

APPENDIX FIVE

TABLES FOR CHAPTER 5

TABLE 5.1 - ENEMA MEDICINES

| OVAMBO NAME            | BOTANICAL NAME                        | PART USED    |
|------------------------|---------------------------------------|--------------|
| 1 andu                 | ?                                     | plant        |
| 2 dindilwadindilula    | Compositae indet.                     | plant        |
| 3 efeta                | Sterculiaceae Hermania                | plant        |
| 4 elwidi/elwiai        | Compositae Pegolettia<br>senegalensis | plant        |
| 5 elwidi/elwiai        | Caryophyllaceae Polycarpaea           | plant        |
| 6 eposha               | ?                                     | wood         |
| 7 ewa                  | ?                                     | root/leaves  |
| 8 kapata               | Elatinaceae Bergia                    | plant        |
| 9 molokoshi            | Pedaliaceae Sesamum indicum           | plant        |
| 10 nekaffa             | ?                                     | leaves       |
| 11 ngola               | ?                                     | plant        |
| 12 odiva               | Polygalaceae Polygala                 | plant        |
| 13 oghnanyadila        | ?                                     | plant        |
| 14 okatululu           | Solanaceae Solanum                    | plant        |
| 16 omdwa/omowa         | ?                                     | bark         |
| 17 omnangashe          | ?                                     | creeper/root |
| 18 ompopola            | ?                                     | creeper/root |
| 19 omwhudi             | ?                                     | bark         |
| 20 omyamwia            | ?                                     | root         |
| 21 onemo               | ?                                     | flowers      |
| 22 onhadi              | ?                                     | plant        |
| 23 onhunda             | Crassulaceae Kalanchoe                | leaves       |
| 24 onjangwa            | ?                                     | root         |
| 25 onolulu             | Solanaceae Solanum                    | root         |
| 26 oshikanda shognoshi | ?                                     | root         |
| 27 oshimhamtende       | Oleaceae Jasminium mauritanium        | root         |
| 28 shifiku/shitieu     | ?                                     | root         |
| 29 P-C.A36/989*        | ?                                     | plant        |

| Symptoms Treated               | Plants as Listed Above           | No. of Plants |
|--------------------------------|----------------------------------|---------------|
| blood in urine                 | 18, 25                           | 2             |
| constipation/stomach disorders | 1, 3, 6, 14, 17, 24, 28          | 7             |
| fever (infants)                | 4, 5                             | 2             |
| menstrual cramps               | 14                               | 1             |
| child epilepsy (oudu odila)    | 8, 13, 23, 26                    | 4             |
| pregnancy pains                | 11, 22                           | 2             |
| thin infants                   | 27                               | 1             |
| depression/heart               |                                  |               |
| no illness recorded            | 7, 9, 10, 15, 16, 19, 20, 21, 29 | 10            |

\*Powell-Cotton specimen catalogue number

**TABLE 5.2 - MEDICINAL BEVERAGES**

| OVAMBO NAME            | BOTANICAL NAME                         | PART USED     |
|------------------------|--|---------------|
| 1 andu                 | ?                                      | plant         |
| 2 edulumifi            | Malvaceae Abutilon                     | root          |
| 3 katadidi             | ?                                      | root          |
| 4 matiunto             | ?                                      | wood          |
| 5 omdime               | Euclea lanceolata                      | root          |
| 6 ochitenda            | ?                                      | root          |
| 7 okadimeti            | ?                                      | plant         |
| 8 omdiku               | ?                                      | root          |
| 9 omdoku               | ?                                      | plant         |
| 10 P-C.A36/1854        | ?                                      | fungus        |
| 11 omhilo yoghnadi     | Sterculiaceae Melhania                 | root          |
| 12 omjuka              | ?                                      | fungus        |
| 13 omilu               | ?                                      | root          |
| 14 omohongo            | Euphorbiaceae Eucaecana                | root          |
| 15 omtadhino           | ?                                      | root skin     |
| 16 omtima              | ?                                      | palm nut      |
| 17 omulavi             | ?                                      | root bark     |
| 18 onduludi            | Compositae Dicoma anomala              | plant         |
| 19 oshikanda shefuma   | ?                                      | root          |
| 20 oshikanda shognoshi | ?                                      | plant         |
| 21 oshikanda shongoshi | Compositae Dicoma sessiliflora         | plant         |
| 22 oshitendikwa        | Compositae Helichrysum<br>pachyrrhizum | plant         |
| 23 oshiumbo            | ?                                      | root          |
| 24 P-C.A36/2008*       | ?                                      | wood          |
| 25 P-C.A36/2207        | ?                                      | root          |
| 26 P-C.A36/2247        | ?                                      | wood          |
| 27 P-C.A37/1523        | ?                                      | root          |
| 28 P-C.A36/2329        | ?                                      | plant         |
| Symptoms Treated       | Plants as Listed Above                 | No. of Plants |
| bewitchment            | 21, 22                                 | 2             |
| blood in urine/pus     | 8                                      | 1             |
| child epilepsy         | 20                                     | 1             |
| constipation (mild)    | 1                                      | 1             |
| constipation (severe)  | 3, 5                                   | 2             |
| fever                  | 4                                      | 1             |
| foetal malpresentation | 11                                     | 1             |
| headache               | 14                                     | 1             |
| indigestion            | 12                                     | 1             |
| lack of appetite       |  |               |
| 'illness of the heart' | 16, 19, 25                             | 3             |
| nosebleed              | 7                                      | 1             |
| placental retention    | 2                                      | 1             |
| poisoning              | 17                                     | 1             |
| sore throat            | 28                                     | 1             |
| spirit affliction      | 18, 26                                 | 2             |
| stomach upset/sickness | 6, 13, 27                              | 3             |
| no illness recorded    | 9, 10, 15, 23, 24                      | 5             |

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**TABLE 5.3 -CHEWED AND INGESTED SUBSTANCES**

| OVAMBO NAME                | BOTANICAL NAME          | PART USED     |
|----------------------------|-------------------------|---------------|
| 1 mutololo                 | ?                       | powder        |
| 2 okanyete                 | ?                       | plant         |
| 3 omhumakani               | ?                       | root          |
| 4 omohongo                 | Euphorbiaceae Eucaecana | root          |
| 5 omti hatuli              | ?                       | wood          |
| 6 omwifo                   | ?                       | plant         |
| 7 ondeva                   | ?                       | wood/tree     |
| 8 oshidumisadumb           | Malvaceae Cienfugosia   | root          |
| 9 P-C.A36/2207*            | ?                       | root          |
| 10 P-C.A37/989             | ?                       | plant         |
| Symptoms Treated           | Plants as Listed Above  | No. of Plants |
| cough                      | 3, 8                    | 2             |
| heart illness (depression) | 6, 9                    | 2             |
| nosebleed                  | 5                       | 1             |
| stomach ache               | 1                       | 1             |
| venereal disease (syph)    | 4                       | 1             |
| no illness recorded        | 2, 7, 10                | 3             |

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**TABLE 5.4 - EXTERNALLY APPLIED TREATMENT**

| OVAMBO NAME               | BOTANICAL NAME                 | PART USED     |
|---------------------------|--------------------------------|---------------|
| 1 dindilula (w)           | Compositae sp.                 | plant         |
| 2 echipcenda (pa)         | ?                              | stalk         |
| 3 eumbua (dambuda) (pu/s) | ? (pumpkin)                    | stalk         |
| 4 etope (h)               | ?                              | flowers       |
| 5 lulu (po)               | Helichrysum sp.                | twigs         |
| 6 oghnanyadila (pu)       | ?                              | plant         |
| 7 okaghono (c)            | ?                              | plant         |
| 8 okumin ninowa (pa)?     | twig                           |               |
| 9 okundali/okimdali (a)   | Leguminosae Cassia fistula     | pod           |
| 10 oluweti (pu)           | ?                              | plant         |
| 11 omhuka (pa)            | ?                              | fungus        |
| 12 ompopo (pa)            | ?                              | bark          |
| 13 onunda (pu)            | Crassulaceae Kalanchoe sp.     | root          |
| 14 opapa (po)?            | root skin                      |               |
| 15 oshikomba (pa/po)      | Sterculiaceae Melhania sp.     | root          |
| 16 oshimhamtende (o)      | Oleaceae Jasminium mauritanium | leaves        |
| 17 oshingokoto (c)        | ?                              | plant         |
| 18 songo (?)              | ?                              | wood          |
| 19 shiveta (c)            | ?                              | plant         |
| 20 P-C.A36/2565* (po/pu)  | ?                              | stalk         |
| 21 P-C.A36/2626 (c)       | ?                              | wood          |
| 22 P-C.A36/2069 (pa)      | ?                              | wood          |
| 23 P-C.A36/2073 (pi/s)    | ?                              | root          |
| 24 P-C.A36/2523 (pi)      | ?                              | plant/bark    |
| Symptoms Treated          | Plants as Listed Above         | No. of Plants |
| child epilepsy            | 6, 13, 20, 24                  | 4             |
| depression/fatigue        | 1                              | 1             |
| earache                   | 12, 22                         | 2             |
| eye disorders             | 10                             | 1             |
| head sores                | 9                              | 1             |
| indigestion               | 11                             | 1             |
| internal leg pain         | 17                             | 1             |
| lumbar pain               | 4                              | 1             |
| open wounds               | 15                             | 1             |
| pustales                  | 21                             | 1             |
| skin sores                | 5, 14                          | 2             |
| spotty disease            | 2, 3                           | 2             |
| swollen arm               | 8                              | 1             |
| swollen face              | 23                             | 1             |
| swollen foot              | 18                             | 1             |
| swollen sores             | 19                             | 1             |
| thin babies               | 16                             | 1             |

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a=ash, c=charcoal, h=heated, o=ointment, pa=paste, po=powder, pu=pulb, so=soaked, w=wash

**TABLE 5.5 - FUMIGANTS AND VAPOURISERS**

| OVAMBO NAME            | BOTANICAL NAME                         | PART USED  |
|------------------------|--|------------|
| 1 ochowa sinika        | ?                                      | creeper    |
| 2 odiva                | ?                                      | stalk      |
| 3 odiva                | Compositae Vernonia                    | plant      |
| 4 oghnanyadila         | ?                                      | plant      |
| 5 ohomo                | ?                                      | plant      |
| 6 okafetati            | ?                                      | plant      |
| 7 okaghono             | ?                                      | plant      |
| 8 okaunjaghuti         | ?                                      | plant      |
| 9 okudali/okimdali     | Leguminosae Cassia fistula             | leaves     |
| 10 oluweti (v)         | ?                                      | plant      |
| 11 omolondeka          | Labiatae sp.                           | plant      |
| 12 omhukuludi          | ?                                      | root       |
| 13 omjaleli            | ?                                      | plant      |
| 14 omkor               | ?                                      | pod        |
| 15 omkornati           | ?                                      | pod        |
| 16 omte kauki (v)      | ?                                      | plant      |
| 17 omti hatuli         | ?                                      | twigs      |
| 18 omtutu              | ?                                      | twigs      |
| 19 omuka               | ?                                      | twigs      |
| 20 omuti wovimbungo    | Chenopodium Ambresiodesh sp.           | plant      |
| 21 onduludi            | Compositae Dicoma anomala              | plant      |
| 22 oshikanda shongoshi | Compositae Dicoma sessiflora           | plant      |
| 23 oshingokoto         | ?                                      | plant      |
| 24 oshitendadikwa      | Compositae Helichrysum<br>packyrrhizum | plant      |
| 25 P-C.A36/2068*       | ?                                      | pod        |
| 26 Omentati            | Helichrysum glumaceum                  | twigs      |
| 27 P-C.A36/2522        | ?                                      | plant      |
| 28 P-C.A36/2523        | ?                                      | plant/bark |

'v' = vapourisers

| Symptoms Treated       | Plants as Listed Above    | No. of Plants |
|------------------------|---------------------------|---------------|
| Aching joints/limbs    | 5, 23                     | 2             |
| akwa mungu             | 21                        | 1             |
| bewitchment            | 22, 24                    | 2             |
| breathing difficulties | 12                        | 1             |
| chest illness          | 27                        | 1             |
| child epilepsy         | 2, 3, 4, 28               | 4             |
| eye disorders          | 2, 10, 16, 26             | 4             |
| fever                  | 19                        | 1             |
| headache               | 1, 6, 8, 13, 20           | 5             |
| nosebleed              | 9, 11, 14, 15, 17, 18, 25 | 7             |
| swellings (unbroken)   | 7                         | 1             |

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