,11,6,10,18,20,23],

(umNungumabele[20,23]), umNungwane[20], Umnungwane omncane[2,6,18,22], (Umnungwane omncane[22]), Unhlangothi[22]

Uses at Amandawe: The bark is used as *umuthi omhlophe,* which is administered by steaming (SGAM); The bark is used as a tonic called *imbiza* (MBUTHO); The bark is used as *umuthi obovu* (MAKAS, it is administered as an enema and as a hot tonic PHEW, MAKAS, ZNGD, it is administered as emetic PHEW); Unspecified plant parts are used to deworm humans (DSHA); The bark is used for teeth removal (SGAM, JHLO, PB, PUNCH, MAMBA, MADLA, TNGW, MYS, MADLAMINI, ZNK, CHINDL, ZCEL, MBUTHO, MSANI, JZ (powdered bark is mixed with water is gargled with MUN, JZ), (powdered bark is inserted into the tooth cavity PHEW, ZNGD, BMKH, DLAMINI); Powdered bark mixed with water is gargled with to remove the worm believed to cause pain in a painful and decaying tooth (stem bark is used REVDUM, root bark is used BMHL, BKHW; This plant is used to treat stomach cramps (SHEZ); **The bark is used to treat and remove warts, it is administered as an enema and as hot tonic (PHEW, ZADL, MAKAS); A powdered bark is used as to relieve body pains, it is administered by licking the powder followed by drinking water (REVDUM); The bark is used to treat boils. (Part of the bark is charred and applied onto the boil opening and the other part is cooked and administered as an enema ZNK), (Powdered bark is applied onto the boil, the bark is also boiled and administered as an emetic MYS); The root bark and the stem bark are used against the meat allergies, the powdered bark is taken orally with water or licked (ZNK); The bark is an ingredient in a tonic called *uzifozonke* taken as a drink to treat all ailments (TMSO).**

Uses in the literature: Gerstner, 1938; Watt and Breyer-Brandwijk, 1962; Watt, 1967; Boon, 1990; Pujol, 1990; Hutchings et al., 1996; Corrigan et al., 2010; Nciki et al., 2016.

Zulu uses: The bark together with thorns is used to treat *ibhande* and toothache (Corrigan et al., 2010). It is used for various diseases, which include influenza, colds, diseases of the gums, constipation of intestinal obstruction, kidney and blood cleansing (Pujol, 1990). The leaves are used in treating colds and influenza (Pujol, 1990), for gastric problems and intestinal parasites. Leaves are an ingredient in cold infusions used for stomach complaints and pleurisy (Hutchings et al., 1996). Root mixture is used for infertility, impotency, and for snakebite (Watt and Breyer-Brandwijk, 1962; Hutchings et al., 1996), sharp chest pains (Gerstner, 1938). Root bark decoction is taken orally for blood purification, to treat scrofula, toothache (Hutchings et al., 1996) and for chronic coughs (Watt and Breyer-Brandwijk, 1962; Bryant, 1966). Powdered bark is used to treat paralysed limbs and bark decoction treats the affected joints (Hutchings et al., 1996). The roots are used in treating new wounds by the people of Maputaland (Nciki et al., 2016).

Other uses: The amaMpondo people administer the bark decoction to cattle for gall sickness while the powdered root is taken orally for pimples and blood poisoning (Watt and Breyer-Brandwijk 1962). The AmaMpondo people use the powdered bark to treat toothache and to remove problematic tooth, while the Xhosa use the inner stem bark and the Zulu use powdered bark as well as the root bark for a similar purpose (Watt and Breyer-Brandwijk, 1962). Roots are used to produce yellow dye (Cunningham and Terry, 2006).

358. *Zanthoxylum davyi* Waterm. (Rutaceae)

Umnungumabele

[0.57] [0.86] P308

Isinungwane[6], Isimungumabele[6], Umlungumabele[2,6,10,22], Umnungwane omkhulu[2,10], Umnungwane[10,20,22], Umnungumabele omkhulu[2,6,22,28], Umnungumabele[2,9,10,22,28], umNungumabele[20]).

Uses at Amandawe: The bark is used as *umuthi obovu* (MAKAS); Unspecified part is used medicinally and administered as an emetic (PHEW); The bark is used as *umuthi omhlophe* administered by steaming (SGAM, ZNGD); The bark is an ingredient in a tonic called *uzifozonke* taken as a drink to treat all ailments (TMSO); The bark and the root bark are used to remove a troublesome tooth (SGAM, JHLO, MYS, ZNK, MUN, CHNDL, ZCEL, ZNGD, PHEW, PB, PUNCH, MAMBA, TNGW) (powdered bark is administered by gargling JZ), (powdered bark is inserted into the tooth cavity BMKH, PUNCH), (the root bark are used MADLAMINI, BMHL), (the bark is cooked with meat BKHW); The bark is used to treat boils. Part of the bark is charred and applied onto the boil opening and the other part is cooked and administered as an enema ZNK); The root bark and the stem bark are used against the meat allergies, it is not clear whether the powdered bark is licked before eating the meat or administered after (ZNK); This tree is believed to treat mumps in an unexplained use (SUKD, MUN, PHEW); This plant is used to treat stomach cramps (SHEZ)**; The bark is used to treat and remove warts (ZADL, it is administered as an enema and as hot tonic PHEW); This plant is used to deworm humans (DSHA).**

Uses in the literature: Boon, 2010; Cunningham, 1988; Mabogo, 1990; Hutchings et al., 1996; Ngwenya et al., 2004.

Zulu uses: Bark is used to treat severe coughs and colds (Watt and Breyer-Brandwijk, 1962). Roots are used in traditional medicines (Cunningham, 1988) and used as tonics for humans and animals (Hutchings et al., 1996). The roots powder relieves toothache (Ngwenya et al., 2004). Boiled root taken as a tonic to treat fits and the bark is used to treat *ilumbo* and *ugcusula* (Ngwenya et al., 2004).

Other uses: Vhavhenda use the leaves for chest pains, thorns for infected wounds, roots for sore throats, ulcers, venereal diseases, as an, the bark for snakebite, chronic coughs, boils, toothache and pleurisy (Mabogo, 1990).

359. *Ziziphus mucronata* Willd. (Rhamnaceae)

Umlahlankosi, Umphafa

[0.35] [0.14] P309

Isilahla[3,6,28] Isilahlankosi [18], Imbufa[10,22,23], (Imbhufa[22]), Umkhobonga[3], Umkhobolonga[3,6], Umpafa[6,10], Umlahlabantu[2,3,6,10,22], Umlahlankosi[2,3,11,10,17,18,20,22,23,26,28], (Umlalabantu[3,6]), (umLahlankosi[20]), Umphafa[2,3,6,17,18,20,23,24], (umPhafa [20,23,24])

Uses at Amandawe: Unspecified plant parts are used to treat sharp internal body pains (BKHW, DLAMINI, administered as an emetic JHLO, MUN, administered as an

emetic and by body steaming ZADL, TMBA, JZ, TMSO); Root bark is used as *umuthi obovu* (TMSO, PB); Crushed leaves are used to speed up the pus formation in boils or speed up boil ripening "*vuthiswa ithumba"* (SGAM, ZCEL, ZNGD, MBUTHO); Crushed leaves are used to treat sores (MSANI).

CAUTION: Timber should not be uses as firewood inside the hut (MAMDUMA); boys whose fathers are still alive should never make fighting sticks out of it (ZNK).

Uses in the literature: Watt and Breyer-Brandwijk, 1962; Doke and Vilakazi, 1972; Palmer and Pitman, 1972b; Mabogo, 1990; Boon, 2010; Cock and van Vuuren, 2013; Nciki et al., 2016.

Zulu uses: Powdered leaf and bark infusion is used as an emetic to treat chest complaints (Watt and Breyer-Brandwijk, 1962). Hot infusion is used for coughs (Watt and Breyer-Brandwijk, 1962). Hot bark infusion is used in to purify complexion by steaming (Palmer and Pitman, 1972b). Roots are used for toothache, scrofula while the leaf paste is used for boils and glandular swellings (Doke and Vilakazi, 1972; Palmer and Pitman, 1972b). Branches are used in moving the spirits of the ancestors (Corrigan et al., 2010), they are placed on the graves of chiefs and head of kraals after burial and fed to the cattle that evening so that the cattle will imbibe the spirit of their departed owner (Hutchings et al., 1996). The Zulu people use the fruit as a famine food (Fox and Norwood Young, 1982). The fruit is edible (Corrigan et al., 2010). The leaves are used by the people of Mputaland to treat boils (Nciki et al., 2016).

Other uses: Bechuanas use root infusion for dysentery, the Tongas swallow root juice for dysentery (Watt and Breyer-Brandwijk, 1962). The Xhosa people use it to treat tubercular glandular swelling and administered as a decoction for lumbago and scrofulous swelling (Smith, 1996). It is used in preparing porridge as well as coffee (Watt and Breyer-Brandwijk, 1962). The Vhavhenda use the leaves and roots for pains while the roots are used for infertility and purification (Mabogo, 1990). The Africans in Bechuanaland believes that it has magical protective powers against lightning (Watt and Breyer-Brandwijk, 1962). This plant is used by Swati for burial purposes, where a branch is used (Watt and Breyer-Brandwijk, 1962). Branches used for cattle kraals and in rituals to return the spirits of the dead (Boon, 2010).

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Appendix 2. Matrix of the medicinal plants of the Amandawe area, KwaZulu-Natal, South Africa, as recorded during the interviews with 37 participants, using the matrix method. The age of each participant is given in brackets. **Female participants:** Cele, Zethu B (ZCEL); Cele, Punch (PUNCH); Dlomo, Nondumiso (NDU); Duma, V.T. (MAMDUM); Identity withheld (NOMV); Identity withheld (TNGWN); Madiba, Eunice L (MYS); Mbhele, Zibuyile (MADL); Mbili, Tholakele (MAMBA); Mgozi, Cecelia (MGOZ); Mhlongo, Barbara S. (BMHL); Mkhabela, Bonisile (BMKH); Msomi, Khale (KV); Msomi, Munuza (MUN); Ngidi, Zibuyile (ZNGD); Ngwane, Thembisile (MAKAS); Sukude, Ntombifuthi (SUKD); Zanele, Emmerentia Nkomo (ZNK).
Male participants: Bhengu, Phinda P (PB); Dlamini, Mr (DLAMINI); Dlamini, Z. (ZADL); Duma Khuphuka (REVDUM); Gambushe, Shenge L. (SGAM); Hlongwa, Mandlenkosi (JHLO); Identity withheld (BKHW); Identity withheld (CHNDL); Identity withheld (DSHA); Identity withheld (SHEZ); Identity withheld (TMSO); Madlala, E.T. (MRMAD); Mbatha, Thamsanqa (TMBA); Mbutho, Amos (MBUTHO); Mbutho, J. (JB); Msani, Velaphi (MSAN); Ngidi, Mnqobi (MNQO); Phewa, Mr (PHEW); Zungu, Jonah (JZ).

The response of each participant to each of the 310 species presented in the flip-file of images is scored in the following way: the participant recognises the plant but does not know its name or use(s) = 1; the participant recognises the plant and has one or more names for it, but no use(s) = 3 (1+2=3); the participant recognises the plant, knows one or more names and one or more use(s) = 6 (1+2+3=6); less often, the participant knows the species and its use(s) but cannot recall a name = 4 (1+0+3=4). The Ethnobotanical Knowledge Index values are given in the last three rows (to be read as 0.16, 0.07, 0.12 and so on).

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Abrus precatorius	0	0	0	0	6	0	0	6	0	0	0	6	0	0	6	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	6	0	0	0	0	0	0	**0.19**
Abutilon sonneratianum	0	0	0	0	0	6	0	0	6	0	0	0	0	0	6	0	0	0	1	6	6	1	0	6	0	3	6	6	6	0	0	0	6	0	6	0	0	**0.32**
Acacia dealbata	0	0	0	0	6	0	0	0	6	0	0	0	0	0	6	0	0	0	0	0	6	0	6	6	6	0	0	0	0	6	0	0	0	0	0	6	0	**0.24**
Acacia mearnsii	0	0	0	0	6	0	0	0	0	0	6	0	0	0	6	0	0	0	0	6	6	0	6	0	6	0	0	0	0	6	0	0	6	0	0	0	0	**0.24**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Acalypha glabrata	0	0	0	0	0	0	0	0	0	6	6	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.11**
Acalypha glandulifolia	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Acokanthera oblongifolia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	6	6	6	0	0	0	0	0	6	0	6	6	0	0	**0.22**
Acokanthera oppositifolia	0	0	0	0	0	6	6	0	6	6	0	6	0	6	6	0	3	6	6	6	6	0	6	6	6	6	6	6	6	0	6	0	6	6	6	0	**0.61**
Acorus calamus	0	0	0	0	0	6	6	6	6	6	3	6	4	6	6	6	6	6	6	6	6	0	6	6	6	6	6	6	6	6	6	0	6	6	6	6	**0.79**
Acridocarpus natalitius	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	**0.05**
Adenia gummifera	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	**0.03**
Afroaster hispida	0	0	0	0	0	0	0	0	6	6	6	0	0	0	0	0	0	0	0	0	6	6	6	6	0	0	0	6	6	0	0	6	6	0	0	3	**0.28**
Albizia adianthifolia	6	6	6	0	0	0	6	6	6	6	6	6	6	6	6	0	6	0	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	6	6	6	**0.84**
Albuca bracteata	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	0	0	0	0	0	6	0	0	0	6	0	0	0	0	0	0	6	0	0	**0.14**
Albuca virens	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	**0.05**
Albuca setosa	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.05**
Aloe arborescens	0	4	6	0	6	6	6	6	0	6	6	6	6	0	6	0	0	0	0	6	6	0	0	6	6	6	6	6	0	6	6	6	6	6	0	6	**0.67**
Aloidendron barberae	0	0	6	6	0	4	0	0	0	0	0	4	6	0	0	0	0	0	0	6	0	0	0	0	6	0	0	6	0	0	6	0	6	6	3	0	**0.32**
Aloe ferox	6	4	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	**0.94**
Aloe maculata	0	0	0	0	0	0	0	6	0	6	6	0	0	6	0	6	0	0	0	6	6	0	6	0	0	6	0	6	0	6	0	0	0	6	6	0	**0.38**
Aloe thraskii	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	6	0	0	0	**0.05**
Alsophila dregei	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	6	**0.11**
Amaranthus deflexus	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Amaranthus hybridus	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Amaranthus spinosus	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.08**
Amaranthus thunbergii	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Amaranthus viridis	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Anastrabe integerrima	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	**0.05**
Aneilema aequinoctiale	4	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.13**
Antidesma venosum	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	0	0	6	0	0	0	6	0	0	6	0	0	0	0	0	6	6	0	0	**0.19**
Artabotrys monteiroae	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	6	0	0	0	**0.05**
Arundo donax	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Asclepias gibba	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Athrixia phylicoides	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Baphia racemosa	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	**0.05**
Barringtonia racemosa	0	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	**0.92**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Berkheya bipinnatifida	0	0	0	0	0	0	0	0	6	6	6	0	6	0	0	6	0	6	0	0	6	6	0	0	6	6	6	0	0	6	0	0	6	0	6	0	6	**0.41**
Berkheya speciosa	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Berkheya umbellata	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	0	0	0	6	0	0	0	**0.11**
Bidens pilosa	6	0	6	6	0	6	6	0	6	6	6	6	0	0	0	0	6	6	0	6	0	6	6	0	6	0	6	6	0	6	6	0	0	0	6	0	0	**0.54**
Boophone disticha	0	0	0	0	0	6	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	6	0	0	0	**0.14**
Brachylaena discolor	0	4	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	**0.10**
Bridelia micrantha	0	0	0	0	0	6	6	0	6	6	0	0	0	0	0	0	6	0	0	0	6	0	6	6	0	6	6	6	0	0	0	0	0	0	0	6	0	**0.32**
Burchellia bubalina	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Callilepis laureola	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	6	6	0	0	0	0	0	0	6	0	0	0	0	6	6	0	0	0	0	0	6	**0.22**
Calodendrum capense	0	0	4	0	0	0	6	0	0	0	0	0	0	0	6	4	0	6	0	6	6	6	6	0	0	6	6	6	0	6	0	0	6	0	0	6	0	**0.39**
Calpurnia aurea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	6	0	0	0	0	6	0	6	0	0	6	0	0	0	0	0	0	0	**0.14**
Cannabis sativa	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	**1.00**
Canthium inerme	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	0	0	**0.08**
Canthium spinosum	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	**0.05**
Carissa bispinosa	0	6	0	0	0	0	0	6	0	6	0	0	0	0	6	0	0	0	0	0	0	6	0	0	0	0	6	6	0	0	0	0	6	0	6	6	**0.27**
Carissa macrocarpa	0	6	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	6	0	0	0	0	6	0	6	6	**0.24**
Cassipourea malosana	6	0	0	0	0	6	6	0	6	6	0	4	6	6	0	0	6	0	0	0	6	6	6	6	6	0	6	6	6	0	0	6	6	6	0	0	6	**0.56**
Catharanthus roseus	0	0	0	0	0	0	4	0	6	0	4	0	0	0	0	0	0	4	0	0	0	6	0	4	6	0	0	0	0	4	0	0	0	4	0	0	0	**0.19**
Celtis africana	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0	**0.04**
Celtis gomphophylla	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Centella asiatica	0	0	0	0	0	0	0	6	0	0	4	6	0	0	6	0	4	6	0	0	4	6	0	6	0	0	0	0	6	0	0	0	0	6	0	0	0	**0.27**
Clematis brachiata	0	0	0	0	6	0	6	6	6	0	0	0	0	6	6	6	6	0	6	6	6	6	0	3	6	0	0	6	6	0	6	0	6	0	6	6	0	**0.53**
Clerodendrum glabrum	3	0	0	0	0	0	0	0	6	6	6	0	0	0	0	6	6	6	0	0	6	6	6	0	0	6	6	0	0	0	0	0	0	0	0	0	0	**0.31**
Clutia ovalis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.03**
Coddia rudis	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Coix lacryma-jobi	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	6	0	0	0	0	**0.08**
Combretum kraussii	0	0	0	0	0	6	6	0	0	6	0	0	0	0	6	0	0	0	6	6	0	6	6	6	6	0	0	0	0	0	0	0	6	6	6	0	0	**0.35**
Combretum molle	0	0	0	0	0	6	6	0	6	0	0	0	6	6	6	0	6	6	6	6	0	6	6	6	6	6	6	6	0	0	6	0	6	0	6	0	0	**0.54**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Combretum woodii	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	**0.05**
Commelina africana	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	6	0	0	0	0	6	0	**0.16**
Commelina benghalensis	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	6	0	0	6	0	0	6	0	0	0	0	6	0	**0.19**
Commelina eckloniana	4	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	6	0	6	0	0	0	0	0	0	0	0	0	0	**0.13**
Commelina erecta	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	6	0	6	0	0	0	0	0	0	0	0	0	0	**0.11**
Commiphora harveyi	0	0	0	0	0	0	0	0	6	6	0	0	0	6	0	0	0	0	0	6	0	0	0	0	6	0	0	0	0	0	0	0	0	6	0	0	**0.16**
Crabbea hirsuta	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Crinum macowanii	4	0	0	0	6	0	6	0	6	6	0	6	0	6	6	0	0	0	0	0	0	6	4	6	0	6	6	0	0	0	0	6	6	0	0	0	**0.39**
Croton sylvaticus	0	0	0	0	0	0	0	6	0	0	0	0	6	6	0	0	0	6	0	0	0	0	6	0	0	0	0	0	0	6	0	0	0	6	0	0	**0.19**
Cucumis zeyheri	0	0	0	0	0	0	6	0	0	0	6	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	6	0	0	**0.14**
Cussonia nicholsonii	0	0	0	0	6	0	6	6	0	0	0	6	0	0	6	0	0	0	6	6	0	6	0	0	6	0	0	0	0	0	6	0	6	0	1	0	**0.33**
Cussonia spicata	0	0	0	0	6	0	6	6	0	0	0	6	0	0	6	0	0	0	6	6	0	6	0	0	6	0	0	0	0	0	6	0	6	0	6	0	**0.35**
Cyanotis speciosa	6	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	6	**0.11**
Cymbopogon caesius	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	6	0	0	0	0	0	0	0	0	0	0	0	0	0	3	**0.07**
Cymbopogon excavatus	0	0	0	6	6	0	0	0	6	0	0	0	6	6	0	0	0	0	0	0	0	6	0	0	0	0	0	3	3	6	0	0	6	0	0	3	**0.26**
Cynanchum viminale	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Cyperus dives	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	**0.08**
Cyperus papyrus	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	**0.08**
Dalbergia armata	6	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	6	0	0	0	6	6	0	6	0	0	0	3	6	0	0	6	0	0	0	**0.27**
Dalbergia obovata	6	0	0	0	0	0	6	0	6	0	0	6	0	0	6	0	6	0	0	0	0	0	0	0	0	0	0	0	3	3	0	0	6	0	6	0	**0.26**
Datura stramonium	0	0	0	0	0	0	0	6	6	6	0	6	6	0	6	0	0	0	0	6	0	0	0	6	6	0	0	0	0	6	0	0	0	0	0	0	**0.30**
Desmodium incanum	0	0	0	0	0	0	6	0	0	0	0	0	0	6	6	0	6	6	0	6	0	0	6	0	6	6	0	0	3	3	6	0	6	6	0	6	**0.39**
Desmodium sagittatum	0	0	0	0	0	0	4	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	6	**0.13**
Dichrostachys cinerea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Digitaria eriantha	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	**0.05**
Dipcadi viride	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	**0.05**
Dissotis canescens	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Dombeya rotundifolia	0	0	0	0	0	0	6	0	6	6	0	0	0	6	0	0	0	0	6	6	6	0	6	0	0	6	6	0	6	4	0	0	6	6	0	0	**0.37**
Dombeya tiliacea	0	0	0	0	0	0	6	0	0	6	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	3	0	0	0	0	0	6	0	0	0	**0.12**
Dracaena aletriformis	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Dysphania ambrosioides	6	0	0	0	0	0	6	0	0	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	**0.73**
Eclipta prostrata	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	**0.08**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Ehretia rigida	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Ekebergia capensis	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	6	0	0	0	0	0	0	0	6	0	0	6	6	0	0	**0.16**
Embelia ruminata	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	0	0	0	0	6	0	0	6	**0.11**
Emex australis	6	0	0	0	0	0	0	0	6	6	0	0	6	0	6	6	0	6	0	0	0	0	6	0	6	0	0	0	0	0	0	0	6	0	0	0	0	**0.27**
Encephalartos natalensis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	0	**0.05**
Encephalartos villosus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.02**
Englerophytum natalense	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Eragrostis plana	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Eriosema cordatum	0	0	0	0	6	0	6	0	4	4	0	6	0	6	6	0	6	4	6	6	0	0	6	4	0	0	6	4	6	6	6	0	3	6	0	0	4	**0.50**
Eriosema distinctum	0	0	0	0	6	6	6	4	4	6	0	6	6	3	6	0	6	6	6	6	0	6	6	6	6	0	6	6	6	6	6	0	6	6	6	0	6	**0.70**
Eriosema salignum	0	0	0	0	6	6	6	6	6	4	0	6	6	6	6	0	6	4	6	6	0	6	6	6	6	6	6	6	6	6	6	0	6	6	6	0	6	**0.74**
Eriospermum mackenii	0	0	0	0	6	0	6	3	6	6	0	0	3	6	6	0	0	6	3	6	6	6	6	6	6	6	3	6	6	0	6	0	6	6	3	0	4	**0.60**
Erucastrum austroafricanum	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	4	0	0	6	0	0	4	0	0	0	0	0	4	0	0	0	6	6	0	0	0	**0.15**
Erythrina caffra	0	0	0	0	0	6	6	6	6	6	6	0	6	6	6	0	6	0	6	0	6	0	6	0	6	0	6	0	0	0	6	0	6	6	6	0	6	**0.54**
Erythrina humeana	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	6	0	0	4	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	**0.10**
Erythrina latissima	0	0	0	0	0	6	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.11**
Erythrina lysistemon	6	0	0	0	0	0	6	0	6	0	6	0	6	6	0	6	0	6	0	6	0	6	0	6	0	6	0	0	0	6	0	0	6	6	6	6	6	**0.49**
Eucalyptus camaldulensis	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	6	0	6	6	6	6	6	6	**0.92**
Eucalyptus grandis	6	6	6	0	6	6	0	0	6	0	6	0	6	6	6	0	0	6	0	0	6	0	6	6	6	6	6	0	0	6	6	0	6	0	0	0	6	**0.57**
Eucomis autumnalis	0	0	0	0	0	6	0	6	6	0	0	6	0	0	0	6	0	0	0	6	6	6	6	0	6	0	0	0	0	0	0	0	0	6	6	0	0	**0.32**
Euphorbia cupularis	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.05**
Euphorbia ingens	0	0	0	0	0	0	0	0	0	0	6	0	0	6	6	0	0	0	6	0	0	0	6	0	0	0	0	0	0	0	0	0	0	6	0	0	**0.16**
Euphorbia tirucalli	0	0	0	0	0	0	0	0	0	0	6	0	0	6	6	0	6	0	6	6	0	0	6	0	0	0	0	0	0	0	0	0	0	6	0	0	**0.22**
Euphorbia triangularis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.05**
Felicia erigeroides	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	6	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.11**
Ficus glumosa	0	0	0	0	0	0	0	0	6	6	6	4	6	0	6	0	0	0	6	0	6	0	6	6	0	6	0	6	0	0	0	0	6	0	0	6	0	**0.37**
Ficus ingens	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Ficus sur	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	0	0	0	6	0	6	0	0	0	0	6	0	0	0	0	6	6	0	0	0	**0.19**
Foeniculum vulgare	6	0	6	0	0	0	0	0	0	0	6	0	0	0	6	0	0	0	0	6	0	0	6	0	0	0	6	0	0	0	6	0	6	6	6	6	0	**0.32**
Furcraea foetida	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	**0.05**
Gazania krebsiana	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0	6	0	0	**0.06**
Gerbera piloselloides	0	0	0	0	0	0	0	4	0	0	4	0	0	4	0	0	0	0	0	6	0	6	0	0	0	0	0	4	0	0	0	0	0	6	0	0	0	**0.15**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Gladiolus dalenii	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	6	0	4	0	0	0	0	0	0	0	0	6	0	0	0	**0.10**
Gladiolus ecklonii	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.05**
Gomphocarpus physocarpus	0	0	4	6	0	0	6	0	6	6	0	0	6	6	6	6	0	6	6	0	0	6	0	6	6	6	6	6	0	6	0	0	0	6	0	0	6	**0.53**
Grewia occidentalis	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	6	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.14**
Gunnera perpensa	6	0	6	0	0	6	6	3	6	6	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	0	6	6	**0.82**
Gymnosporia rubra	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	6	6	0	6	6	0	0	3	0	0	0	0	0	6	0	6	0	6	0	0	0	0	**0.26**
Haemanthus albiflos	0	0	0	0	0	0	0	0	6	0	6	6	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.14**
Harpephyllum caffrum	6	0	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	**0.95**
Helichrysum auronitens	6	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Helichrysum cymosum	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Helichrysum luteoalbum	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Helichrysum odoratissimum	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Helinus integrifolius	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Hesperantha baurii	4	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Heteropyxis natalensis	0	0	0	0	0	0	6	6	6	6	6	6	0	6	6	0	0	0	6	6	6	0	6	0	6	0	0	0	0	6	0	0	6	0	6	6	6	**0.49**
Hippobromus pauciflorus	0	0	0	0	0	6	6	0	6	6	0	6	0	0	0	0	6	0	6	6	6	0	0	6	6	6	0	0	0	0	6	0	6	6	0	0	0	**0.41**
Hyparrhenia tamba	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Hypoxis hemerocallidea	3	0	0	0	0	6	6	6	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	6	6	6	0	6	6	**0.80**
Hypoxis rigidula	0	0	0	0	0	6	6	6	0	6	0	6	0	6	6	0	0	6	6	6	6	0	6	4	6	6	6	6	6	6	6	6	6	6	0	0	6	**0.64**
Imperata cylindrica	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	0	6	**0.11**
Ipomoea cairica	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	6	0	6	6	0	6	0	0	0	0	0	6	6	0	6	6	0	6	6	6	**0.32**
Ipomoea crassipes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	4	0	0	0	0	0	0	0	0	6	6	0	0	0	0	0	0	6	**0.13**
Ipomoea pellita	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	6	0	0	0	0	0	0	0	6	0	6	6	0	0	0	**0.16**
Jasminum multipartitum	0	0	6	0	0	0	0	0	6	0	0	6	0	6	6	0	0	6	0	6	0	6	0	6	6	6	6	0	0	0	0	0	6	0	6	0	6	**0.41**
Juncus effusus	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	**0.05**
Kalanchoe pinnata	0	0	0	0	0	0	6	6	6	0	0	6	6	6	6	6	6	0	0	6	6	0	6	6	6	0	6	0	0	0	6	0	6	6	0	0	6	**0.76**
Kigelia africana	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Lantana camara	0	0	0	0	0	6	0	0	6	0	0	0	0	0	6	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.11**
Lantana rugosa	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	6	0	0	0	0	0	0	0	0	0	0	0	0	6	**0.11**
Lasiosiphon kraussianus	0	0	0	0	0	0	6	0	6	6	0	6	6	0	6	0	0	0	6	0	6	0	6	6	6	0	6	0	6	6	6	0	6	6	6	0	0	**0.49**
Ledebouria floribunda	6	0	6	0	4	0	0	0	6	0	4	6	6	4	6	6	6	0	6	6	6	6	6	6	6	6	6	4	0	0	0	0	6	6	6	0	0	**0.61**
Ledebouria ovatifolia	6	0	6	0	4	0	0	0	6	0	4	6	6	4	6	6	6	6	6	6	6	6	6	6	6	6	6	4	0	0	0	0	6	0	6	0	0	**0.61**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Ledebouria petiolata	6	0	0	0	0	6	6	0	6	6	6	4	6	4	6	6	0	4	6	4	6	4	6	6	4	0	0	0	4	0	0	0	0	6	6	0	3	**0.55**
Ledebouria revoluta	6	0	6	0	4	4	0	6	6	0	4	6	6	4	6	6	6	6	6	0	6	6	6	6	6	6	6	4	0	6	0	0	6	0	6	0	0	**0.66**
Leonotis leonurus	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.08**
Leucas lavandulifolia	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	**1.00**
Lippia javanica	6	0	0	0	0	6	0	0	6	0	0	0	0	0	0	0	6	0	6	0	0	6	0	0	6	0	6	0	0	0	0	0	0	6	6	0	0	**0.27**
Maesa lanceolata	6	0	0	0	0	0	0	6	6	6	0	0	6	0	6	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.22**
Maytenus peduncularis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Melia azedarach	6	0	6	0	6	0	0	6	6	6	6	6	6	0	6	6	0	6	0	6	6	6	0	6	0	6	6	6	0	6	0	0	6	6	6	6	6	**0.68**
Merwilla plumbea	0	0	0	0	0	6	0	0	0	0	0	4	0	6	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	6	0	0	0	**0.18**
Mesembryanthemum cordifolium	0	6	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	**0.92**
Microglossa mespilifolia	4	0	6	6	6	0	6	6	6	6	0	6	0	6	6	0	6	6	6	6	6	6	6	6	6	0	6	6	0	6	6	6	6	6	6	6	6	**0.80**
Millettia grandis	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Mimosa pudica	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	**0.05**
Mimusops caffra	0	0	0	0	0	0	0	0	6	6	0	0	0	0	6	6	0	0	0	6	0	6	6	0	0	6	0	0	0	0	0	0	6	0	0	0	0	**0.24**
Mimusops obovata	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.11**
Momordica balsamina	0	0	6	0	6	6	6	6	6	6	4	6	4	6	0	6	6	6	6	0	6	6	6	6	6	6	6	6	0	0	6	6	0	6	6	6	4	**0.76**
Monanthotaxis caffra	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	**0.08**
Obetia tenax	6	0	0	0	0	0	0	0	0	6	0	0	0	6	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.11**
Olea woodiana	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Olinia radiata	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Osteospermum monilifera	0	0	0	6	6	0	0	6	6	4	4	4	0	0	6	4	6	6	4	6	0	4	6	4	6	6	3	3	6	6	6	3	6	6	0	0	0	**0.60**
Osyridicarpos schimperianus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Oxalis latifolia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Passiflora suberosa	0	0	0	0	0	0	6	0	0	6	0	0	6	0	6	6	0	6	0	6	0	0	0	0	6	6	0	0	0	0	6	0	6	0	6	6	0	**0.35**
Pavetta lanceolata	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	0	0	0	0	4	0	0	0	0	0	0	3	0	0	**0.09**
Pelargonium luridum	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	4	0	0	0	0	0	0	0	6	0	0	0	**0.10**
Pentanisia prunelloides	0	0	0	0	6	0	0	0	0	6	6	6	0	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	6	6	0	**0.68**
Persicaria lapathifolia	0	0	4	0	0	0	4	0	0	0	0	0	4	0	6	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	6	0	0	0	0	0	0	**0.16**
Phoenix reclinata	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	6	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	**0.11**
Phragmites australis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	**0.08**
Phragmites mauritianus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	**0.08**
Pittosporum viridiflorum	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	**1.00**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Platycarpha glomerata	0	0	4	0	0	0	0	0	0	0	6	6	0	6	6	4	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	6	6	0	0	0	**0.23**
Plectranthus ambiguus	6	0	0	6	6	6	0	6	0	0	0	6	6	6	0	0	0	6	0	0	0	4	6	0	0	6	0	6	0	0	0	6	6	6	6	0	0	**0.45**
Plumbago auriculata	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	6	0	0	0	0	**0.08**
Portulaca quadrifida	0	0	0	0	0	0	6	6	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	**0.78**
Protorhus longifolia	6	0	0	0	6	6	6	0	6	6	6	0	6	6	6	6	6	6	6	6	0	6	6	6	6	6	6	6	0	6	0	6	4	6	0	0	**0.72**
Prunus persica	6	0	0	6	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	6	6	6	0	0	**0.22**
Psidium guajava	0	0	6	6	0	0	0	0	0	0	6	0	6	0	6	0	0	0	0	0	0	0	6	6	6	0	0	6	0	0	0	0	0	0	0	6	6	**0.30**
Ptaeroxylon obliquum	0	0	0	0	0	0	0	0	0	6	0	0	0	6	6	0	0	0	0	0	0	0	0	0	6	0	6	6	0	0	0	0	0	0	0	0	0	**0.16**
Rauvolfia caffra	0	0	0	0	0	0	0	0	6	6	0	0	6	0	0	0	0	0	6	6	0	6	0	6	6	6	0	0	0	6	0	0	0	6	6	0	0	**0.32**
Rhoicissus tomentosa	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	0	0	0	0	6	6	0	0	0	0	0	6	0	0	0	6	0	0	0	**0.16**
Ricinus communis	0	0	0	0	0	0	0	0	6	0	6	0	0	6	6	0	0	6	0	6	0	6	6	0	6	0	0	0	0	0	6	0	0	6	0	0	0	**0.30**
Rubus rigidus	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	6	6	0	6	0	6	6	6	6	0	6	6	0	6	0	0	6	6	6	0	6	**0.41**
Rumex lanceolatus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	**0.03**
Sansevieria hyacinthoides	0	0	0	0	6	0	0	6	0	0	6	0	6	6	6	0	0	6	0	6	0	0	0	6	6	0	0	6	0	6	0	0	0	6	0	0	0	**0.35**
Scabiosa columbaria	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.05**
Scadoxus puniceus	0	0	0	0	0	6	6	0	6	0	0	0	0	0	6	0	0	6	0	0	0	6	6	0	0	0	0	6	0	0	0	0	6	6	6	0	6	**0.32**
Schkuhria pinnata	6	0	4	4	6	4	0	4	3	6	6	4	4	4	6	6	6	0	4	4	6	4	6	4	6	4	0	4	0	0	6	4	4	#	4	6	0	**0.64**
Schoenoplectus scirpoides	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	**0.05**
Schotia brachypetala	0	6	0	0	6	6	6	0	6	6	6	6	6	6	6	0	6	0	6	6	6	6	6	6	6	6	6	6	0	0	6	0	6	6	6	6	0	**0.73**
Sclerocarya birrea	0	0	6	6	6	0	0	0	0	6	0	0	6	0	6	6	0	0	6	0	6	6	0	6	0	0	0	6	0	0	0	0	0	0	6	6	6	**0.41**
Sclerocroton integerrimus	0	0	0	0	0	0	0	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.08**
Searsia chirindensis	0	0	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	6	0	6	0	0	0	6	0	0	0	0	0	0	0	0	6	0	0	0	0	**0.16**
Searsia rehmanniana	0	0	0	0	0	0	6	0	6	6	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	0	6	0	0	0	6	0	0	**0.19**
Senecio coronatus	0	0	0	0	0	6	0	0	0	0	0	6	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.07**
Senecio serratuloides	6	0	0	0	6	6	6	6	6	6	6	0	6	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	6	0	6	6	6	**0.81**
Setaria megaphylla	0	0	0	0	0	0	6	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	**0.14**
Sida dregei	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	**0.03**
Sideroxylon inerme	6	0	0	0	0	6	6	0	0	0	0	6	0	6	6	0	0	6	0	0	6	0	0	0	0	0	0	6	0	0	6	0	0	0	0	0	**0.27**
Silene burchellii	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Solanum aculeastrum	6	0	6	0	0	6	6	0	0	6	6	6	6	6	6	0	6	6	6	0	6	6	6	6	6	6	6	6	0	0	6	6	6	6	6	6	6	**0.76**
Solanum incanum	6	6	6	0	6	6	0	6	6	6	6	6	6	0	6	6	0	6	0	6	6	6	6	6	6	6	6	6	6	6	0	6	6	0	6	6	**0.81**
Solanum marginatum	0	0	0	0	0	6	0	0	6	6	6	0	0	0	0	0	0	0	0	0	6	0	6	6	6	6	4	6	0	0	0	0	0	0	0	0	0	**0.29**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Solanum nodiflorum	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Solanum panduriforme	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	6	6	6	6	6	6	6	6	0	0	0	0	6	6	0	0	**0.32**
Sonchus oleraceus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	**0.03**
Spilanthes mauritiana	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	**1.00**
Spirostachys africana	0	0	0	0	0	0	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	6	0	6	6	0	0	0	0	0	0	0	0	0	**0.14**
Stangeria eriopus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.05**
Strelitzia nicolai	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	6	0	0	**0.05**
Strychnos henningsii	0	0	0	0	0	0	0	0	0	0	0	0	0	6	6	0	0	0	0	6	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	**0.11**
Strychnos madagascariensis	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	**0.08**
Strychnos spinosa	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	6	0	0	0	6	0	0	6	**0.14**
Strychnos usambarensis	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Syzygium cordatum	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	0	**0.92**
Syzygium cumini	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Syzygium gerrardii	6	6	6	6	0	6	6	6	6	6	6	6	0	0	6	0	6	0	6	6	6	0	6	6	0	0	6	6	0	6	0	0	6	6	6	**0.65**
Tagetes minuta	6	0	0	0	0	0	0	0	6	0	6	0	0	0	6	0	0	6	0	6	0	6	6	6	0	0	0	6	0	0	0	0	6	6	6	**0.35**
Tecomaria capensis	0	0	0	6	6	6	0	0	6	6	6	6	6	6	6	0	6	6	0	6	0	6	6	6	0	0	6	6	6	6	6	0	6	6	0	**0.68**
Tephrosia macropoda	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Tetradenia riparia	6	6	6	6	6	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	**0.97**
Tetragonia tetragonioides	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	**0.03**
Thunbergia atriplicifolia	0	0	0	0	0	0	0	0	4	0	0	6	6	0	6	6	0	0	6	6	0	0	0	4	6	0	0	0	0	0	0	0	0	6	0	**0.25**
Tragia glabrata	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	**0.08**
Trema orientalis	0	0	0	0	0	0	6	0	6	6	0	6	0	6	4	0	0	6	6	6	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.26**
Trichilia dregeana	0	0	0	0	6	6	6	6	6	6	0	6	0	6	6	0	6	6	6	6	6	6	6	6	6	6	6	6	0	6	6	6	6	6	0	**0.76**
Trimeria grandifolia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	6	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	**0.11**
Triumfetta pilosa	0	0	6	0	0	0	0	0	0	0	0	0	0	6	0	0	6	0	0	6	0	4	0	4	0	0	0	0	0	0	0	6	6	0	0	**0.20**
Tulbaghia violacea	0	0	0	0	0	6	6	6	6	6	6	0	6	6	6	0	6	6	6	6	6	0	6	6	0	0	0	0	0	0	6	0	0	0	6	**0.51**
Typha capensis	0	0	0	0	0	6	0	0	0	6	0	0	0	0	0	0	6	0	0	0	0	6	6	0	6	0	0	6	0	0	0	0	6	6	0	**0.24**
Uvaria caffra	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	**0.03**
Vachellia karoo	0	0	0	0	6	6	6	0	0	6	0	0	6	0	6	0	0	0	6	0	0	0	6	0	6	0	0	0	6	0	0	0	0	6	0	**0.32**
Vachellia natalitia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	**0.03**
Vachellia nilotica	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	**0.03**
Vachellia sieberiana	0	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	0	6	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.11**

	MNQO (15)	TMBA (23)	NDU (28)	SUKD (34)	SGAM (38)	PB (39)	CHNDL (40)	TMSO (41)	ZNGD (45)	ZADL (45)	ZCEL (46)	BMKH (46)	MAKAS (48)	SHEZ (50)	MYS (51)	TNGWN (53)	JB (54)	PUNCH (54)	DSHA (55)	MSAN (55)	MUN (56)	BMHL (57)	MBUTHO (58)	ZNK (60)	BKHW (60)	MAMBA (62)	JZ (63)	PHEW (64)	MAMDUM (64)	MADL (67)	HLO (68)	KV (68)	DLAM (70)	REVDUM (73)	NOMV (74)	MGOZ (75)	MR MAD (81)	Species Popularity Index (SPI)
Vangueria infausta	0	0	0	0	0	0	0	0	6	0	0	0	6	0	0	0	0	6	0	6	0	0	0	0	0	0	0	0	0	0	0	6	6	6	0	0	**0.19**
Vigna unguiculata	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Voacanga thouarsii	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	**0.03**
Watsonia densiflora	0	0	0	0	0	0	0	0	0	0	0	0	0	6	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	6	0	0	**0.11**
Withania somnifera	0	0	0	0	0	0	0	6	0	0	0	0	0	6	6	0	0	0	0	6	0	0	0	0	0	0	0	6	0	0	0	0	6	0	0	0	**0.16**
Ximenia caffra	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	6	0	0	0	0	0	0	0	6	0	0	**0.11**
Xysmalobium undulatum	0	0	0	0	0	0	0	0	6	6	0	6	0	6	6	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	6	0	0	0	**0.19**
Zantedeschia aethiopica	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0	0	**0.05**
Zanthoxylum capense	0	0	0	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	3	6	6	6	6	6	6	6	6	0	6	6	0	6	6	0	0	6	**0.80**
Zanthoxylum davyi	0	0	0	6	6	6	0	6	6	6	6	0	6	6	6	6	0	6	6	0	6	6	0	6	6	0	6	6	0	6	6	0	0	0	0	0	**0.57**
Ziziphus mucronata	0	6	0	0	6	0	0	6	6	6	0	0	0	0	0	0	0	0	0	6	6	0	6	6	6	0	6	0	0	0	6	0	6	0	0	0	**0.35**
Ethnobotanical Knowledge Index (EKI)	**0.16**	**0.07**	**0.12**	**0.09**	**0.17**	**0.24**	**0.25**	**0.19**	**0.35**	**0.37**	**0.22**	**0.25**	**0.24**	**0.40**	**0.44**	**0.16**	**0.23**	**0.28**	**0.23**	**0.40**	**0.25**	**0.27**	**0.46**	**0.30**	**0.37**	**0.23**	**0.27**	**0.16**	**0.17**	**0.26**	**0.26**	**0.09**	**0.40**	**0.41**	**0.26**	**0.19**	**0.23**	**0.26**

Appendix 3: Participants in ethnobotanical interviews at Amandawe. Only 37 of these participants took part in the formal interviews, as listed in Appendix 2.

Female participants

Nondumiso Dlomo (NDU)

Ntombifuthi Sukude (SUKD)

Zibuyile Ngidi (ZNGD)

Zethu Cele (ZCEL)

Bonisile Mkhabela (BMKH)

Thembilsile Ngwane

Eunice Madiba (MYS)

Punch Cele (PUNCH)

Sbongile Mhlongo (BMHL)

Female participants

Munuza Msomi (MUN)

Zanele Nkomo (ZNK)

Tholakele Mbili (MAMBA)

VT Duma (MAMDUM)

Zibuyile Mbhele (MADL)

KV Msomi (KV)

Cecelia Mgozi (MGOZ)

Photo not provided

T Ngwane (TNGW)

Photo not provided

T Nomvethe (NOMV)

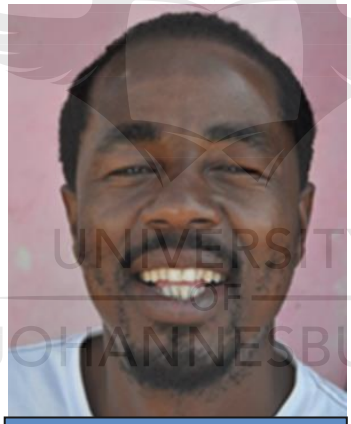
Male participants

Mqobi Ngidi
(MNQO)

Lwazi Moosa
(LWAZ)

Thami Mbatha
(TMBA)

Shenge Gambushe
(SGAM)



Phinda Bhengu
(PB)

Bheki Hlongwa
(BHEKI)

Z Dlamini
(ZADL)

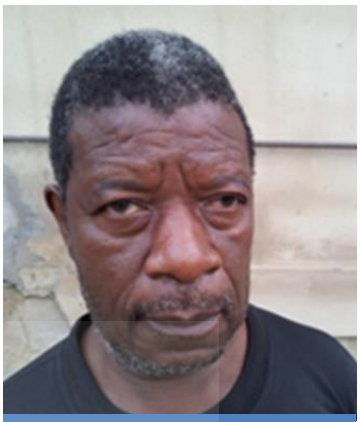
Munuza Msomi
(MUN)

Velaphi Msani
(MSANI)

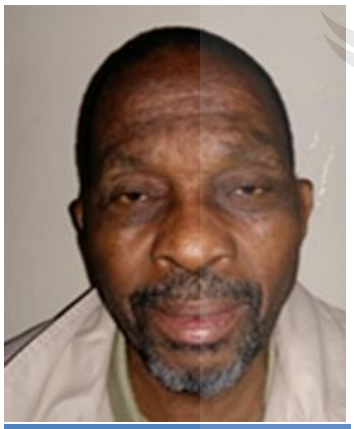
Male participants

Jonah Zungu
(JZ)

Johannes Hlongwa
(JHLO)



Phewa
(PHEW)



Khuphuka Duma
(REVDUM)

Dlamini
(DLAMINI)

Amos Mbutho
(MBUTHO)

E Madlala
(MRMAD)

Dumani Zama
(DZA)

Identity withheld
(TMSO)