



Quantitative medicinal ethnobotany of Kannaland (western Little Karoo, South Africa): Non-homogeneity amongst villages

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ABSTRACT

A detailed quantitative ethnobotanical study of the western part of the Little Karoo of South Africa (known as Kannaland), revealed a wealth of traditional medicinal plants and their uses that have hitherto remained unrecorded. The Matrix Method was used as experimental approach and for quantification and analysis of the data. The results showed a total of 196 medicinal plant species, 5300 medicinal anecdotes and 664 vernacular names, of which 53 species, 3323 anecdotes and 136 vernacular names have been recorded for the first for the Little Karoo. A summary of 120 ailments, together with the most popular remedy (or remedies) for each, is provided. Comparisons of the four study sites (villages) namely Barrydale, Zoar, Calitzdorp and Vanwyksdorp, revealed noteworthy differences, especially in the vernacular names that are used and in the total number of species and medicinal anecdotes. Vanwyksdorp (the most isolated village, without easy access to formal health care) provided the richest data, with a total of 290 vernacular names (of which 48 were newly recorded) and 2105 anecdotes (of which 1328 were newly recorded). A new quantitative index, the Homogeneity Index (HI) is proposed in order to evaluate the uniformity of data collected in different villages of a study area (or to compare different study areas). The HI values for Kannaland (for shared species, shared vernacular names and shared uses) were consistently below 0.5, thus supporting the notion that indigenous knowledge is not uniformly distributed. The study provides quantitative medicinal ethnobotanical data of high quality that will not only preserve indigenous knowledge for future generations but that can also be used in future comparative studies. It provides new insights into Cape Herbal Medicine, a medicinal system that had its origins in the poorly recorded Khoi-San and Cape Dutch medicinal traditions.

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1. Introduction

The Little Karoo, often referred to as Kannaland, is an arid region of 23,500 km² situated in the southeastern part of the Western Cape Province of South Africa (Vlok and Schutte-Vlok, 2016). It forms part of the Succulent Karoo Biome (Mucina and Rutherford, 2006), with several habitat types, described in detail by Vlok and Schutte-Vlok (2016). The Little Karoo lies between two parallel mountain chains, with the Langeberg forming the southern boundary and the Swartberg the northern boundary. According to Raper et al. (2014), the original concept of Kannaland extended from Platte Kloof (an old pass north of Heidelberg) in the west, to Ezeljachtpoort, southeast of Oudtshoorn (Fig. 1). Kannaland is named after *kanna* or *canna* (*Mesembryanthemum tortuosum* L.), a popular medicinal plant of the family Aizoaceae. Local Khoi inhabitants from the area between Oudtshoorn and Calitzdorp produced and traded *kanna* or *kon* since at least the early 1770's, as reported by Thunberg in 1773 (Forbes, 1986) and Sparrman in 1786 (Skead,

2009). Today, Kannaland also refers to the Kannaland Municipality, which has jurisdiction over an area that stretches from the vicinity of Barrydale in the west to near Oudtshoorn in the east (Fig. 1). Kannaland forms a major part of the Little Karoo, which is a species-rich region with more than 3000 indigenous plants, of which many are endemic.

The original inhabitants of Kannaland were Khoi herders of the Attaqua group (Schapera, 1930; Boonzaier et al., 1996) but limited information about their culture has survived. Although the colonial settlers of the area in the 17th and 18th centuries must have had a profound effect on the local plant use traditions, it is reasonable to assume that at least a portion of the traditional plant knowledge has been passed down orally to the current inhabitants of Kannaland, many of whom are of Khoi decent. The paucity of recorded Khoi-San ethnobotany has repeatedly been emphasised by several authors e.g. Laidler (1928), Liengme (1983) and Van Wyk (2008), and the documentation of indigenous knowledge has become an urgent priority, in view of the rapid cultural changes that are taking place. The Shenzhen Declaration on Plant Sciences of April 2017 (Crane et al., 2017) highlighted the value of local plant knowledge and the importance of protecting and preserving this knowledge for future generations.

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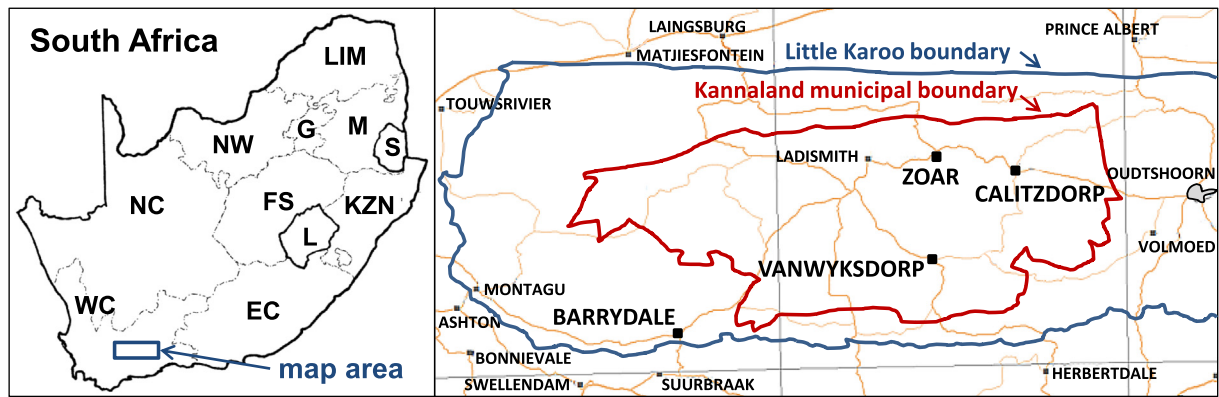


Fig. 1. Map of the western part of the Little Karoo, showing the municipal boundary of the Kannaland Municipality and the selected towns (Barrydale, Vanwyksdorp, Zoar and Calitzdorp) where quantitative ethnobotanical surveys were conducted.

The main aim of this study was to generate quantitative primary data of high quality (see Verpoorte, 2012) about the medicinal ethnobotany of the Little Karoo. The value of such data is not only that it provides a first comprehensive inventory of medicinal plants but also that it serves to prevent the loss of indigenous knowledge, with associated historical and cultural relevance. High quality primary data will also serve as a basis for future comparisons with other areas, in order to ultimately gain a more profound understanding of Cape Herbal Medicine (Van Wyk, 2008). For example, which species are mostly used for particular ailments and which ones are diagnostic for this traditional system? The data can also be used to evaluate and validate the reliability and rigour of literature data, almost all of which are based on popular publications. Existing records all rely on lists of species and their uses, with no indication of the number of anecdotes on which the record was based. A single use-record or an unknown number of use-records unfortunately leaves much doubt about the accuracy and importance of the recorded use. High quality data may help to identify inaccurate and erroneous identifications of species, which are often based on uncritical applications of vernacular names; furthermore, species records are sometimes not based on local uses but on uses recorded elsewhere. Perhaps the most important value of high quality data, from a scientific perspective, is that it can serve as a source of hypotheses for further research - e.g. to explore the chemical composition and possible modes of actions of previously unrecorded or poorly known medicinal plants.

We also wanted to answer the following important questions:

- (1) What proportion of the indigenous knowledge about the medicinal plants of the Little Karoo/Kannaland has already been systematically documented? How many species, medicinal uses and vernacular names have previously been recorded?
- (2) Has a greater wealth of indigenous knowledge been preserved in relatively isolated communities than in communities that have easy access to pharmacies and clinics?
- (3) Is the indigenous knowledge about medicinal plants evenly distributed amongst communities in the Little Karoo/Kannaland or are there noteworthy differences in the species that are used, their use categories and vernacular names?

2. Experimental

2.1. Study area

Ethnobotanical surveys were conducted in four towns in the western Little Karoo/Kannaland, namely Barrydale, Zoar, Calitzdorp and Vanwyksdorp (Fig. 1). According to Census (2011), 85% of the population of the Kannaland Municipality are of Khoi descent, and 95% have Afrikaans as their first language.

Barrydale is a village located 42 km north-east of Swellendam, on the border of the Overberg, at the northern end of the Tradouw's Pass. It became a municipality in 1921 and is named after a well-known merchant from the 19th century, Joseph Barry (Raper et al., 2014). Zoar is a sprawling rural settlement that lies 21 km east of Ladismith. It was founded by the South African Missionary Society in 1817 on the farm Elandsfontein (Raper et al., 2014). The town is named after Zoar on the Red Sea and signifies a 'refuge' or 'haven' (Raper et al., 2014). Calitzdorp is a small town 30 km east of Zoar and was established in 1821. It was named after Frederik Calitz who donated the land (Raper et al., 2014). Vanwyksdorp is an isolated rural village 55 km southeast of Ladismith. It was founded in 1904 and named after the Van Wyk family (Britz, 2011; Raper et al., 2014). Barrydale, Zoar and Calitzdorp are situated on the main road, the R62 route from Montagu to Oudtshoorn, with easy access to hospitals and clinics. In contrast, Vanwyksdorp is remote and not easily accessible, without a local hospital or clinic, so that the people are more likely to depend on medicinal plants for their everyday health care needs.

2.2. Data collection and participants

Ethical guidelines as stipulated in the newest (2008) version of the *International Society of Ethnobiology* (2006) were strictly followed. The principle of educated prior informed consent was adhered to, with all participants giving permission to use their names, birth dates, portrait photographs, the source(s) of their traditional knowledge and the recorded ethnobotanical information for publication (Table 1). The participants were grouped into three age groups: children (ages 13 to 19), adults (ages 20 to 59) and senior citizens (ages 60 and above, the majority of whom were illiterate). The study was formally approved by the Ethics Committee of the Faculty of Science of the University of Johannesburg (Protocol number: 13 January 2015). Herbarium voucher specimens were collected, with a collecting permit obtained from CapeNature (permit No. 0028-AAA008-00194). For well-known species, digital photographs were taken to serve as vouchers, and these are included in a PhD thesis currently in preparation (Hulley, unpublished).

2.3. Methodology

A reconnaissance field trip was undertaken in December 2013 to identify knowledgeable persons to participate in the study. During this exploratory phase, we received logistic support from Peter Takelo (Barrydale), André Britz and Katriena Opperman (Vanwyksdorp) and Dianne Hardien (Zoar), who helped to identify people with traditional ethnobotanical knowledge that would be willing to participate in the study. Based on informal interviews with local people and a comprehensive study of local literature, a checklist of 146 local medicinal

Table 1

Participants in the survey of medicinal plant uses in Kannaland (western Little Karoo, South Africa). Nicknames (“*klein name*”) are considered essential for identifying a person in the Little Karoo and are therefore given in brackets. Participants are listed per village and in alphabetical order by their first names to simplify the abbreviations that are used in the text and in Table 4.

| Name of participant (abbreviation) | Date of birth (*date deceased) | Geographical origin | Origin of medicinal plant knowledge |
|--|--------------------------------|-----------------------|---|
| <i>Barrydale participants</i> | | | |
| Christine Maasdorp (CM1) | 15 Dec 1940 | Frazerburg | Mother |
| Daniel (“Davie Apeka, Zolile”) Afrika (DA) | 9 Dec 1970 | Barrydale | Mother |
| Dawid (“Rooi Dawid”) Lombard (DL) | Unknown | Barrydale | Parents |
| Dian Pieterse (DP1) | 18 Apr 2002 | Barrydale | Mother |
| Dora (“Doortjie, Doors”) Pieterse (DP) | 13 Aug 1968 | Barrydale | Parents |
| Eben Willem Le Grange (EG) | 4 Sep 1946 | Unknown | Unknown |
| Elise (“Elsie”) Pieterse (EP) | 10 Sep 1945 | Barrydale | Mother |
| Elvaro (“Vario”) Afrika (EA) | 21 Jan 2002 | Barrydale | Parents |
| Hendrik Hopley (HH) | 9 Sep 1955 | Bredarsdorp | Parents |
| Jakoba (“Ant Kowa”) Soldaat (JS) | 15 Jul 1949 | Montagu | Parents |
| Jan (“Jotti”) Boshoff (JB) | 2 Mar 1941 | Barrydale | Father |
| Jan (“Jockey”) Plaatjies (JP1) | 22 Jan 1952 | Barrydale | Parents |
| Jan Plaatjies (JP) | 26 Apr 1986 | Barrydale | Parents |
| Keneels Conradie (KC) | 3 Mar 1970 | Barrydale | Parents |
| Koos Oransie (KO1) | 15 Nov 1971 | Barrydale | Father |
| Lizelle Hopley (LH) | 19 Apr 1960 | Barrydale | Parents |
| Lya Michaels (LM) | 11 Feb 1950 | Barrydale | Parents |
| Magdalena (“Leen”) Pieterse (MP) | 5 Sep 1949 | Montagu | Parents |
| Magrieta (“Griekie”) Pieterse (MP1) | 25 Sep 1997 | Barrydale | Parents |
| Maria Katrina Lombard, née Rooi (ML) | 3 Sep 1939 | Barrydale | Parents |
| Maria Plaatjies (MP2) | 22 Apr 1959 | Barrydale | Parents |
| Martinus Jakobus Windvogel (MW1) | 24 Aug 1924 | Barrydale | Parents |
| Michael Ruiters (MR1) | 27 Feb 1940 | Barrydale | Own experience of local knowledge |
| Mina Johanna (“Muis”) Afrika (MA) | 6 Nov 1937 | Barrydale | Barrydale people |
| Rachel Ruiters (RR) | 9 Jun 1944 | Barrydale | Own experience of local knowledge |
| Raymond Classen (RC) | 1 Sep 1952 | Barrydale | Employer (Robbie Gellis) |
| Rodene (“Spona, Worsie”) Middelbos (RM) | 17 Jun 2001 | Barrydale | Parents |
| Willem (“Willempie Koper”) Pieterse (WP) | 20 Jul 1951 | Great Kalahari | Elderly people |
| William Arthur Nel (WN) | 8 Feb 1946 | Barrydale | Parents |
| <i>Zoar participants</i> | | | |
| Alisa (“Suster Allie”) Jantjies (AJ) | 23 Sep 1958 | Hoeko Vallei | Parents and elders |
| Anna (“Tannie Annie”) Booysen (AB1) | 1 Aug 1942 | Hoeko Vallei | Father and elders |
| Anne Fortuin (AF) | 24 May 1947 | Zoar | Grandmother, Mother-in-law, Kowa Herandien (friend) |
| Antonie (“Mannie”) Parson (AP) | 29 Oct 1965 | Zoar | Father |
| Barnard (“Baan”) Linderts (BL) | 6 Feb 1969 | Hoeko Vallei | Parents and elders |
| Cavall (“Cavii”) Adams (CA) | 5 Aug 1994 | Zoar | Rastafarian friends |
| Dianne Hardien (DH) | 22 Feb 1964 | Simonstown | Other people |
| Dina Linderts (DL1) | 4 Oct 1961 | Hoeko Vallei | Parents and elders |
| Elise Festus (EF) | 2 May 1972 | Caledon | Grandparents |
| Elisabet (“Tannie Elise, Lissie”) Herandien (EH) | 30 Apr 1950 | Swellendam district | Grandmother, parents and own knowledge gained |
| Elizabeth Ambros (EA) | 9 Dec 1971 | Opsoek | Mother and other people |
| Joseph (“Oom Soppie”) Fourie (JF) | 19 Feb 1944 | Groenfontein | Grandparents and parents |
| Katriena Fourie (KF) | 16 Jun 1954 | Groenfontein | Grandparents and parents |
| Katriena Van Ster (KS) | 5 May 1956 | Hoeko Vallei | Mother |
| Lesley Dale (“Gaza”) Ludick (LL) | 24 Apr 1989 | Unknown | Unknown |
| Maria (“Sussie Rooiberg”) Herandien (MH1) | 3 Sep 1955–* 20 Sep 2016 | Rooiberg, Vanwyksdorp | Parents |
| Martha (“Tannie Makkie”) Roos (MR) | 1 Jul 1949 | Hoeko Vallei | Father and elders |
| Mona Wonderlik (MW) | 9 Sep 1928 | Pacaltsdorp | Unknown |
| Regina (“Gina”) Fortuin (RF) | 11 Dec 1970 | Zoar | Grandmother and Mother |
| Sias Smit (SS) | 18 Aug 1953 | Touwsrivier | Parents |
| <i>Calitzdorp participants</i> | | | |
| Elizabeth (“Bettie”) Maria Van Staden (née Oosthuizen) [not personally interviewed] (EV) | 19 Nov 1917–* 29 Nov 1995 | Calitzdorp | Written notes supplied per kind favour of Prof J Van Staden (son) |
| Elroy (“Shorty”) Quantini (EQ) | 12 Sep 1985 | Calitzdorp | Grandmother |
| Hans Arends [not personally interviewed] (HA) | 1 Jan 1926–* Dec 2009 | Oudtshoorn | Information via Salomie de Jager |
| Joseph (“Oom Soppie”) Ludck (JL) | 23 Oct 1938 | Calitzdorp | Own experience of local knowledge |
| Salomie De Jager (SD) | 22 Nov 1951 | Calitzdorp | Hans Arendse, Iman Judah, book knowledge |
| <i>Vanwyksdorp participants</i> | | | |
| Andries (“André”) Johannes Britz (AB) | 30 Oct 1961 | Vanwyksdorp | Grandmother and parents |
| Anna (“Antjie”) Van Wyk née Koopman (AW) | 17 Apr 1961 | Ladismith | Grandparents |
| Anna (“Tannie Meid”) Opperman (AO) | 23 Jan 1958 | Vanwyksdorp | Parents |
| Anna Claasen (AC) | 01 Apr 1945 | Ladismith | Parents |
| Charlotte Bosman (CB) | 06 Jun 1950 | Vanwyksdorp | Parents |
| Elsie (Els) Dillman (ED) | 02 Sep 1951 | Vanwyksdorp | Parents |
| Evalina (“Vroutjie”) Van Wyk (EW) | 03 Oct 1965 | Vanwyksdorp | Parents |
| Evelyn (“Eva”) Cloete (EC) | 20 Jul 1946 | Vanwyksdorp | Parents |
| Jacoba (“Mammie”) Makriga (JM) | 11 Jun 1961 | Vanwyksdorp | Parents |
| Japulus (“Piet”) Cloete (JC) | 26 Feb 1961 | Vanwyksdorp | Parents |
| Job Makriga (JM1) | 15 Jan 1956 | Vanwyksdorp | Parents |

(continued on next page)

Table 1 (continued)

| Name of participant (abbreviation) | Date of birth (*date deceased) | Geographical origin | Origin of medicinal plant knowledge |
|---------------------------------------|--------------------------------|---------------------|-------------------------------------|
| Katriena Jantjies (KJ) | 19 Nov 1954 | Vanwyksdorp | Parents |
| Magdalena ("Leentjie") Opperman (MO) | 30 Oct 1942 | Vanwyksdorp | Parents |
| Maria ("Marie") Katriena Jakobs (MJ) | 27 May 1959 | Vanwyksdorp | Parents |
| Maria ("Miem") Van Wyk (MW) | 31 Jul 1945 | Vanwyksdorp | Parents |
| Maria ("Ou's") Swanepoel (MS) | 22 Jul 1948 | Vanwyksdorp | Parents |
| Martha Makriga (MM) | 06 Nov 1951 | Vanwyksdorp | Parents |
| Morette Cloete (MC) | 20 Sep 1985 | Vanwyksdorp | Parents |
| Nokalene Dillman (ND) | Unknown-* 20 Jan 2016 | Vanwyksdorp | Grandmother and parents |
| Petrus ("Knapsak Piet") Williams (PW) | 10 Sep 1944 | Vanwyksdorp | Parents |
| Rosina ("Sina") Pretorius (RP) | 03 Jan 1963 | Vanwyksdorp | Parents |
| Susanna ("Den") Joubert (SJ) | 29 Jul 1972 | Vanwyksdorp | Parents |
| Willemina ("Miena") Cloete (WC) | 17 Jun 1970 | Vanwyksdorp | Grandmother |

plants was compiled. All medicinal plant species recorded in local literature were included (Mostert and Van Elfen, undated; Rood, 1994; Anonymous, 1998, 2001; De Jager, 2010; Britz, 2011; Vlok and Schutte-Vlok, 2016), as well as some well-known Cape herbal medicines recorded in previous projects (e.g. Van Wyk et al., 2008; De Beer and Van Wyk, 2011; Nortje and Van Wyk, 2015). There are no scientific publications on the ethnobotany of the Little Karoo, but several popular and informal publications give insights into local medicinal plants. Of special value are the publications of the Montagu Museum (Anonymous, 1998, 2001), where a list of 153 medicinal plants and their uses are provided. The town of Montagu is situated on the extreme western boundary of the Little Karoo, some 63 km west of Barrydale and therefore far beyond the boundary of Kannaland. As a result, not all of the species are relevant to the study area. The Montagu list was originally compiled by a local farmer, Kobus Kriel, and was partly based on the knowledge of a Khoisan woman named Doortjie Dories (Pieter Burger, pers. comm. to BEvW). It was later expanded by other contributors. A second important contribution was a book on the medicinal plants of the Little Karoo (De Jager, 2010). It includes 122 South African medicinal plant species, of which only 38 had recorded local uses (De Jager, pers. comm.). Other contributions were by Mostert and Van Elfen (undated), who listed the uses of 27 medicinal plants in Gamkaskloof (an isolated area known as "Die Hel"); Rood (1994), who included some Little Karoo plant uses in her book; Philander (2011) who listed Oudtshoorn as one of several localities for her study of Rastafarian medicine (but unfortunately did not specify the exact origin of her data); Britz (2011), who listed the home remedies of Vanwyksdorp, including the uses of 19 medicinal plants, and Vlok and Schutte-Vlok (2016), who listed 44 species as having medicinal uses in the Little Karoo (without giving further details).

A major task was to photograph all known local medicinal plant species in order to compile a flip-file of photographs for use as the main research tool. The flip-file is a critical component of the Matrix Method of De Beer and Van Wyk (2011) because it ensures rigorous and high-quality comparative data. The flip-file included images (mostly one page for each of the 146 species), illustrating the habit of the plant, with close-up details of the leaves, flowers or fruits, usually with a hand or finger included in the photo to serve as a scale. During the interviews, all local traditional uses and vernacular names were recorded. Some previously unrecorded species were also documented. Voucher specimens of previously unrecorded species and scientifically poorly known species were collected and are housed in the herbarium of the University of Johannesburg (JRAU).

The methodology of the Matrix Method of the De Beer and Van Wyk (2011) was followed during formal interviews. These structured interviews involved a total of 70 participants and took place in January 2015 (Zoar, 16 (20) participants and Calitzdorp, two (six) participants), February 2015 (Barrydale, 29 participants) and in May 2015 (Vanwyksdorp, 23 participants). Note that there were a total of 20 participants in Zoar and six in Calitzdorp but four participants in each village did not take part in the formal interviews. All interviews

were conducted in the participants' mother tongue which is Afrikaans. The method involves a careful study of each of the 146 species presented in the flip-file, followed by answers to the following questions: (1) do you know/recognise this plant? (2) Do you have a name for this plant? (3) Do you know of any uses for this plant? Positive answers were scored as 1, 2 and 3 respectively, giving a total potential score of 6 for each plant (i.e. when the participant recognised the plant, had a name for it and could describe at least one use). The data were carefully recorded in Afrikaans to avoid the loss of subtle nuances that may be lost in translation. The detailed primary data are included in a PhD thesis that is currently in preparation (Hulley, unpublished). A summary of the data is presented in Table 2. Authorities for scientific names are given in Table 2 and are not repeated elsewhere. Medicinal use-records are summarised in Table 2 and the newly recorded uses of each species are indicated in bold, while the primary (main) use(s) of each species is underlined.

A summary of the ailment categories and specific ailments, together with the corresponding medicinal plants are listed in Table 3. The 120 categories were based on Van Wyk et al. (2009) and Nortje and Van Wyk (2015), with minor modifications to accommodate some of the local uses in Kannaland. The standardised list of ailments, which is part of the Economic Botany Data Standard proposed by Kew (2017), was found to be not specific enough (e.g. the classification of infections is very broad) and the indications not closely aligned with the uses that we encountered.

The Matrix Method of De Beer and Van Wyk (2011) was also followed for the quantification and analysis of the primary data. The results are presented in the form of a participant vs species data matrix in Table 4. The local popularity or relative importance of the species was measured using the Species Popularity Index (SPI), while the level of knowledge of each participant was assessed using the Ethnobotanical Knowledge Index (EKI). These calculations are explained in the caption of Table 4. The statistical data on the plant species were compared with other quantification methods and are all included in Table 2. These are the Cultural Importance Index (CII) and the Relative Frequency of Citation index (RFC) of Tardío and Pardo de Santayana (2008), as well as the Index of Agreement on Remedies (IAR) of Trotter and Logan (1986). We have also included here for the first time, the Anecdote Frequency Index (AFI) which is based on the number of participants who mentioned a vernacular name and use for a particular plant species. The value of all these indices and index values is that they give an objective assessment of the relative "importance" of each species and provide new insights into the combination of plants that can be considered typical of the cultural heritage of the Little Karoo. Statistical comparisons of ailments with previous quantification methods are listed in Table 3, with the inclusion of the Informant Consensus Factor (F_{ic}) of Trotter and Logan (1986). Details as to how these indices are calculated along with the quantification methods are reviewed by Heinrich et al. (2009). This study complies with all the minimum requirements for ethnobotanical field studies that were proposed by Heinrich et al. (2009, 2018).

Table 2

Medicinal plant species recorded in Kannaland (western Little Karoo, South Africa) and a summary of their local medicinal uses. The towns are abbreviated as B for Barrydale, Z for Zoar, C for Calitzdorp and V for Vanwyksdorp. A detailed account of all the original anecdotes (recorded in Afrikaans) and all the participants who provided them are given in a PhD thesis (Hulley, unpublished).

Column 1: species number; newly recorded medicinal plants in the Little Karoo are given in bold text; newly recorded Little Karoo vernacular names are indicated by superscript^a while new variations of known vernacular names are indicated by superscript^b; exotic species are indicated by superscript^c; conservation statuses follow directly after the family name; voucher specimens (all in JRAU) area listed as follow: [HV] = Hulley and Van Wyk; [H] = Hulley; [VV] = Van Wyk and Vlok; [RV] = Ruiters and Van Wyk; [PHV] = photographic vouchers. The Cultural Importance Index (CII), the Anecdote Frequency Index (AFI), the Relative Frequency of Citation (RFC) and Species Popularity Index (SPI) are given as statistic values [in square brackets];

Column 2: newly recorded medicinal uses for Kannaland (western Little Karoo, South Africa) are given in bold and the main (primary) medicinal uses are underlined. The three numerical values in square brackets e.g. [16,16,25] refer to (1) the total number of participants (16) mentioning a medicinal use for the plant species; (2) the total number of use-records (16); (3) the rank of the species (25) according to the number of use-records. The Index of Agreement on Remedies (IAR) is also given in square brackets.

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|---|---|
| <p>1. <i>Acorus calamus</i> L.; Acoraceae; NE; [PHV146] Z: <i>kalmoes</i>; [CII = 0.12]; [AFI = 0.06]; [RFC = 0.06]; [SPI = 0.06] C: <i>kalmoes</i>; [CII = 0.67]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>kalamoes^b</i>, <i>kalmoes</i>; [CII = 1.30]; [AFI = 0.48]; [RFC = 0.52]; [SPI = 0.52]</p> | <p>Z: Infusions used as a wash for hair growth and for psychological conditions (magic medicine - “paljas”). [1,2,27]; [IAR = 0.0] C: Infusions used to treat stomach-ache, influenza and fever. [1,4,13]; [IAR = 0.3] V: Infusions used for <u>stomach ailments, cancer, diabetes, flatulence and psychological conditions (magic medicine - “paljas”).</u> [12,30,15]; [IAR = 0.9] B: The leaf juice is used for <u>earache (otitis) and toothache.</u> [16,16,27]; [IAR = 0.9] Z: The leaf is used for <u>calluses, corns, conjunctivitis and otitis (earache).</u> [3,3,28]; [IAR = 0.5] C: The leaf is used for <u>calluses and corns.</u> [1,2,15]; [IAR = 1.0] V: The leaf is used for <u>sores, corns and foot warts and otitis (earache).</u> [10,11,33]; [IAR = 0.7]</p> |
| <p>2. <i>Adromischus triflorus</i> (L.f.) A. Berger; Crassulaceae; LC; [PHV3] B: <i>bontplakkie</i>; [CII = 0.55]; [AFI = 0.59]; [RFC = 0.55]; [SPI = 0.64] Z: <i>steek-in-die-oor-plakkie^a</i>, <i>bontplakkie</i>, <i>vaalplakkie^a</i>; [CII = 0.29]; [AFI = 0.29]; [RFC = 0.24]; [SPI = 0.35] C: <i>bontplakkie</i>; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.75] V: <i>plakkie^a</i>, <i>bontplakkie</i>, <i>kouterie plakkie^a</i>, <i>bokplakkie^a</i>, <i>veldplakkie^a</i>, <i>vaalplakkie^a</i>; [CII = 0.48]; [AFI = 0.52]; [RFC = 0.43]; [SPI = 0.49]</p> | <p>B: Infusions used for influenza, inflammation and arthritis, <u>backache</u>, as a diuretic and as an unspecified medicine. [16,34,11]; [IAR = 0.9] Z: Used for high blood pressure, <u>backache</u>, urinary ailments, kidney ailments, as a tonic and as an unspecified medicine. [9,23,8]; [IAR = 0.7] C: Used as a paediatric medicine to treat colic, cramps, flatulence and restlessness, an infusion treats stomach-ache and ailments, nausea, urinary ailments, can also be used as a wash or lotion. [1,2,15]; [IAR = 1.0] V: Used for stomach-ache, <u>backache</u> and kidney ailments. [13,29,16]; [IAR = 0.9] Z: Leaves used as a poultice for <u>pain and inflammation</u> and for corns. [1,1,30]; [IAR = 0.0] C: Leaves used as a poultice for pain and inflammation. [1,1,16]; [IAR = 0.0] V: Leaves used as a poultice for a sprained ankle and rheumatism, inner stem infusion used for <u>cancer.</u> [11,16,28]; [IAR = 0.9]</p> |
| <p>3. <i>Agathosma capensis</i> (L.) Dümmer and other species (e.g. <i>Agathosma bifida</i> (Jacq.) Bartl. & H.L.Wendl. = <i>lemoenoë</i>); Rutaceae; [PHV4] B: <i>boegoe</i>, <i>bergboegoe</i>; [CII = 1.17]; [AFI = 0.66]; [RFC = 0.55]; [SPI = 0.72] Z: <i>anysboegoe</i>, <i>boegoe</i>; [CII = 1.29]; [AFI = 0.53]; [RFC = 0.53]; [SPI = 0.59] C: <i>steenbokboegoe</i>, <i>boegoe</i>, <i>breëblaarboegoe</i>, <i>semelboegoe</i>, <i>lemoenoë</i>; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.50] V: <i>boegoe</i>, <i>bergboegoe</i>; [CII = 1.26]; [AFI = 0.83]; [RFC = 0.57]; [SPI = 0.78]</p> | <p>B: Used for stomach ailments, asthma, constipation, sores, as a tonic, blood purifier, as unspecified medicine and used as veterinary medicine. [23,41,5]; [IAR = 0.8] Z: Used for stomach ailments especially stomach-ache, high blood pressure, diabetes, constipation, as a blood purifier, skin rash, dandruff, as an insect repellent and veterinary medicine. [13,30,2]; [IAR = 0.8] C: Used for stomach ailments especially stomach-ache, as a blood purifier, excessive bile and other liver related ailments, internal worms, applied on sores, tonic for general health and as veterinary medicine. [2,10,8]; [IAR = 0.3] V: Used for stomach ailments, constipation, sores and wounds including burn wounds, high blood pressure, cancer and as veterinary medicine. [20,38,9]; [IAR = 0.8] B: Leaf juice applied to sores and used as veterinary medicine. [4,8,35]; [IAR = 0.9] Z: Used for stomach-ache and constipation. [2,4,25]; [IAR = 0.7] V: Used for haemorrhoids. [6,6,37]; [IAR = 1.0]</p> |
| <p>4. <i>Agave americana</i> L.; Asparagaceae; NE; [PHV5] Z: <i>garingboom</i>; [CII = 0.12]; [AFI = 0.65]; [RFC = 0.12]; [SPI = 0.76] C: (<i>garing</i>)<i>boom</i>; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 1.00] V: <i>garing^b</i>, <i>garingblaa^b</i>, <i>garingboom</i>; [CII = 0.70]; [AFI = 1.00]; [RFC = 0.48]; [SPI = 0.93]</p> | <p>V: Used for burn wounds. [6,6,37]; [IAR = 1.0]</p> |
| <p>5. <i>Aloe ferox</i> Mill.; Asphodelaceae; LC; [PHV6] B: <i>aalwyn</i>; [CII = 1.41]; [AFI = 0.83]; [RFC = 0.79]; [SPI = 0.85] Z: <i>aalwyn</i>; [CII = 1.76]; [AFI = 0.82]; [RFC = 0.82]; [SPI = 0.82] C: <i>aalwyn</i>, <i>aloe</i>; [CII = 1.67]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 1.00] V: <i>aalwyn</i>; [CII = 1.65]; [AFI = 1.00]; [RFC = 0.87]; [SPI = 0.93]</p> | <p>B: Used to treat wounds. [2,2,40]; [IAR = 0.0] Z: Used for oral thrush, colds, whooping cough, earache, apply powdered leaves to burn wounds, as an ointment for ringworm, sores, drink infusion for pain and inflammation, labour inducement and as a tonic. [9,15,14]; [IAR = 0.5] C: Drink infusion for pain and inflammation. [1,1,16]; [IAR = 0.0] V: Used for oral thrush, mouth and throat ulcers, sores and wounds, as wash for ringworm. [13,34,12]; [IAR = 0.9] B: Used for itchy skin and burn wounds. [2,2,40]; [IAR = 0.0] C: Treats ringworm, scalp ailments and burn wounds. [2,6,11]; [IAR = 0.8] V: Used as an ointment, as wash for ringworm, for toothache. [3,3,40]; [IAR = 0.5]</p> |
| <p>6. <i>Aloe microstigma</i> Salm-Dyck; Asphodelaceae; LC; [SPI = Not in Matrix] B: <i>aalwyn</i>; [CII = 0.28]; [AFI = 0.14]; [RFC = 0.14] Z: <i>aalwyn</i>, <i>veldaalwyn^b</i>; [CII = 0.24]; [AFI = 0.24]; [RFC = 0.12] V: <i>vaal aalwyn^b</i>; [CII = 0.26]; [AFI = 0.26]; [RFC = 0.26]</p> | <p>B: Used for stomach ailments, asthma, constipation, sores, as a tonic, blood purifier, as unspecified medicine and used as veterinary medicine. [23,41,5]; [IAR = 0.8] Z: Used for stomach ailments especially stomach-ache, high blood pressure, diabetes, constipation, as a blood purifier, skin rash, dandruff, as an insect repellent and veterinary medicine. [13,30,2]; [IAR = 0.8] C: Used for stomach ailments especially stomach-ache, as a blood purifier, excessive bile and other liver related ailments, internal worms, applied on sores, tonic for general health and as veterinary medicine. [2,10,8]; [IAR = 0.3] V: Used for stomach ailments, constipation, sores and wounds including burn wounds, high blood pressure, cancer and as veterinary medicine. [20,38,9]; [IAR = 0.8] B: Leaf juice applied to sores and used as veterinary medicine. [4,8,35]; [IAR = 0.9] Z: Used for stomach-ache and constipation. [2,4,25]; [IAR = 0.7] V: Used for haemorrhoids. [6,6,37]; [IAR = 1.0]</p> |
| <p>7. <i>Anacampseros papyracea</i> E. Mey. ex Sond.; Anacampserotaceae; LC; [PHV16] V: <i>kareemoer</i>, <i>gansmis</i>, <i>oumasnui^a</i>, <i>moerbos</i>; [CII = 0.26]; [AFI = 0.57]; [RFC = 0.26]; [SPI = 0.57]</p> | <p>V: Used for burn wounds. [6,6,37]; [IAR = 1.0]</p> |
| <p>8. <i>Aptosimum indivisum</i> Burch. ex Benth.; Scrophulariaceae; LC; [PHV9a] B: <i>skilpadbossie</i>, <i>agtdaegeneesbos</i>; [CII = 0.07]; [AFI = 0.10]; [RFC = 0.07]; [SPI = 0.08] Z: <i>kinkhoesbos</i>, <i>skilpadbos(sie)^a</i>, <i>brandbos(sie)^a</i>; [CII = 0.88]; [AFI = 0.53]; [RFC = 0.53]; [SPI = 0.53] C: <i>skilpadbossie^a</i>; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>brandbossie^a</i>; [CII = 1.48]; [AFI = 0.65]; [RFC = 0.57]; [SPI = 0.63]</p> | <p>B: Used to treat wounds. [2,2,40]; [IAR = 0.0] Z: Used for oral thrush, colds, whooping cough, earache, apply powdered leaves to burn wounds, as an ointment for ringworm, sores, drink infusion for pain and inflammation, labour inducement and as a tonic. [9,15,14]; [IAR = 0.5] C: Drink infusion for pain and inflammation. [1,1,16]; [IAR = 0.0] V: Used for oral thrush, mouth and throat ulcers, sores and wounds, as wash for ringworm. [13,34,12]; [IAR = 0.9] B: Used for itchy skin and burn wounds. [2,2,40]; [IAR = 0.0] C: Treats ringworm, scalp ailments and burn wounds. [2,6,11]; [IAR = 0.8] V: Used as an ointment, as wash for ringworm, for toothache. [3,3,40]; [IAR = 0.5]</p> |
| <p>9. <i>Aptosimum procumbens</i> (Lehm.) Steud. [= <i>Aptosimum depressum</i> Burch.]; Scrophulariaceae; LC; [PHV9b] B: <i>brandbossie</i>; [CII = 0.07]; [AFI = 0.10]; [RFC = 0.07]; [SPI = 0.08] C: <i>brandbossie</i>, <i>karooviooltjie</i>; [CII = 1.00]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: <i>leeubekkie^a</i>, <i>brandbossie</i>; [CII = 0.13]; [AFI = 0.26]; [RFC = 0.13]; [SPI = 0.20]</p> | <p>B: Infusions used for treating kidney and bladder ailments. [4,8,35]; [IAR = 0.9] C: Used as a blood purifier, tonic, treats cough and ringworm. [1,4,13]; [IAR = 0.0]</p> |
| <p>10. <i>Arctopus echinatus</i> L.; Apiaceae; LC; [SPI = Not in Matrix] B: <i>witkalmoes^a</i>, <i>platloring</i>; [CII = 0.28]; [AFI = 0.17]; [RFC = 0.14] C: <i>platloring</i>, <i>sieketroos</i>; [CII = 0.67]; [AFI = 0.33]; [RFC = 0.17]</p> | <p>B: Leaves can be chewed or infused for the treatment of stomach ailments especially stomach-ache, stomach ulcers, diarrhoea, fever, diabetes and high blood pressure. [26,45,3]; [IAR = 0.9] Z: Infusion used for stomach ailments and stomach-ache, diarrhoea, menstruation pains, and fever. [13,14,15]; [IAR = 0.9] V: Infusion used for stomach ailments and nausea. [16,23,21]; [IAR = 1.0]</p> |
| <p>11. <i>Artemisia absinthium</i> L.; Asteraceae; NE; [PHV10] B: <i>groenamara</i>; [CII = 1.55]; [AFI = 0.97]; [RFC = 0.90]; [SPI = 0.88] Z: <i>groenamara</i>; [CII = 0.82]; [AFI = 0.76]; [RFC = 0.76]; [SPI = 0.76] C: <i>groenamara</i>; [CII = 0.00]; [AFI = 0.33]; [RFC = 0.00]; [SPI = 0.50] V: <i>groenamara</i>; [CII = 1.00]; [AFI = 0.83]; [RFC = 0.70]; [SPI = 0.78]</p> | <p>B: Leaves can be chewed or infused for the treatment of stomach ailments especially stomach-ache, stomach ulcers, diarrhoea, fever, diabetes and high blood pressure. [26,45,3]; [IAR = 0.9] Z: Infusion used for stomach ailments and stomach-ache, diarrhoea, menstruation pains, and fever. [13,14,15]; [IAR = 0.9] V: Infusion used for stomach ailments and nausea. [16,23,21]; [IAR = 1.0]</p> |

(continued on next page)

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
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| 12. <i>Artemisia afra</i> Jacq.; Asteraceae; LC; [PHV11] B: <i>wildeals</i> ; [CII = 2.17]; [AFI = 0.97]; [RFC = 0.79]; [SPI = 0.85] Z: <i>willeals^b</i> , <i>wildeals</i> ; [CII = 1.41]; [AFI = 0.82]; [RFC = 0.76]; [SPI = 0.79] C: <i>wilde-als</i> , <i>wildeals</i> ; [CII = 2.33]; [AFI = 0.67]; [RFC = 0.50]; [SPI = 1.00] V: <i>wildeals</i> ; [CII = 2.57]; [AFI = 1.00]; [RFC = 1.00]; [SPI = 1.00] | B: Used as treatment for headache, asthma, fever, bronchitis, influenza, colds, cough, chest ailments , stomach-ache, constipation , as a tonic and unspecified medicine . [23,63,1]; [IAR = 0.8] Z: Leaves used as treatment for chest ailments , influenza, colds, as a syrup for cough, high blood pressure, fever, and stomach-ache. [13,24,6]; [IAR = 0.8] C: Leaves used as treatment for chest ailments , influenza, colds, as a syrup for cough, high blood pressure, fever, stomach ailments, diabetes , sinusitis, blocked nose, earache , headache, for anxiety and as an insect repellent against mosquitos. [3,14,4]; [IAR = 0.1] V: Leaves used as treatment for stomach ailments, chest ailments , colds, cough, fever, influenza, leaves placed in ear as bud for toothache . [23,59,3]; [IAR = 0.9] B: Used for stomach-ache , backache , kidney ailments , chest ailments , pneumonia , constipation and used for psychological conditions (magic medicine - "paljas") . [9,21,22]; [IAR = 0.8] Z: Root used for psychological conditions (magic medicine - "paljas") and for treating cancer such as stomach cancer. [4,4,25]; [IAR = 0.7] V: Infusion used as a wash for the treatment of rheumatism , unspecified medicine , ringworm and used for psychological conditions (magic medicine - "paljas") . [8,8,35]; [IAR = 0.7] B: Root used to treat tuberculosis and chest ailments . [6,4,38]; [IAR = 1.0] Z: Root infusion used for treating tuberculosis and kidney ailments . [8,8,21]; [IAR = 0.9] V: Used for cancer , stomach ailments and psychological conditions (magic medicine - "paljas") and as an unspecified medicine . [7,7,36]; [IAR = 0.8] C: Used for treating tuberculosis , respiratory ailments , stomach ailments , bladder and kidney ailments . [1,5,12]; [IAR = 0.0] Z: Roots used for tuberculosis and to treat infertility . [2,2,27]; [IAR = 0.0] Z: Root infusion used as treatment for tuberculosis and asthma . [3,3,26]; [IAR = 0.5] B: Used as a thirst quencher . [6,6,37]; [IAR = 1.0] Z: Used as a tonic and thirst quencher . [1,2,27]; [IAR = 0.0] C: Used for the treatment of bladder and kidney ailments. [2,4,13]; [IAR = 0.7] V: Used for oral thrush and as a thirst quencher . [4,4,39]; [IAR = 0.6] B: Apply as an ointment to pain and inflammation, treat colds, backache , and unspecified medicine . [14,22,21]; [IAR = 0.9] Z: Leaf infusion used for colds, heart ailments, stroke , female and male disorders , headache, wounds , cough , kidney ailments , diarrhoea , cholesterol , stomach ailments , low blood pressure , diabetes and as an unspecified medicine . [9,18,11]; [IAR = 0.2] C: Leaf infusion used for colds, as a cough syrup , influenza, fever, respiratory ailments , urinary and kidney ailments , measles, insomnia, it can also be used externally for headache, rheumatism and gout. [1,12,6]; [IAR = 0.0] V: Leaf infusion used in treatment of bronchitis, colds, influenza, tuberculosis , cancer , postnatal cleansing , as wash for wounds , rheumatism, swollen feet and gout . [13,26,19]; [IAR = 0.6] C: Used for the treatment of toothache . [1,1,16]; [IAR = 0.0] C: A poultice is applied onto teeth to treat toothache . [1,1,16]; [IAR = 0.0] B: Bulb leaves used as compress on sores, pain and inflammation , wounds , burn wounds, pimples and inside a pillowcase for the treatment of asthma. [19,36,9]; [IAR = 0.9] Z: Bulb leaves used as compress on wounds. [2,1,28]; [IAR = 0.0] C: Bulb leaves used as compress on sores and wounds. [1,2,15]; [IAR = 0.0] V: Bulb leaves used as compress on sores and wounds. [7,12,32]; [IAR = 0.8] Z: Used as a compress for pain and inflammation . [1,1,28]; [IAR = 0.0] V: Leaf infusion used in treatment of oral thrush, sore throat , teething problems , as a wash for nappy rash . [14,20,24]; [IAR = 0.8] B: Leaf juice applied to wounds, burn wounds, sores , ringworm, insect bites and as a tonic . [22,40,6]; [IAR = 0.9] Z: Leaf juice used for wounds, burn wounds, sores and abrasions, ringworm, jaundice , skin ailments such as eczema, cold sores and fever blisters and insect bites . [12,30,2]; [IAR = 0.7] C: Leaf juice used for burn wounds, acne, rashes and blisters, insect bites, dry and cracked lips, cold sores and fever blisters, mouth ulcers, skin ailments and sores. [2,12,6]; [IAR = 0.5] V: Leaf juice used for wounds, burn wounds, sores and abrasions, ringworm and stomach ailments . [18,45,6]; [IAR = 0.9] Z: Used for flatulence , high blood pressure , gout and psychological conditions (magic medicine - "paljas") . [1,4,25]; [IAR = 0.0] C: Used as a tonic . [1,1,16]; [IAR = 0.0] |
| 13. <i>Asclepias crispa</i> P.J.Bergius; Apocynaceae; LC; [PHV12] B: <i>witvergeet</i> , <i>kalmoes</i> ; [CII = 0.72]; [AFI = 0.55]; [RFC = 0.31]; [SPI = 0.08] Z: <i>bitterwortel^a</i> , <i>witvergeet</i> ; [CII = 0.24]; [AFI = 0.35]; [RFC = 0.24]; [SPI = 0.28] V: <i>witvergeet</i> ; [CII = 0.35]; [AFI = 0.35]; [RFC = 0.35]; [SPI = 0.35] | |
| 14. <i>Asparagus</i> spp.; Asparagaceae; LC; [PHV13] B: <i>kattedoring</i> ; [CII = 0.14]; [AFI = 0.24]; [RFC = 0.21]; [SPI = 0.35] Z: <i>kattedoring</i> , <i>kortbeen kattedoring^a</i> ; [CII = 0.47]; [AFI = 0.47]; [RFC = 0.47]; [SPI = 0.47] V: <i>kattedoring</i> , <i>kattedoring</i> , <i>kattedoringbos</i> ; [CII = 0.30]; [AFI = 0.91]; [RFC = 0.30]; [SPI = 0.74] | |
| 15. <i>Asparagus africanus</i> Lam.; Asparagaceae; LC; [SPI = Not in Matrix] C: <i>kat(te)doring^a</i> , <i>wag-n-bietjie</i> ; [CII = 0.83]; [AFI = 0.17]; [RFC = 0.17] | |
| 16. <i>Asparagus capensis</i> L.; Asparagaceae; LC; [SPI = Not in Matrix] Z: <i>kattedoring</i> ; [CII = 0.12]; [AFI = 0.12]; [RFC = 0.12] | |
| 17. <i>Asparagus densiflorus</i> (Kunth) Jessop; Asparagaceae; LC; [SPI = Not in Matrix] Z: <i>kattedoring</i> ; [CII = 0.18]; [AFI = 0.18]; [RFC = 0.18] | |
| 18. <i>Augea capensis</i> Thunb.; Zygophyllaceae; LC; [PHV15] B: <i>waterkannetjie^a</i> ; [CII = 0.21]; [AFI = 0.17]; [RFC = 0.21]; [SPI = 0.21] Z: <i>siering^a</i> , <i>paddaogie^a</i> ; [CII = 0.12]; [AFI = 0.24]; [RFC = 0.06]; [SPI = 0.24] C: <i>kinderpieletjies</i> , <i>bobbejaankos</i> ; [CII = 0.67]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: <i>volstruiskos^b</i> , <i>skilpadkos^b</i> , <i>waterpypie^b</i> ; [CII = 0.17]; [AFI = 0.30]; [RFC = 0.17]; [SPI = 0.33] | |
| 19. <i>Ballota africana</i> (L.) Benth.; Lamiaceae; LC; [PHV17] B: <i>kattekruid</i> , <i>groot kattekruie^b</i> ; [CII = 0.76]; [AFI = 0.62]; [RFC = 0.48]; [SPI = 0.58] Z: <i>kattekruid</i> ; [CII = 1.06]; [AFI = 0.53]; [RFC = 0.53]; [SPI = 0.59] C: <i>kattekruie</i> ; [CII = 2.00]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>kattekruid</i> , <i>kattekruie</i> , <i>salie</i> ; [CII = 1.13]; [AFI = 0.83]; [RFC = 0.57]; [SPI = 0.72] | |
| 20. <i>Berula thunbergii</i> (DC.) H.Wolff; LC; Apiaceae; [SPI = Not in Matrix] C: <i>tandpynwortel</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | |
| 21. <i>Blepharis capensis</i> (L.f.) Pers.; LC; Acanthaceae; [SPI = Not in Matrix] C: <i>skerpioenster</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | |
| 22. <i>Boophone disticha</i> Herb.; Amaryllidaceae; LC; [PHV18] B: <i>gifbol</i> ; [CII = 1.24]; [AFI = 0.66]; [RFC = 0.66]; [SPI = 0.73] Z: <i>gifbol</i> ; [CII = 0.06]; [AFI = 0.12]; [RFC = 0.12]; [SPI = 0.12] C: <i>gifbol</i> ; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>gifbol</i> , <i>gifui</i> ; [CII = 0.52]; [AFI = 0.48]; [RFC = 0.30]; [SPI = 0.50] | |
| 23. <i>Brunsvigia josephinae</i> [Ker-Gawl.]; Amaryllidaceae; VU; [SPI = Not in Matrix] Z: <i>gifbol</i> ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] | |
| 24. <i>Buddleja saligna</i> Willd.; Scrophulariaceae; LC; [PHV19] C: <i>witolien</i> , <i>basterolien</i> ; [CII = 0.00]; [AFI = 0.33]; [RFC = 0.00]; [SPI = 0.75] V: <i>witolien</i> , <i>witolein^b</i> ; [CII = 0.87]; [AFI = 0.78]; [RFC = 0.61]; [SPI = 0.73] | |
| 25. <i>Bulbine frutescens</i> (L.) Willd.; Asphodelaceae; LC; [PHV20] B: <i>snotbos(sie)^a</i> , <i>snotterbel</i> , <i>snotterberg^a</i> , <i>geneesui^a</i> , <i>aalwyntjie^a</i> ; [CII = 1.38]; [AFI = 0.72]; [RFC = 0.76]; [SPI = 0.74] Z: <i>snotuie^a</i> , <i>rooiwortel^a</i> , <i>wildekopiva^a</i> ; [CII = 1.76]; [AFI = 0.35]; [RFC = 0.71]; [SPI = 0.59] C: <i>snotbossie^a</i> ; [CII = 2.00]; [AFI = 0.17]; [RFC = 0.33]; [SPI = 0.25] V: <i>snotuities^a</i> , <i>snotu^a</i> , <i>balsemkopiva</i> , <i>kopiva</i> , <i>kipiefa^b</i> , <i>kipiepa^b</i> , <i>geneesbossie^a</i> , <i>snotbossie^a</i> , <i>snotbos^a</i> , <i>kapafieka^b</i> , <i>pafieka^b</i> , <i>snotterbel^a</i> ; [CII = 1.96]; [AFI = 0.57]; [RFC = 0.78]; [SPI = 0.72] | |
| 26. <i>Bulbine latifolia</i> (L.f.) Spreng.; Asphodelaceae; LC; [SPI = Not in Matrix] Z: <i>rooiwortel(tjie)</i> ; [CII = 0.24]; [AFI = 0.18]; [RFC = 0.06] C: <i>rooiwortel</i> ; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17] | |

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|---|---|
| <p>27. <i>Cadaba aphylla</i> (Thunb.) Wild.; Capparaceae; LC; [PHV21] B: <i>swartstorm</i>; [CII = 1.00]; [AFI = 0.76]; [RFC = 0.59]; [SPI = 0.73] Z: <i>stormwortel^a</i>, <i>swartstorm</i>; [CII = 0.94]; [AFI = 0.76]; [RFC = 0.76]; [SPI = 0.76] C: <i>stormwortel^a</i>, <i>swartstorm</i>; [CII = 1.17]; [AFI = 0.50]; [RFC = 0.50]; [SPI = 0.75] V: <i>swartstorm</i>; [CII = 0.65]; [AFI = 0.61]; [RFC = 0.43]; [SPI = 0.56]</p> | <p>B: Root infusion used for treating backache, constipation, stomach-ache, bronchitis, as a tonic and for psychological conditions (magic medicine - “paljas”). [17,29,16]; [IAR = 0.8] Z: Root infusion used for stomach ailments, kidney ailments, high blood pressure, diabetes, impurities, insomnia, constipation, rheumatism, cholesterol, menstruation pains and psychological conditions (magic medicine - “paljas”). [13,16,13]; [IAR = 0.3] C: Root infusion used for treating epileptic fits, backache, stomach ailments and pain and inflammation. [3,7,10]; [IAR = 0.5] V: Root infusion used for stomach ailments, kidney ailments, high blood pressure, backache, germicide, an unspecified medicine and for psychological conditions (magic medicine - “paljas”). [10,15,29]; [IAR = 0.6]</p> |
| <p>28. <i>Canna indica</i> L.; Cannaceae; NE; [PHV22] B: <i>kenna</i>, <i>kanna</i>; [CII = 0.86]; [AFI = 0.79]; [RFC = 0.79]; [SPI = 0.92] Z: <i>kanna</i>, <i>kennablare</i>; [CII = 0.18]; [AFI = 0.18]; [RFC = 0.18]; [SPI = 0.18] C: <i>kenna</i>; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>kenna blaar</i>, <i>kenna</i>, <i>kennas</i>; [CII = 1.26]; [AFI = 0.91]; [RFC = 0.83]; [SPI = 0.85]</p> | <p>B: Leaves used as compress for pain and inflammation, sores, headache, toothache, sprains and as a blister-plaster to remove thorns. [23,25,18]; [IAR = 0.8] Z: Used as an ointment for pain and inflammation. [3,3,26]; [IAR = 1.0] C: Leaves used as a compress for backache and rheumatism. [1,2,15]; [IAR = 0.0] V: Leaves used as compress for inflammation, sores, wounds, backache, as a blister plaster for thorns. [19,29,16]; [IAR = 0.9]</p> |
| <p>29. <i>Cannabis sativa</i> L.; Cannabaceae; NE; [PHV23] B: <i>dagga</i>; [CII = 0.14]; [AFI = 0.07]; [RFC = 0.07]; [SPI = 0.04] C: <i>dagga</i>; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] 30. <i>Carpobrotus deliciosus</i> L. Bolus; Aizoaceae; LC; [PHV24a] B: <i>ghoenavy</i>; [CII = 0.10]; [AFI = 0.03]; [RFC = 0.03]; [SPI = 0.03] Z: <i>ghoenavy^b</i>, <i>suurvy</i>; [CII = 0.18]; [AFI = 0.29]; [RFC = 0.12]; [SPI = 0.29] C: <i>ghoena</i>, <i>suurvy(gie)</i>; [CII = 1.83]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: <i>ghoenavy^b</i>, <i>suurvytjie^b</i>, <i>suurvy</i>; [CII = 1.57]; [AFI = 0.87]; [RFC = 0.83]; [SPI = 0.83]</p> | <p>B: Leaves are smoked to purify yourself and as a psychoactive drug, infusions used to treat heart ailments and acts as a tonic. [2,4,38]; [IAR = 0.0] C: Infusion used to treat stroke. [1,1,16]; [IAR = 0.0] B: Used for oral thrush, sore throat and mouth and throat ulcers. [1,3,39]; [IAR = 0.0] Z: Used for oral thrush, sore throat and flatulence. [2,3,26]; [IAR = 0.0] C: Leaf juice used for eczema, skin rash, oral thrush, sore throat, teething problems in babies, cold sores and fever blisters, cracked lips. [2,11,7]; [IAR = 0.6] V: Used for oral thrush, sore throat, mouth and throat ulcers and stomach ailments. [19,36,11]; [IAR = 0.9] B: Used for oral thrush, sore throat, tonsillitis, mouth and throat ulcers and for the treatment of bluebottles. [24,43,4]; [IAR = 0.9] Z: Leaf juice gargled for sore throat, oral thrush, mouth and throat ulcers, apply to cold sores and fever blisters, teething problems, earache, stomach ailments and acts as a thirst quencher. [12,27,4]; [IAR = 0.6] C: Leaf juice used to treat sore throat, oral thrush, cough, constipation and as an emetic. [1,5,12]; [IAR = 0.6] Z: Used for sore throat and oral thrush. [2,4,25]; [IAR = 0.7]</p> |
| <p>31. <i>Carpobrotus edulis</i> (L.) L. Bolus; Aizoaceae; LC; [PHV24b] B: <i>ghoenas</i>, <i>ghoenavy</i>; [CII = 1.48]; [AFI = 0.83]; [RFC = 0.83]; [SPI = 0.85] Z: <i>ghoenavy</i>, <i>suurvy(kie)</i>, <i>suurvygie</i>, <i>hotmotsvy</i>, <i>ghonnavy</i>; [CII = 1.59]; [AFI = 0.88]; [RFC = 0.71]; [SPI = 0.76] C: <i>hotmotsvy</i>; [CII = 0.83]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.75]</p> | <p>Z: Used for stimulation of hair growth. [1,1,28]; [IAR = 0.0] V: Used for stimulation of hair growth. [1,1,42]; [IAR = 0.0]</p> |
| <p>32. <i>Carpobrotus mellei</i> (L.) Bolus; Aizoaceae; LC; [SPI = Not in Matrix] Z: <i>suurvy</i>; [CII = 0.24]; [AFI = 0.12]; [RFC = 0.12]</p> | <p>B: Used for the treatment of prostate problems and as unspecified medicine. [11,11,32]; [IAR = 0.9] Z: Infusions used for the treatment of cancer, diabetes, stomach ailments especially stomach-ache, kidney ailments, urinary ailments, female disorders, high blood pressure, HIV and Aids, as a tonic and as an unspecified medicine. [14,27,4]; [IAR = 0.6] C: Infusions used for the treatment of cancer, diabetes, heart ailments, chest ailments and shingles. [2,5,12]; [IAR = 0.0] V: Used for the treatment of cancer. [7,7,36]; [IAR = 1.0] C: Root is used to treat stomach-ache and flatulence. [2,3,14]; [IAR = 0.5] V: Root is chewed for stomach-ache and cancer, infusion used for colds and flatulence. [5,17,27]; [IAR = 0.8] B: Infusions used for tuberculosis, fever, stomach ailments, pain and inflammation, diabetes, backache, chest ailments, headache, bronchitis, pneumonia, impurities, as a tonic and unspecified medicine. [19,37,8]; [IAR = 0.7] Z: Infusions used for stomach-ache, postnatal cleansing, female disorders, backache, kidney ailments, high blood pressure, diabetes, cancer, tuberculosis, urinary ailments and as a poultice for toothache. [12,21,9]; [IAR = 0.5] C: Infusions of whole plant is used as a blood purifier, to treat acne, skin diseases, heat rash, sores like scrapes, boils, abscesses and venereal sores, sexually transmitted diseases, haemorrhoids, piles, diarrhoea based on dosage preparation, as an emetic (purgative) and for constipation. [2,20,1]; [IAR = 0.6] V: Infusions used for stomach-ache and ulcers, backache and haemorrhoids. [18,27,18]; [IAR = 0.9] B: Used for fever, conjunctivitis, as a tonic and as unspecified medicine. [14,14,29]; [IAR = 0.8] Z: Infusions used as a wash for conjunctivitis, postnatal cleansing and for labour inducement. [4,4,25]; [IAR = 0.7] C: Used to treat constipation and sexually transmitted diseases. [1,2,15]; [IAR = 0.0] V: Chew twig for stomach ailments and ulcers, leaves used as bud for toothache, infusions used for high blood pressure, as veterinary medicine and acts as an insect repellent. [11,15,29]; [IAR = 0.8] C: Used for the treatment of stomach ailments, as a blood purifier, rheumatism and excessive bile and liver related ailments. [1,4,13]; [IAR = 0.3]</p> |
| <p>33. <i>Cassytha ciliolata</i> Nees; Lauraceae; LC; [PHV25] Z: <i>bobbejaantou^a</i>, <i>bôjaantou^b</i>, <i>bôjaanhare^b</i>; [CII = 0.06]; [AFI = 0.18]; [RFC = 0.06]; [SPI = 0.15] V: <i>bobbejaantou^a</i>, <i>bôjaantou^b</i>, <i>rankbietou^a</i>, <i>langbietou^b</i>; [CII = 0.04]; [AFI = 0.52]; [RFC = 0.04]; [SPI = 0.33]</p> | <p>Z: Used for stimulation of hair growth. [1,1,28]; [IAR = 0.0] V: Used for stimulation of hair growth. [1,1,42]; [IAR = 0.0]</p> |
| <p>34. <i>Centaurea benedicta</i> (L.) L. [= <i>Cnicus benedictus</i> L.]; Asteraceae; NE; [PHV33] B: <i>karmedik</i>, <i>doringbietoe^a</i>; [CII = 0.38]; [AFI = 0.72]; [RFC = 0.38]; [SPI = 0.69] Z: <i>kankerbos^a</i>, <i>karmedik</i>; [CII = 1.59]; [AFI = 0.82]; [RFC = 0.82]; [SPI = 0.82] C: <i>karmedik</i>; [CII = 0.83]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: <i>karmedik</i>; [CII = 0.30]; [AFI = 0.30]; [RFC = 0.30]; [SPI = 0.32]</p> | <p>B: Used for the treatment of prostate problems and as unspecified medicine. [11,11,32]; [IAR = 0.9] Z: Infusions used for the treatment of cancer, diabetes, stomach ailments especially stomach-ache, kidney ailments, urinary ailments, female disorders, high blood pressure, HIV and Aids, as a tonic and as an unspecified medicine. [14,27,4]; [IAR = 0.6] C: Infusions used for the treatment of cancer, diabetes, heart ailments, chest ailments and shingles. [2,5,12]; [IAR = 0.0] V: Used for the treatment of cancer. [7,7,36]; [IAR = 1.0] C: Root is used to treat stomach-ache and flatulence. [2,3,14]; [IAR = 0.5] V: Root is chewed for stomach-ache and cancer, infusion used for colds and flatulence. [5,17,27]; [IAR = 0.8] B: Infusions used for tuberculosis, fever, stomach ailments, pain and inflammation, diabetes, backache, chest ailments, headache, bronchitis, pneumonia, impurities, as a tonic and unspecified medicine. [19,37,8]; [IAR = 0.7] Z: Infusions used for stomach-ache, postnatal cleansing, female disorders, backache, kidney ailments, high blood pressure, diabetes, cancer, tuberculosis, urinary ailments and as a poultice for toothache. [12,21,9]; [IAR = 0.5] C: Infusions of whole plant is used as a blood purifier, to treat acne, skin diseases, heat rash, sores like scrapes, boils, abscesses and venereal sores, sexually transmitted diseases, haemorrhoids, piles, diarrhoea based on dosage preparation, as an emetic (purgative) and for constipation. [2,20,1]; [IAR = 0.6] V: Infusions used for stomach-ache and ulcers, backache and haemorrhoids. [18,27,18]; [IAR = 0.9] B: Used for fever, conjunctivitis, as a tonic and as unspecified medicine. [14,14,29]; [IAR = 0.8] Z: Infusions used as a wash for conjunctivitis, postnatal cleansing and for labour inducement. [4,4,25]; [IAR = 0.7] C: Used to treat constipation and sexually transmitted diseases. [1,2,15]; [IAR = 0.0] V: Chew twig for stomach ailments and ulcers, leaves used as bud for toothache, infusions used for high blood pressure, as veterinary medicine and acts as an insect repellent. [11,15,29]; [IAR = 0.8] C: Used for the treatment of stomach ailments, as a blood purifier, rheumatism and excessive bile and liver related ailments. [1,4,13]; [IAR = 0.3]</p> |
| <p>35. <i>Chamarea capensis</i> (Thunb.) Eckl. & Zeyh.; Apiaceae; LC; [PHV26] C: <i>vinkelbol</i>, <i>vinkelwortel</i>; [CII = 0.50]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: <i>vinkel</i>, <i>vinkelwortel</i>; [CII = 0.74]; [AFI = 0.78]; [RFC = 0.22]; [SPI = 0.57] 36. <i>Chironia baccifera</i> L.; Gentianaceae; LC; [PHV28] B: <i>bitterbos</i>, <i>skilpadbos(sie)</i>, <i>sesparella</i>, <i>aambeibos</i>; [CII = 1.28]; [AFI = 0.72]; [RFC = 0.66]; [SPI = 0.77] Z: <i>sesparella^a</i>, <i>sesperella^b</i>, <i>sespapperella^b</i>, <i>bitterbos</i>; [CII = 1.24]; [AFI = 0.82]; [RFC = 0.71]; [SPI = 0.79] C: <i>sespapperella^b</i>, <i>meidjiewillemse^a</i>, <i>aambeibos</i>; [CII = 3.33]; [AFI = 0.50]; [RFC = 0.33]; [SPI = 0.75] V: <i>sesparella^a</i>, <i>sixparela^b</i>, <i>sesparera^b</i>, <i>sesperera^b</i>, <i>sespruie^b</i>, <i>sesprye^b</i>, <i>sesperella^b</i>, <i>sesporere^b</i>, <i>bitterbos</i>; [CII = 1.17]; [AFI = 0.83]; [RFC = 0.78]; [SPI = 0.80]</p> | <p>B: Used for the treatment of prostate problems and as unspecified medicine. [11,11,32]; [IAR = 0.9] Z: Infusions used for the treatment of cancer, diabetes, stomach ailments especially stomach-ache, kidney ailments, urinary ailments, female disorders, high blood pressure, HIV and Aids, as a tonic and as an unspecified medicine. [14,27,4]; [IAR = 0.6] C: Infusions used for the treatment of cancer, diabetes, heart ailments, chest ailments and shingles. [2,5,12]; [IAR = 0.0] V: Used for the treatment of cancer. [7,7,36]; [IAR = 1.0] C: Root is used to treat stomach-ache and flatulence. [2,3,14]; [IAR = 0.5] V: Root is chewed for stomach-ache and cancer, infusion used for colds and flatulence. [5,17,27]; [IAR = 0.8] B: Infusions used for tuberculosis, fever, stomach ailments, pain and inflammation, diabetes, backache, chest ailments, headache, bronchitis, pneumonia, impurities, as a tonic and unspecified medicine. [19,37,8]; [IAR = 0.7] Z: Infusions used for stomach-ache, postnatal cleansing, female disorders, backache, kidney ailments, high blood pressure, diabetes, cancer, tuberculosis, urinary ailments and as a poultice for toothache. [12,21,9]; [IAR = 0.5] C: Infusions of whole plant is used as a blood purifier, to treat acne, skin diseases, heat rash, sores like scrapes, boils, abscesses and venereal sores, sexually transmitted diseases, haemorrhoids, piles, diarrhoea based on dosage preparation, as an emetic (purgative) and for constipation. [2,20,1]; [IAR = 0.6] V: Infusions used for stomach-ache and ulcers, backache and haemorrhoids. [18,27,18]; [IAR = 0.9] B: Used for fever, conjunctivitis, as a tonic and as unspecified medicine. [14,14,29]; [IAR = 0.8] Z: Infusions used as a wash for conjunctivitis, postnatal cleansing and for labour inducement. [4,4,25]; [IAR = 0.7] C: Used to treat constipation and sexually transmitted diseases. [1,2,15]; [IAR = 0.0] V: Chew twig for stomach ailments and ulcers, leaves used as bud for toothache, infusions used for high blood pressure, as veterinary medicine and acts as an insect repellent. [11,15,29]; [IAR = 0.8] C: Used for the treatment of stomach ailments, as a blood purifier, rheumatism and excessive bile and liver related ailments. [1,4,13]; [IAR = 0.3]</p> |
| <p>37. <i>Chrysocoma ciliata</i> L.; Asteraceae; LC; [PHV29] B: <i>beesbos</i>, <i>swaebossie^a</i>; [CII = 0.48]; [AFI = 0.55]; [RFC = 0.48]; [SPI = 0.48] Z: <i>beesbos(sie)</i>; [CII = 0.24]; [AFI = 0.47]; [RFC = 0.24]; [SPI = 0.47] C: <i>bitterbos</i>; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.50] V: <i>beeskaroo</i>, <i>skaapkaroo^a</i>, <i>bokkaroo^a</i>, <i>karoobossie</i>, <i>beesbos(sie)</i>, <i>perdebossie^a</i>; [CII = 0.65]; [AFI = 0.43]; [RFC = 0.48]; [SPI = 0.45]</p> | <p>B: Used for the treatment of prostate problems and as unspecified medicine. [11,11,32]; [IAR = 0.9] Z: Infusions used for the treatment of cancer, diabetes, stomach ailments especially stomach-ache, kidney ailments, urinary ailments, female disorders, high blood pressure, HIV and Aids, as a tonic and as an unspecified medicine. [14,27,4]; [IAR = 0.6] C: Infusions used for the treatment of cancer, diabetes, heart ailments, chest ailments and shingles. [2,5,12]; [IAR = 0.0] V: Used for the treatment of cancer. [7,7,36]; [IAR = 1.0] C: Root is used to treat stomach-ache and flatulence. [2,3,14]; [IAR = 0.5] V: Root is chewed for stomach-ache and cancer, infusion used for colds and flatulence. [5,17,27]; [IAR = 0.8] B: Infusions used for tuberculosis, fever, stomach ailments, pain and inflammation, diabetes, backache, chest ailments, headache, bronchitis, pneumonia, impurities, as a tonic and unspecified medicine. [19,37,8]; [IAR = 0.7] Z: Infusions used for stomach-ache, postnatal cleansing, female disorders, backache, kidney ailments, high blood pressure, diabetes, cancer, tuberculosis, urinary ailments and as a poultice for toothache. [12,21,9]; [IAR = 0.5] C: Infusions of whole plant is used as a blood purifier, to treat acne, skin diseases, heat rash, sores like scrapes, boils, abscesses and venereal sores, sexually transmitted diseases, haemorrhoids, piles, diarrhoea based on dosage preparation, as an emetic (purgative) and for constipation. [2,20,1]; [IAR = 0.6] V: Infusions used for stomach-ache and ulcers, backache and haemorrhoids. [18,27,18]; [IAR = 0.9] B: Used for fever, conjunctivitis, as a tonic and as unspecified medicine. [14,14,29]; [IAR = 0.8] Z: Infusions used as a wash for conjunctivitis, postnatal cleansing and for labour inducement. [4,4,25]; [IAR = 0.7] C: Used to treat constipation and sexually transmitted diseases. [1,2,15]; [IAR = 0.0] V: Chew twig for stomach ailments and ulcers, leaves used as bud for toothache, infusions used for high blood pressure, as veterinary medicine and acts as an insect repellent. [11,15,29]; [IAR = 0.8] C: Used for the treatment of stomach ailments, as a blood purifier, rheumatism and excessive bile and liver related ailments. [1,4,13]; [IAR = 0.3]</p> |
| <p>38. <i>Cichorium intybus</i> L.; Asteraceae; NE; [SPI = Not in Matrix] C: <i>sigorei</i>, <i>bloublommetjie^a</i>; [CII = 0.67]; [AFI = 0.33]; [RFC = 0.17]</p> | <p>C: Used for the treatment of stomach ailments, as a blood purifier, rheumatism and excessive bile and liver related ailments. [1,4,13]; [IAR = 0.3]</p> |

(continued on next page)

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|---|--|
| 39. <i>Cissampelos capensis</i> L.f.; Menispermaceae; LC; [PHV30] B: dawidjtiewortel, dawidjtjie se wortel ^a ; [CII = 0.93]; [AFI = 0.72]; [RFC = 0.69]; [SPI = 0.73] Z: dawidjtiewortel; [CII = 0.65]; [AFI = 0.76]; [RFC = 0.65]; [SPI = 0.76] C: dawidjtiewortel; [CII = 3.00]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: dawidjtiewortel; [CII = 0.48]; [AFI = 0.39]; [RFC = 0.26]; [SPI = 0.52] | B: Used for stomach ailments, headache, as a tonic, unspecified medicine and used for psychological conditions (magic medicine - "paljas") . [20,27,17]; [IAR = 0.8] Z: Root infusions used for flatulence, backache, stomach-ache , as a tonic and as a psychoactive drug and for psychological conditions (magic medicine - "paljas") . [11,11,18]; [IAR = 0.5] C: Fresh leaves are applied as a poultice to snakebite, infusions and decoctions are used for treating diabetes, tuberculosis, cancer, dysentery, kidney ailments, glandular swellings, pain, backache, stomach ailments and for psychological conditions (magic medicine - "paljas") . [2,18,2]; [IAR = 0.4] V: To treat epilepsy , acts as a psychoactive drug and used for psychological conditions (magic medicine - "paljas") . [6,11,33]; [IAR = 1.0] C: Used for backache, fatigue, anxiety and insomnia . [1,4,13]; [IAR = 0.0] |
| 40. <i>Cissampelos torulosa</i> E. Mey. ex Harv. & Sond.; Menispermaceae; LC; [SPI = Not in Matrix] C: dawidjtiewortel; [CII = 0.67]; [AFI = 0.17]; [RFC = 0.17] 41. <i>Cliffortia odorata</i> L.f.; Rosaceae; LC; [SPI = Not in Matrix] Z: wildewingerd, wingerd ^b , wingerdstompies ^a ; [CII = 0.12]; [AFI = 0.24]; [RFC = 0.06] 42. <i>Cliffortia strobilifera</i> L.; Rosaceae; LC; [PHV32] B: pypsteelbos, bakbos; [CII = 0.38]; [AFI = 0.59]; [RFC = 0.38]; [SPI = 0.60] 43. <i>Commelina africana</i> L.; Commelinaceae; LC; [SPI = Not in Matrix] C: [CII = 0.83]; [AFI = 0.00]; [RFC = 0.17] 44. <i>Conyza scabrida</i> DC.; Asteraceae; LC; [H41–16; PHV34] B: bakbos(sie); [CII = 1.14]; [AFI = 0.90]; [RFC = 0.86]; [SPI = 0.92] Z: oumeidebos ^b , bakbos, oondbos; [CII = 1.06]; [AFI = 0.71]; [RFC = 0.65]; [SPI = 0.68] C: bakbossie, oondbos; [CII = 1.00]; [AFI = 0.50]; [RFC = 0.50]; [SPI = 1.00] V: bakbos(sie), oondbos; [CII = 2.26]; [AFI = 0.78]; [RFC = 0.74]; [SPI = 0.77] | Z: Used for cancer and as a wash for pain and inflammation . [1,2,27]; [IAR = 0.0] B: Used for treating high blood pressure and as unspecified medicine . [11,11,32]; [IAR = 0.9] C: Used to treat female ailments, menstruation pains, sexually transmitted diseases, anxiety and shock (hysteria) . [1,5,12]; [IAR = 0.5] B: Used to treat chest ailments, use as a compress to relieve fever, pain and inflammation, headache , used as a tonic and unspecified medicine . [25,33,13]; [IAR = 0.8] Z: Infusions used to treat colds, backache, kidney ailments, heart ailments, stomach-ache, impurities, infertility, low blood pressure and as a compress for pain and inflammation, fever and chest ailments. [11,18,11]; [IAR = 0.4] C: Infusions used to treat fever, spastic colon, heart ailments, influenza and chest ailments. [3,6,11]; [IAR = 0.2] V: Used to treat colds, fever, diarrhoea, dysentery, headache, stomach ailments, postnatal cleansing, inflammation and toothache . [17,52,4]; [IAR = 0.8] B: Leaf blades can be eaten as a thirst quencher , used to treat haemorrhoids . [9,9,34]; [IAR = 0.0] Z: Used as a compress for corns, calluses and sores and acts as a thirst quencher . [4,4,25]; [IAR = 0.7] C: Leaf is applied as a poultice to boils, abscesses and corns, nappy rash, blister plaster to remove thorns, warts (soolvrat) , leaf juice treats earache, toothache and mouth abscess . [2,13,5]; [IAR = 0.5] V: Used for corns, calluses, foot warts and earache. [9,9,34]; [IAR = 0.7] C: Used for the treatment of stomach ailments and excessive bile and liver related ailments. [1,2,15]; [IAR = 1.0] Z: Infusion used for the treatment of diarrhoea. [1,1,28]; [IAR = 0.0] B: Used as a tonic. [1,1,41]; [IAR = 0.0] C: Infusion used as an appetite stimulant . [1,1,16]; [IAR = 0.0] V: Used for lactation (stimulation of milk flow) . [1,1,42]; [IAR = 0.0] |
| 45. <i>Cotyledon orbiculata</i> L.; Crassulaceae; LC; [PHV35] B: plakkie, varkoorplak ^b ; [CII = 0.31]; [AFI = 0.52]; [RFC = 0.31]; [SPI = 0.46] Z: plakkie, groot plakkie, sooi-brandplakkie ^a , vaalplakkie ^b ; [CII = 0.24]; [AFI = 0.59]; [RFC = 0.24]; [SPI = 0.59] C: plakkie; [CII = 2.17]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: plakkie, kerkei plakkie ^b , vaalplakkie ^b ; [CII = 0.39]; [AFI = 0.83]; [RFC = 0.39]; [SPI = 0.74] | C: Used for lactation (stimulate milk flow). [2,2,15]; [IAR = 0.0] |
| 46. <i>Crassula muscosa</i> L.; Crassulaceae; LC; [SPI = Not in Matrix] C: skoenveterplakkie; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.17] | C: Used as a wash for sores, wounds and sexually transmitted diseases . [1,3,14]; [IAR = 1.0] |
| 47. <i>Crassula</i> spp.; Crassulaceae; [SPI = Not in Matrix] Z: skilpadkos; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] 48. <i>Cyclopia intermedia</i> E. Mey.; Fabaceae; LC; [PHV36] B: heuningbos(tee), bergtee, heuningtee; [CII = 0.03]; [AFI = 0.76]; [RFC = 0.03]; [SPI = 0.58] Z: heuningbostee, bergblom, bergtee; [CII = 0.00]; [AFI = 0.47]; [RFC = 0.00]; [SPI = 0.28] C: heuningbostee; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.75] V: heuningbostee, bergtee; [CII = 0.04]; [AFI = 0.70]; [RFC = 0.04]; [SPI = 0.79] 49. <i>Cynanchum viminalis</i> (L.) L.; Apocynaceae; LC; [SPI = Not in Matrix] C: melktou; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.33] 50. <i>Cysticapnos vesicaria</i> (L.) Fedde; Fumariaceae; LC; [SPI = Not in Matrix] C: klapperjies; [CII = 0.50]; [AFI = 0.17]; [RFC = 0.17] 51. <i>Datura stramonium</i> L.; Solanaceae; NE; [PHV40] B: stinkolie ^b , stinkolieboom ^b ; [CII = 0.38]; [AFI = 0.38]; [RFC = 0.31]; [SPI = 0.31] Z: stinkolieblaar, stinkolie ^b , olieboom, stinkblaar, wiststinkolie ^b ; [CII = 0.88]; [AFI = 0.65]; [RFC = 0.47]; [SPI = 0.65] C: stinkolie ^b , stinkblaar; [CII = 1.67]; [AFI = 0.50]; [RFC = 0.50]; [SPI = 1.00] V: olieblaar, stinkolieblaar, stinkolie ^b , stinkolieboom ^b , olieboom; [CII = 0.91]; [AFI = 0.87]; [RFC = 0.65]; [SPI = 0.72] | C: Used for lactation (stimulate milk flow) . [2,2,15]; [IAR = 0.0] |
| 52. <i>Dianthus thunbergii</i> S.S. Hooper.; Caryophyllaceae; LC; [PHV41] B: grashout(jie); [CII = 0.03]; [AFI = 0.21]; [RFC = 0.03]; [SPI = 0.23] Z: aandblommetjie ^a , grashoutjie; [CII = 0.06]; [AFI = 0.29]; [RFC = 0.24]; [SPI = 0.29] C: sileni; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] 53. <i>Dioscorea hemicypta</i> Burkill; Dioscoreaceae; LC; [PHV42] Z: olifantvoet, skilpadtoon; [CII = 0.12]; [AFI = 0.29]; [RFC = 0.12]; [SPI = 0.29] C: olifantvoet; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] 54. <i>Diosma hirsuta</i> L.; Rutaceae; LC; [PHV44a] V: steenbokboegoe ^b , fynblaarboegoe ^a , fynboegoe ^b , springbokboegoe; [CII = 0.04]; [AFI = 0.35]; [RFC = 0.04]; [SPI = 0.20] | C: Used as a wash for sores, wounds and sexually transmitted diseases . [1,3,14]; [IAR = 1.0] B: Leaves are smoked to treat asthma, chest ailments , compress leaves on burn wounds and calluses, acts as a psychoactive drug . [9,11,32]; [IAR = 0.7] Z: Used as a compress for pain and inflammation, on sores, calluses and sprains and acts as a psychoactive drug . [8,15,14]; [IAR = 0.7] C: Used as a compress for backache, pain and inflammation, on sores, earache and smoke for chest ailments . [3,10,8]; [IAR = 0.6] V: Compress on head for headache, pain (inflammation), sores and wounds, insect repellent , used for earache and children's ailments such as mumps. [15,21,23]; [IAR = 0.7] B: Used as unspecified medicine . [1,1,41]; [IAR = 0.0] Z: Used to treat stomach-ache and for psychological conditions (magical medicine - "paljas") . [4,1,28]; [IAR = 0.0] |
| 55. <i>Diosma hirsuta</i> L.; Rutaceae; LC; [PHV44a] V: steenbokboegoe ^b , fynblaarboegoe ^a , fynboegoe ^b , springbokboegoe; [CII = 0.04]; [AFI = 0.35]; [RFC = 0.04]; [SPI = 0.20] | Z: Used for the treatment of heart ailments . [2,2,27]; [IAR = 1.0] V: Used to treat kidney ailments . [1,1,42]; [IAR = 0.0] |

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|---|---|
| 55. <i>Diosma prama</i> I. Williams; Rutaceae; LC; [PHV44b] Z: <i>steenbokboegoe</i> ^a ; [CII = 0.24]; [AFI = 0.24]; [RFC = 0.06]; [SPI = 0.21] C: <i>boegoe</i> , <i>steenbokboegoe</i> ^b ; [CII = 0.83]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.50] | Z: Used to treat kidney ailments, urinary ailments, backache and prostate problems . [1,4,25]; [IAR = 0.0] C: Used to treat kidney ailments, urinary ailments, backache and prostate problems (as a male tonic). [1,5,12]; [IAR = 0.3] Z: Used for treating constipation . [1,1,28]; [IAR = 0.0] C: Used for psychological conditions (magic medicine - "paljas") . [1,1,16]; [IAR = 0.0] V: Used for psychological conditions (magic medicine - "paljas") . [1,1,42]; [IAR = 0.00] |
| 56. <i>Diospyros lycioides</i> Desf.; Ebenaceae; LC; [SPI = Not in Matrix] Z: <i>jakkalsbessie, bloubos</i> ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] C: <i>jakkalsbessie, bliksembos, bloubos</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; V: <i>bloubos</i> ; [CII = 0.04]; [AFI = 0.04]; [RFC = 0.04] | Z: Used for treating constipation . [1,1,28]; [IAR = 0.0] C: Used for psychological conditions (magic medicine - "paljas") . [1,1,16]; [IAR = 0.0] V: Used for psychological conditions (magic medicine - "paljas") . [1,1,42]; [IAR = 0.00] |
| 56. <i>Dittrichia graveolens</i> (L.) Jacq.; Asteraceae; NE; [PHV65] B: <i>kakiebos</i> ; [CII = 0.34]; [AFI = 0.31]; [RFC = 0.17]; [SPI = 0.23] Z: <i>kakiebos</i> ; [CII = 0.12]; [AFI = 0.12]; [RFC = 0.12]; [SPI = 0.12] V: <i>kakiebos</i> ; [CII = 0.30]; [AFI = 0.30]; [RFC = 0.30]; [SPI = 0.33] | B: Used as a wash for pain and inflammation , leaves placed in shoes for foot odour , acts as an insect repellent and used as a tonic . [5,10,33]; [IAR = 0.7] Z: Used for abortion and as an insect repellent . [2,2,27]; [IAR = 0.0] V: Used as an insect repellent . [7,7,36]; [IAR = 0.0] |
| 57. <i>Dodonaea viscosa</i> Jacq.; Sapindaceae; LC; [HV28-16; PHV45] B: <i>ysterbos(sie), ysterhout(bos), -(boom)</i> ; [CII = 1.00]; [AFI = 0.79]; [RFC = 0.59]; [SPI = 0.63] Z: <i>ysterbos, ysterhout</i> ; [CII = 1.12]; [AFI = 0.76]; [RFC = 0.76]; [SPI = 0.76] C: <i>ysterbos, ystertoppe</i> ; [CII = 2.50]; [AFI = 0.50]; [RFC = 0.50]; [SPI = 1.00] V: <i>ysterbos, ysterbostoppe^b, ystertoppe, ysterhout, ysterboom, ysterhoutboom</i> ; [CII = 2.17]; [AFI = 0.87]; [RFC = 0.83]; [SPI = 0.86] | B: Leaf infusions used for diabetes , tuberculosis, colds, influenza, pain and inflammation, kidney ailments , bronchitis and pneumonia , as an iron supplement , used as a tonic and unspecified medicine. [17,29,16]; [IAR = 0.7] Z: Infusions used for the treatment of colds, influenza, cough, backache, fever, kidney ailments, urinary ailments , high blood pressure, postnatal cleansing , as a tonic and as an ointment for sores . [13,19,10]; [IAR = 0.5] C: Infusions used for the treatment of colds, influenza, cough, backache, pain and inflammation, fever, stomach ailments, chest ailments and bronchitis. [3,15,3]; [IAR = 0.5] V: Used for the treatment of colds, bronchitis, influenza, cough, backache, general malaise , chest ailments, bladder infection , pain and inflammation and as a tonic . [19,50,5]; [IAR = 0.8] C: Bulb leaves used as a compress for sores and boils , a poultice of the bulb is used against pain and inflammation . [1,3,14]; [IAR = 0.5] B: Used as unspecified medicine . [7,7,36]; [IAR = 0.0] Z: Infusions used for treating backache, colds and pain . [4,5,24]; [IAR = 0.5] |
| 58. <i>Drimia robusta</i> Baker; Hyacinthaceae; DDT; [SPI = Not in Matrix] C: <i>maerman</i> ; [CII = 0.50]; [AFI = 0.17]; [RFC = 0.17] | B: Leaves used as bud for earache, toothache and as an insect repellent . [8,15,28]; [IAR = 0.9] Z: Leaves used as a compress for pain and inflammation . [2,2,27]; [IAR = 1.0] V: Leaves used as bud for earache, toothache and fever . [4,4,39]; [IAR = 0.7] |
| 59. <i>Dolichotheix ericoides</i> (Lam.) Hilliard & B.L.Burtt; Asteraceae; LC; [PHV46] B: <i>klipanoster^a, berganoster^a, langbeenanosterbos^a</i> ; [CII = 0.24]; [AFI = 0.48]; [RFC = 0.24]; [SPI = 0.46] Z: <i>klipanoster^b, kliprenoster</i> ; [CII = 0.29]; [AFI = 0.35]; [RFC = 0.24]; [SPI = 0.35] | B: Used as unspecified medicine . [7,7,36]; [IAR = 0.0] Z: Infusions used for treating backache, colds and pain . [4,5,24]; [IAR = 0.5] |
| 60. <i>Dysphania ambrosioides</i> (L.) Mosyakin & Clemants; Chenopodiaceae; NE; [PHV27] B: <i>rambos^a, wurmbos^a</i> ; [CII = 0.52]; [AFI = 0.28]; [RFC = 0.28]; [SPI = 0.31] Z: <i>koorsbos^b, rambos^a</i> ; [CII = 0.12]; [AFI = 0.12]; [RFC = 0.12]; [SPI = 0.12] V: <i>wurmkruid^a, wurmbos^b, rambos^a</i> ; [CII = 0.17]; [AFI = 0.39]; [RFC = 0.17]; [SPI = 0.43] | B: Leaves used as bud for earache, toothache and as an insect repellent . [8,15,28]; [IAR = 0.9] Z: Leaves used as a compress for pain and inflammation . [2,2,27]; [IAR = 1.0] V: Leaves used as bud for earache, toothache and fever . [4,4,39]; [IAR = 0.7] |
| 61. <i>Elytropappus rhinocerotis</i> (L.f.) Less.; Asteraceae; LC; [H30-16,43-16,49-16,56-17; HV38-16; PHV47] B: <i>anosterbos(sies), renosterbos, platanosterbos^a</i> ; [CII = 0.83]; [AFI = 0.90]; [RFC = 0.52]; [SPI = 0.85] Z: <i>anosterbos, renoster, renosterbos</i> ; [CII = 0.88]; [AFI = 0.82]; [RFC = 0.65]; [SPI = 0.82] C: <i>(swart)renosterbos</i> ; [CII = 0.50]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.25] V: <i>anosterbos(setjie), renosterbossie</i> ; [CII = 1.61]; [AFI = 0.91]; [RFC = 0.70]; [SPI = 0.78] | B: Infusions used to treat tuberculosis , asthma, acts as a tonic and as unspecified medicine, leaves are chewed and juices swallowed for stomach-ache, mixed with propolis to make a blister-plaster to remove thorns , leaves are placed inside shoes for chilblained feet and foot odour . [15,24,19]; [IAR = 0.7] Z: Infusions used for diabetes, infertility, colds, influenza, cough, diarrhoea , stomach-ache, earache and smoke from the burned leaves are used to treat chilblained feet, sweaty feet and acts as an insect repellent . [11,15,14]; [IAR = 0.3] C: Used for the treatment of influenza, fever and stomach ailments. [1,3,14]; [IAR = 0.0] V: Used for ringworm, hair loss, stimulation of hair growth , stomach ailments, cancer, fever, smoke from burned aerial parts treat chilblained hands and feet, sores, wounds and acts as an insect repellent . [16,37,10]; [IAR = 0.7] B: Used for colds, influenza and as a tonic . [1,3,39]; [IAR = 0.0] Z: Used to treat chest ailments and pneumonia . [2,4,25]; [IAR = 0.7] C: Infusions used to treat tuberculosis, colds, backache, headache, stomach ailments, cancer, pain and inflammation, postnatal pains, gout and infertility . [9,14,15]; [IAR = 0.3] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] B: Used for diabetes, high blood pressure, female disorders, postnatal cleansing, infertility, kidney ailments, backache, pain and inflammation and as a wash to stimulate hair growth . [12,21,22]; [IAR = 0.6] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Infusion used to treat diabetes . [1,1,16]; [IAR = 0.0] |
| 62. <i>Empleurum unicapsulare</i> (L.f.) Skeels; Rutaceae; LC; [SPI = Not in Matrix] B: <i>bergboegoe</i> ; [CII = 0.10]; [AFI = 0.03]; [RFC = 0.03] Z: <i>bokboegoe, langblaarboegoe</i> ; [CII = 0.24]; [AFI = 0.24]; [RFC = 0.12] | B: Used for diabetes, high blood pressure, female disorders, postnatal cleansing, infertility, kidney ailments, backache, pain and inflammation and as a wash to stimulate hair growth . [12,21,22]; [IAR = 0.6] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Infusion used to treat diabetes . [1,1,16]; [IAR = 0.0] |
| 63. <i>Eriocephalus africanus</i> L.; Asteraceae; LC; [SPI = Not in Matrix] Z: <i>kapokbos, skaapkarroo^a, sneebos^a, TB-bos^a</i> ; [CII = 0.82]; [AFI = 0.65]; [RFC = 0.53] C: <i>kapokbos, hartbossie</i> ; [CII = 0.67]; [AFI = 0.17]; [RFC = 0.17] | B: Used for diabetes, high blood pressure, female disorders, postnatal cleansing, infertility, kidney ailments, backache, pain and inflammation and as a wash to stimulate hair growth . [12,21,22]; [IAR = 0.6] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Infusion used to treat diabetes . [1,1,16]; [IAR = 0.0] |
| 64. <i>Eriocephalus ericoides</i> (L.f.) Druce; Asteraceae; LC; [PHV48] B: <i>kapokbos, wilderoosmaryn</i> ; [CII = 0.72]; [AFI = 0.62]; [RFC = 0.41]; [SPI = 0.60] C: <i>kapokbos</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] | B: Used for diabetes, high blood pressure, female disorders, postnatal cleansing, infertility, kidney ailments, backache, pain and inflammation and as a wash to stimulate hair growth . [12,21,22]; [IAR = 0.6] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Infusion used to treat diabetes . [1,1,16]; [IAR = 0.0] |
| 65. <i>Eriocephalus punctulatus</i> DC.; Asteraceae; LC; [SPI = Not in Matrix] C: <i>kapokbos</i> ; [CII = 0.67]; [AFI = 0.17]; [RFC = 0.17] | B: Used for diabetes, high blood pressure, female disorders, postnatal cleansing, infertility, kidney ailments, backache, pain and inflammation and as a wash to stimulate hair growth . [12,21,22]; [IAR = 0.6] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Infusion used to treat diabetes . [1,1,16]; [IAR = 0.0] |
| 66. <i>Eriocephalus</i> spp.; Asteraceae; [SPI = Not in Matrix] C: <i>kapokbos</i> ; [CII = 0.67]; [AFI = 0.17]; [RFC = 0.17] | B: Used for diabetes, high blood pressure, female disorders, postnatal cleansing, infertility, kidney ailments, backache, pain and inflammation and as a wash to stimulate hair growth . [12,21,22]; [IAR = 0.6] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Infusion used to treat diabetes . [1,1,16]; [IAR = 0.0] |
| 67. <i>Eucalyptus globulus</i> Labill.; Myrtaceae; NE; [SPI = Not in Matrix] C: <i>ronde bloekomblaar</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | B: Used for diabetes, high blood pressure, female disorders, postnatal cleansing, infertility, kidney ailments, backache, pain and inflammation and as a wash to stimulate hair growth . [12,21,22]; [IAR = 0.6] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Used to treat heart ailments, fever, urinary ailments and kidney ailments . [1,4,13]; [IAR = 0.3] C: Infusion used to treat diabetes . [1,1,16]; [IAR = 0.0] |
| 68. <i>Eucalyptus</i> spp.; Myrtaceae; NE; [SPI = Not in Matrix] B: <i>bloekomboom</i> ; [CII = 0.03]; [AFI = 0.07]; [RFC = 0.03] | B: Used for the treatment of warts . [1,1,41]; [IAR = 0.0] B: Used as an unspecified medicine . [2,2,40]; [IAR = 0.0] Z: Infusions used as treatment for high and low blood pressure, diabetes, stomach-ache, flatulence, kidney ailments, urinary ailments and rheumatism. [6,17,12]; [IAR = 0.3] C: Roots used as treatment for heart ailments. [1,1,16]; [IAR = 0.0] V: Leaves used as treatment for coughs, stomach ailments, chest ailments , infusion used as blood purifier and to treat sores, whitlow fingers, abscess , infuse bark for the treatment of sexually transmitted diseases, male and female disorders . [12,24,20]; [IAR = 0.8] |
| 69. <i>Euclaea undulata</i> Thunb.; Ebenaceae; LC; [PHV49] B: <i>ghwarrie(boom)</i> ; [CII = 0.07]; [AFI = 0.72]; [RFC = 0.07]; [SPI = 0.71] Z: <i>ghwarrie, ghwarriebos, ghwarrieboom, ghwarriebessie, wildepruim</i> ; [CII = 1.00]; [AFI = 0.88]; [RFC = 0.35]; [SPI = 0.88] C: <i>ghwarrie</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>ghwarrie, ghwarriebos, ghwarrieboom</i> ; [CII = 1.04]; [AFI = 1.00]; [RFC = 0.52]; [SPI = 0.78] | B: Used for the treatment of warts . [1,1,41]; [IAR = 0.0] B: Used as an unspecified medicine . [2,2,40]; [IAR = 0.0] Z: Infusions used as treatment for high and low blood pressure, diabetes, stomach-ache, flatulence, kidney ailments, urinary ailments and rheumatism. [6,17,12]; [IAR = 0.3] C: Roots used as treatment for heart ailments. [1,1,16]; [IAR = 0.0] V: Leaves used as treatment for coughs, stomach ailments, chest ailments , infusion used as blood purifier and to treat sores, whitlow fingers, abscess , infuse bark for the treatment of sexually transmitted diseases, male and female disorders . [12,24,20]; [IAR = 0.8] |

(continued on next page)

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|---|---|
| 70. <i>Euphorbia mauritanica</i> L.; Euphorbiaceae; LC; [PHV50] B: <i>melkbos</i> ; [CII = 0.41]; [AFI = 0.62]; [RFC = 0.45]; [SPI = 0.62] Z: <i>vingermelkbos</i> ^b , <i>melkbos</i> ; [CII = 0.94]; [AFI = 0.76]; [RFC = 0.59]; [SPI = 0.76] C: <i>geelmelkbos</i> , <i>melkbos</i> ; [CII = 0.50]; [AFI = 0.50]; [RFC = 0.50]; [SPI = 1.00] V: <i>melkbos</i> ; [CII = 0.52]; [AFI = 0.61]; [RFC = 0.35]; [SPI = 0.58] | B: Milk latex is used on warts and is a veterinary medicine . [13,12,31]; [IAR = 1.0] Z: Milk latex is used on warts , ringworm , cold sores and fever blisters and cancer, root infusion is used for treating infertility and acts as an insect repellent . [10,16,13]; [IAR = 0.7] C: Milk latex is used for cancer and on warts. [3,3,14]; [IAR = 0.5] V: Milk latex is used on sores and warts . [8,12,32]; [IAR = 0.9] B: Applied onto calluses. [7,7,36]; [IAR = 1.0] Z: Infusion used to treat kidney ailments . [1,1,28]; [IAR = 0.0] V: Used as an insect repellent . [5,5,38]; [IAR = 1.0] |
| 71. <i>Euryops tenuissimus</i> (L.) DC.; Asteraceae; LC; [HV01–15; PHV51] B: <i>harpuis(bos)</i> , <i>rapuis(bos)</i> , <i>repuis(bos)</i> ; [CII = 0.24]; [AFI = 0.66]; [RFC = 0.24]; [SPI = 0.63] Z: <i>harpuisbos</i> , <i>repuisbos</i> ^b , <i>rapuis(bos)</i> , <i>geelrapuis</i> ^a ; [CII = 0.06]; [AFI = 0.47]; [RFC = 0.06]; [SPI = 0.50] C: <i>harpuisbos</i> ; [CII = 0.00]; [AFI = 0.33]; [RFC = 0.00]; [SPI = 0.50] V: <i>harpuisbos</i> , <i>repuisbos</i> ; [CII = 0.22]; [AFI = 0.87]; [RFC = 0.22]; [SPI = 0.86] | Z: Used to treat stomach ailments , kidney ailments , low blood pressure , diabetes , rheumatism and arthritis and as an unspecified medicine . [5,9,20]; [IAR = 0.4] C: Infusion or compress of leaves used to treat fever , tincture used as wash for sprains and bruises , stroke and paralyzed limbs due to stroke. [2,4,13]; [IAR = 0.3] V: Used to treat earache and urinary ailments . [2,2,41]; [IAR = 0.0] Z: Infusion used to treat colds . [1,1,28]; [IAR = 0.0] |
| 72. <i>Exomis microphylla</i> (Thunb.) Aellen; Amaranthaceae; LC; [PHV145] Z: <i>hondepisbos(sie)</i> , <i>hondebossie</i> ; [CII = 0.53]; [AFI = 0.41]; [RFC = 0.29]; [SPI = 0.21] C: <i>hondepisbos(sie)</i> ; [CII = 0.67]; [AFI = 0.50]; [RFC = 0.33]; [SPI = 0.31] V: <i>hondepisbos</i> ; [CII = 0.09]; [AFI = 0.17]; [RFC = 0.09]; [SPI = 0.15] | Z: Used for the treatment of tuberculosis . [1,1,28]; [IAR = 0.0] C: Used to treat chest ailments . [1,1,16]; [IAR = 0.0] |
| 73. <i>Felicia</i> sp.; Asteraceae; [SPI = Not in Matrix] Z: <i>rapuisbos</i> ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] | B: Used for the treatment of warts . [1,1,41]; [IAR = 0.0] |
| 74. <i>Felicia filifolia</i> (Vent.) Burt Davy; Asteraceae; LC; [SPI = Not in Matrix] Z: <i>vaderlandsrapuisbos</i> ^a , <i>TB-bos</i> ^a ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] C: <i>steenbokbossie</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | B: Infusions used for flatulence , bronchitis and pneumonia . [8,9,34]; [IAR = 0.8] Z: Infusions used for colds , flatulence , stomach-ache , urinary ailments , kidney ailments , anxiety , mouth and throat ulcers , children's sickness , insomnia and lactation (stimulation of milk flow) . [8,14,15]; [IAR = 0.4] V: Infusions used for colds , flatulence , stomach-ache , high blood pressure and lactation (stimulation of milk flow) . [14,31,14]; [IAR = 0.8] B: Used as a wash or ointment for ringworm and as a rinse for toothache. [9,9,34]; [IAR = 0.9] Z: Used as a wash for ringworm , pain and inflammation including rheumatism , toothache, skin rash , eczema and sores, itchy feet , stomach-ache , high blood pressure , as a psychoactive drug and for psychological conditions (magic medicine - "paljas") . [16,25,5]; [IAR = 0.6] C: Used as a rinse for toothache. [1,1,16]; [IAR = 0.0] V: Used as a wash for ringworm , sores , skin ailments and syphilis , treats toothache. [9,13,31]; [IAR = 0.6] |
| 75. <i>Ficus cordata</i> Thunb.; Moraceae; LC; [SPI = Not in Matrix] B: <i>vyboom</i> ; [CII = 0.03]; [AFI = 0.03]; [RFC = 0.03] | B: Root infusions used to treat clogged veins and arteries , as unspecified medicine and for psychological conditions (magic medicine - "paljas") . [17,27,17]; [IAR = 0.9] Z: Root infusion used as a wash to treat sores , as an unspecified medicine and for psychological conditions (magic medicine - "paljas") . [7,1,28]; [IAR = 0.0] C: Used to treat diabetes, backache, milk allergies in babies and the roots are used as a baby tonic. [1,4,13]; [IAR = 0.3] V: Used to treat ringworm and for psychological conditions (magic medicine - "paljas") . [4,4,39]; [IAR = 1.0] Z: Root used to treat flatulence and a godly illness , as an unspecified medicine and veterinary medicine and used for psychological conditions (magic medicine - "paljas") . [7,8,21]; [IAR = 0.4] B: Used for the treatment of child illnesses . [1,1,41]; [IAR = 0.0] V: Compress on sores and sore foot . [5,5,38]; [IAR = 1.0] |
| 76. <i>Foeniculum vulgare</i> Mill.; Apiaceae; NE; [PHV52] B: <i>vinkel</i> ; [CII = 0.31]; [AFI = 0.66]; [RFC = 0.28]; [SPI = 0.65] Z: <i>vinkel</i> , <i>makvinkel</i> ^b ; [CII = 0.82]; [AFI = 0.59]; [RFC = 0.47]; [SPI = 0.59] C: <i>vinkel</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: <i>vinkel</i> , <i>soetvinkel</i> ^b , <i>anys</i> ; [CII = 1.35]; [AFI = 0.87]; [RFC = 0.61]; [SPI = 0.87] | C: Juice is applied to infant's gum when teething . [1,1,16]; [IAR = 0.0] |
| 77. <i>Galenia africana</i> L.; Aizoaceae; LC; [PHV53] B: <i>geelbos</i> , <i>kraalbos</i> ; [CII = 0.31]; [AFI = 0.38]; [RFC = 0.31]; [SPI = 0.35] Z: <i>geelbos</i> , <i>kraalbos</i> ; [CII = 1.47]; [AFI = 1.00]; [RFC = 0.94]; [SPI = 1.00] C: <i>geelbos</i> , <i>kraalbos</i> ; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 1.00] V: <i>geelbos</i> , <i>kraalbos</i> ; [CII = 0.57]; [AFI = 0.87]; [RFC = 0.39]; [SPI = 0.72] | C: Used to treat inflammation , cough , chest ailments and stomach ailments . [1,4,13]; [IAR = 0.3] B: Used for lactation (milk stimulation) . [2,2,40]; [IAR = 1.0] Z: Milk latex used for the treatment of warts. [2,2,27]; [IAR = 1.0] C: Infusion used to treat stomach ailments, chest ailments and milk latex used for the treatment of warts. [2,3,14]; [IAR = 0.0] V: Used for the treatment of cancer and applied onto warts. [2,2,41]; [IAR = 0.0] |
| 78. <i>Galium tomentosum</i> Thunb.; Rubiaceae; LC; [PHV54] B: <i>rooivergeet</i> , <i>rooivortel</i> ; [CII = 0.93]; [AFI = 0.69]; [RFC = 0.59]; [SPI = 0.65] Z: <i>rooistorm</i> , <i>rooivergeet</i> ; [CII = 0.06]; [AFI = 0.53]; [RFC = 0.41]; [SPI = 0.59] C: <i>rooivergeet</i> ; [CII = 0.67]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.50] V: <i>rooivergeet</i> ; [CII = 0.17]; [AFI = 0.61]; [RFC = 0.17]; [SPI = 0.51] | C: Juice is applied to infant's gum when teething . [1,1,16]; [IAR = 0.0] |
| 79. <i>Garuleum bipinnatum</i> Less.; Asteraceae; LC; [PHV55] Z: <i>slanghoutjie</i> , <i>boesmanwortel</i> ^a ; [CII = 0.47]; [AFI = 0.59]; [RFC = 0.41]; [SPI = 0.59] | C: Used to treat inflammation , cough , chest ailments and stomach ailments . [1,4,13]; [IAR = 0.3] B: Used for lactation (milk stimulation) . [2,2,40]; [IAR = 1.0] Z: Milk latex used for the treatment of warts. [2,2,27]; [IAR = 1.0] C: Infusion used to treat stomach ailments, chest ailments and milk latex used for the treatment of warts. [2,3,14]; [IAR = 0.0] V: Used for the treatment of cancer and applied onto warts. [2,2,41]; [IAR = 0.0] |
| 80. <i>Gasteria brachyphylla</i> (Salm-Dyck) Van Jaarsv.; Asphodelaceae; LC; [PHV56] B: <i>tieroor</i> ^a ; [CII = 0.03]; [AFI = 0.03]; [RFC = 0.03]; [SPI = 0.04] C: <i>beestong</i> , <i>oukossies</i> ; [CII = 0.00]; [AFI = 0.33]; [RFC = 0.00]; [SPI = 0.50] V: <i>kanniedood</i> , <i>tongblaar</i> , <i>bontaalwyntjie</i> ; [CII = 0.22]; [AFI = 0.22]; [RFC = 0.22]; [SPI = 0.41] | C: Juice is applied to infant's gum when teething . [1,1,16]; [IAR = 0.0] |
| 81. <i>Glottiphyllum depressum</i> (Haw.) N.E.Br.; Aizoaceae; LC; [SPI = Not in Matrix] C: <i>volstruistone</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | C: Juice is applied to infant's gum when teething . [1,1,16]; [IAR = 0.0] |
| 82. <i>Glycyrrhiza glabra</i> L.; Fabaceae; NE; [SPI = Not in Matrix] C: <i>soethoutwortel</i> ; [CII = 0.67]; [AFI = 0.17]; [RFC = 0.17] | C: Juice is applied to infant's gum when teething . [1,1,16]; [IAR = 0.0] |
| 83. <i>Gomphocarpus fruticosus</i> (L.) Aiton f.; Apocynaceae; LC; [PHV57] B: <i>tontelbos</i> , <i>tonteldoos</i> , <i>dammelkbos</i> ^b , <i>milkweed</i> , <i>melkbos</i> ; [CII = 0.07]; [AFI = 0.31]; [RFC = 0.07]; [SPI = 0.23] Z: <i>jammerlat melkbos</i> ^a , <i>tonteldoosbos</i> ^b , <i>melkbos</i> ; [CII = 0.12]; [AFI = 0.24]; [RFC = 0.12]; [SPI = 0.24] C: <i>tontelbos</i> ; [CII = 0.50]; [AFI = 0.17]; [RFC = 0.33]; [SPI = 0.50] V: <i>melkbos</i> ; [CII = 0.09]; [AFI = 0.26]; [RFC = 0.09]; [SPI = 0.38] | C: Juice is applied to infant's gum when teething . [1,1,16]; [IAR = 0.0] |
| 84. <i>Gonialoe variegata</i> (L.) Boatwv. & J.C. Manning; Asphodelaceae; LC; [PHV7] B: <i>kanniedood</i> , <i>kanniedode</i> ^b , <i>langblaarkanniedood</i> ^b , <i>kortblaarkanniedood</i> ^b , <i>klein aalwyntjie</i> ^a , <i>aalwynboom</i> ^a , <i>bontaalwyntjie</i> ^b , <i>bont aalwynboom</i> ^b , <i>bontplakkie</i> ^b , <i>inthalesi</i> ^a ; [CII = 0.34]; [AFI = 0.41]; [RFC = 0.34]; [SPI = 0.35] Z: <i>kanniedood</i> , <i>klein aalwyn</i> ^a ; [CII = 0.76]; [AFI = 0.59]; [RFC = 0.41]; [SPI = 0.56] C: <i>kanniedood</i> , <i>klein aalwyn</i> ^a ; [CII = 0.17]; [AFI = 0.50]; [RFC = 0.17]; [SPI = 0.50] V: <i>kanniedood</i> , <i>bontaalwyntjie</i> ^a ; [CII = 1.35]; [AFI = 1.00]; [RFC = 0.78]; [SPI = 0.87] | B: Leaves used as poultice for boils and whitlow fingers . [10,10,33]; [IAR = 1.0] Z: Leaves used as a wash for eczema and paediatric conditions , as a poultice on boils , wounds , abscess and pimples , as a blister plaster to remove thorns and psychological conditions (magic medicine - "paljas") . [7,13,16]; [IAR = 0.6] C: Leaves used as a blister plaster to remove thorns . [1,1,16]; [IAR = 0.0] V: Leaves used as a poultice for inflammation , whitlow fingers , pimples , burn wounds and cancer wounds , as a mosquito repellent , stomach ailments and psychological conditions (magic medicine - "paljas") . [18,31,14]; [IAR = 0.7] |

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|---|---|
| 85. <i>Grewia robusta</i> Burch.; Malvaceae; <i>bokbos</i> ^a ; LC; [SPI=Not in Matrix] Z: [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] | Z: Used to treat urinary ailments . [1,1,28]; [IAR = 0.0] |
| 86. <i>Gunnera perpensa</i> L.; Gunneraceae; LC; [PHV58] B: <i>wildepampoen</i> ^a , <i>rivierpampoen</i> ; [CII = 0.07]; [AFI = 0.24]; [RFC = 0.07]; [SPI = 0.08] Z: <i>vleikalbas</i> ^a , <i>rivierseldery</i> ^a , <i>pampoenblaar</i> ; [CII = 0.53]; [AFI = 0.18]; [RFC = 0.18]; [SPI = 0.18] C: <i>rivierpampoen</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>waterselons</i> ^a , <i>rivierpampoen</i> , <i>kalbasblaar</i> ^b ; [CII = 0.04]; [AFI = 0.26]; [RFC = 0.04]; [SPI = 0.24] | B: Used for the treatment of HIV and Aids . [2,2,40]; [IAR = 1.0] Z: Leaves used as compress on pain and inflammation especially rheumatism, backache, sores and kidney ailments , root infusion used to treat high and low blood pressure, diabetes and cholesterol . [3,9,20]; [IAR = 0.3] C: Infusion sipped to remove placenta after birth. [1,1,16]; [IAR = 0.0] V: Compress on the head for headache. [1,1,42]; [IAR = 0.0] |
| 87. <i>Gymnosporia buxifolia</i> (L.) Szyszyl; Celastraceae; LC; [PHV59] B: <i>lemoending</i> ^a , <i>wondedoring</i> ^a , <i>pondoring(bos)</i> ^a , <i>wolfdoring</i> ^a ; [CII = 0.03]; [AFI = 0.38]; [RFC = 0.03]; [SPI = 0.17] C: <i>pondoring</i> , <i>stinkpondoring</i> LC; [CII = 0.50]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] | B: Infusions used to treat stomach ulcers . [1,1,41]; [IAR = 0.0] C: Used to treat stomach ailments, chest ailments and tuberculosis . [1,3,14]; [IAR = 0.0] |
| 88. <i>Helichrysum crispum</i> D. Don; Asteraceae; LC; [SPI=Not in Matrix] Z: <i>kooigoedbos(sie)</i> ; [CII = 0.29]; [AFI = 0.29]; [RFC = 0.18] 89. <i>Helichrysum cymosum</i> (L.) D. Don.; Asteraceae; LC; [SPI=Not in Matrix] C: <i>kooibos</i> ; [CII = 1.17]; [AFI = 0.33]; [RFC = 0.17] | Z: Infusion used for diabetes, female ailments, urinary ailments and colds . [3,5,24]; [IAR = 0.3] C: Used for the treatment of colds, cough, blocked nose , urinary ailments, kidney ailments, insomnia and as an insect repellent. [1,7,10]; [IAR = 0.5] B: Used for treating colds, heart ailments, pain and inflammation, postnatal cleansing, female disorders, urinary ailments, kidney ailments, high blood pressure , as a tonic and unspecified medicine , as an insect repellent and is used for psychological conditions (magic medicine - "paljas") . [24,32,14]; [IAR = 0.7] Z: Used for treating kidney ailments, urinary ailments, backache, menstrual pains and cramps, postnatal cleansing, infertility, colds , as a tonic , acts as an insect repellent and is used for psychological conditions (magic medicine - "paljas") . [12,28,3]; [IAR = 0.7] C: Infusion used to treat urinary ailments and prostate problems . [1,2,15]; [IAR = 0.0] V: Used for treating kidney ailments, urinary ailments, backache, female disorders, postnatal cleansing , acts as an insect repellent and is used for psychological conditions (magic medicine - "paljas") . [21,61,1]; [IAR = 0.9] |
| 90. <i>Helichrysum odoratissimum</i> (L.) Sweet; Asteraceae; LC; [PHV60] B: <i>kooigoed(bos)(sie)</i> , <i>hotnotskooigoedbossie</i> , <i>oumeidbos</i> ^a ; [CII = 1.10]; [AFI = 0.93]; [RFC = 0.83]; [SPI = 0.85] Z: <i>kooigoedbos(sie)</i> , <i>hotnotskooigoed</i> , <i>kooigoed</i> ; [CII = 1.65]; [AFI = 0.76]; [RFC = 0.71]; [SPI = 0.74] C: <i>kooibos</i> , <i>hotnotskooigoed</i> , <i>hotnots kooigoed</i> ^b ; [CII = 0.33]; [AFI = 0.50]; [RFC = 0.17]; [SPI = 0.50] V: <i>kooigoedbossie</i> , <i>vrouebossie</i> ^a ; [CII = 2.65]; [AFI = 0.91]; [RFC = 0.91]; [SPI = 0.92] | Z: Used as an ointment for ringworm and sores, can also be consumed to heal sores from the inside out. [4,5,24]; [IAR = 0.8] C: Used as an external wash and poultice on sores and wounds. [1,2,15]; [IAR = 0.8] |
| 91. <i>Hermannia cuneifolia</i> Jacq.; Malvaceae; LC; [PHV62] Z: <i>agtdaegeneesbos(sie)</i> , <i>botterblommetjie</i> ^a ; [CII = 0.29]; [AFI = 0.47]; [RFC = 0.24]; [SPI = 0.39] C: <i>agtdaebossie</i> ^b ; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] | Z: Used to treat colds, pneumonia and chest ailments . [2,3,26]; [IAR = 0.0] |
| 92. <i>Hermannia salvifolia</i> L.f.; Malvaceae; LC; [SPI=Not in Matrix] Z: <i>katjiedrielaar</i> ; [CII = 0.18]; [AFI = 0.12]; [RFC = 0.12] | C: Used to treat urinary ailments . [1,1,16]; [IAR = 0.0] |
| 93. <i>Hibiscus pusillus</i> Thunb.; Malvaceae; LC; [SPI=Not in Matrix] C: <i>blaasbossie</i> , <i>terblansbossie</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | B: Used as a thirst quencher, an appetite suppressant and an unspecified medicine. [7,7,36]; [IAR = 1.0] V: Infusion used for the treatment of stomach ailments . [2,2,27]; [IAR = 1.0] V: Used for the treatment of backache, headache, cancer and fatigue and acts as an appetite suppressant. [3,5,38]; [IAR = 0.0] C: Used for the treatment of prostate problems, urinary ailments, internal parasites and dizziness . [1,4,13]; [IAR = 0.0] Z: Used for the treatment of diabetes . [1,1,28]; [IAR = 0.0] |
| 94. <i>Hoodia grandis</i> (N.E.Br.) Plowes; Apocynaceae; LC; [PHV63] B: <i>ghaap</i> ; [CII = 0.24]; [AFI = 0.69]; [RFC = 0.24]; [SPI = 0.54] Z: <i>bokhoringkie</i> ^a , <i>agortjie</i> , <i>ghaap</i> ; [CII = 0.12]; [AFI = 0.71]; [RFC = 0.12]; [SPI = 0.76] C: <i>ghaap</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.50] V: <i>donkieghaap</i> ^a , <i>ghaap</i> ; [CII = 0.22]; [AFI = 0.61]; [RFC = 0.13]; [SPI = 0.78] | C: Used for the treatment of stomach ailments . [1,1,16]; [IAR = 0.0] |
| 95. <i>Hypoxis hemerocallidea</i> Fisch., C.A. Mey. & Avé-Lall.; Hypoxidaceae; LC; [PHV64] C: <i>afrika-aartappel</i> ; [CII = 0.67]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] | V: Used for the treatment of stomach ailments, cancer , to treat convulsions in infants and used for psychological conditions (magic medicine - "paljas") . [13,23,21]; [IAR = 0.8] |
| 97. <i>Jacobaea maritima</i> (L.) Pels & Meijden; Asteraceae; NE; [SPI=Not in Matrix] Z: <i>vaalbos</i> ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] | B: Used to treat stomach ailments and as an unspecified medicine . [9,9,34]; [IAR = 1.0] Z: Used for the treatment of stomach ailments, diabetes, high blood pressure, blood formation, flatulence, diarrhoea, constipation, kidney ailments, postnatal cleansing and used for psychological conditions (magic medicine - "paljas") . [6,9,20]; [IAR = 0.0] C: Used to treat toothache, rheumatism and headache . [2,6,11]; [IAR = 0.6] |
| 98. <i>Kedrostis africana</i> (L.) Cogn.; Cucurbitaceae; LC; [SPI=Not in Matrix] B: <i>bojaankamoo</i> ^a ; [CII = 0.03]; [AFI = 0.03]; [RFC = 0.03]; [RFC = 0.03] C: <i>bitterpatat</i> ; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17] | B: Used for the treatment of pain and inflammation . [1,1,41]; [IAR = 0.0] |
| 99. <i>Kedrostis capensis</i> (Sond.) A.Meeuse.; Cucurbitaceae; LC; [SPI=Not in Matrix] C: <i>bitterpatat</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | B: Used to treat insomnia and acts as a calming agent . [1,1,41]; [IAR = 0.0] |
| 100. <i>Kedrostis foetidissima</i> Cogn.; Cucurbitaceae; LC; [PHV66] C: <i>ystervarkpatat</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: <i>bobbejaanpoep</i> , <i>bôjaanpoep</i> , <i>bitterpatat</i> , <i>bitterkamoo</i> ; [CII = 1.00]; [AFI = 0.78]; [RFC = 0.57]; [SPI = 0.79] | B: Used to treat diabetes, high blood pressure and is an unspecified medicine. [4,6,37]; [IAR = 0.6] Z: Used to treat diabetes, high blood pressure, chest ailments, stomach ailments, backache, kidney ailments, pain and inflammation, sores, cough, prostate problems and as veterinary medicine . [12,25,5]; [IAR = 0.6] C: Used to treat diabetes, high blood pressure, backache, prostate problems, colds, stroke, snakebite, and sore throat . [2,10,8]; [IAR = 0.1] V: Used to treat chest ailments, heart ailments, backache, diabetes and high blood pressure . [16,26,19]; [IAR = 0.9] |
| 101. <i>Kedrostis nana</i> Cogn.; Cucurbitaceae; LC; [PHV67] B: <i>bitterpatat</i> ; [CII = 0.31]; [AFI = 0.45]; [RFC = 0.31]; [SPI = 0.46] Z: <i>bitterpatat</i> , <i>bitter karkoe</i> ; [CII = 0.53]; [AFI = 0.47]; [RFC = 0.35]; [SPI = 0.41] C: <i>ystervarkpatat</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] | |
| 102. <i>Knowltonia vesicatoria</i> Sims.; Ranunculaceae; LC; [SPI=Not in Matrix] C: <i>brandblare</i> ; [CII = 1.00]; [AFI = 0.17]; [RFC = 0.33] | |
| 103. <i>Lasiosiphon deserticola</i> (Gilg.) C.H. Wright; Thymelaeaceae; LC; [SPI=Not in Matrix] B: <i>leehoutjie</i> ^b ; [CII = 0.03]; [AFI = 0.03]; [RFC = 0.03] | |
| 104. <i>Lavandula dentata</i> L.; Lamiaceae; [SPI=Not in Matrix] B: <i>laventel</i> ; [CII = 0.03]; [AFI = 0.03]; [RFC = 0.03] | |
| 105. <i>Leonotis leonurus</i> (L.) R.Br.; Lamiaceae; LC; [PHV70a] B: <i>wildedagga</i> ; [CII = 0.21]; [AFI = 0.90]; [RFC = 0.14]; [SPI = 0.42] Z: <i>wildedagga</i> , <i>klipdagga</i> ; [CII = 1.47]; [AFI = 0.82]; [RFC = 0.71]; [SPI = 0.79] C: <i>wildedagga</i> , <i>klipdagga</i> ; [CII = 1.67]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 1.00] V: <i>klipdagga</i> ; [CII = 1.13]; [AFI = 0.70]; [RFC = 0.70]; [SPI = 0.72] | |

(continued on next page)

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
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| 106. <i>Leonotis ocymifolia</i> (Burm.f.) Iwarsson; Lamiaceae; LC; [PHV70b] B: <i>klipdagga</i> ; [CII = 0.28]; [AFI = 0.90]; [RFC = 0.28]; [SPI = 0.56] Z: <i>wildedagga</i> , <i>klipdagga</i> ; [CII = 1.47]; [AFI = 0.82]; [RFC = 0.71]; [SPI = 0.79] C: <i>klipdagga</i> ; [CII = 1.00]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 1.00] | B: Used as a treatment for colds and high blood pressure . [8,8,35]; [IAR = 0.9] Z: Used to treat diabetes, high blood pressure , chest ailments , stomach ailments, backache , kidney ailments , pain and inflammation , sores , cough , prostate problems and as veterinary medicine . [12,25,5]; [IAR = 0.6] C: Used to treat diabetes, high blood pressure , heart ailments, stroke and prostate problems . [2,6,11]; [IAR = 0.2] B: Root is eaten to treat stomach-ache and discomfort . [1,1,41]; [IAR = 0.0] |
| 107. <i>Lepidium africanum</i> (Burm.f.) DC.; Brassicaceae; LC; [PHV72] B: <i>kanariebos</i> ^b ; [CII = 0.03]; [AFI = 0.03]; [RFC = 0.03]; [SPI = 0.04] 108. <i>Lessertia frutescens</i> subsp. <i>frutescens</i> (L.) Goldblatt & J.C. Manning; Fabaceae; LC; [PHV73] B: <i>keurtjie(s)</i> , <i>keurtjies</i> , <i>kankerbos(sie)</i> ; [CII = 1.41]; [AFI = 1.00]; [RFC = 0.69]; [SPI = 1.00] Z: <i>keurtjie(s)</i> , <i>beeskeurtjie</i> ^b , <i>wildekeurtjie</i> ^b , <i>kankerbos(sie)</i> ; [CII = 2.18]; [AFI = 0.88]; [RFC = 0.88]; [SPI = 0.88] C: <i>keurtjie(s)</i> , <i>kankerblare</i> ^b , <i>sutherlandia</i> , <i>kankerbossie</i> ; [CII = 3.33]; [AFI = 0.83]; [RFC = 0.83]; [SPI = 1.00] V: <i>keurtjies</i> , <i>rooiplom keurtjie</i> ^b , <i>kankerbossie</i> ; [CII = 2.61]; [AFI = 0.96]; [RFC = 0.91]; [SPI = 0.98] | B: Infusion used to treat cancer , diabetes, influenza, high blood pressure , kidney ailments, backache, urinary ailments , tuberculosis , asthma , impurities, insomnia, as an unspecified medicine and as a tonic. [20,41,5]; [IAR = 0.7] Z: Infusion used to treat cancer , diabetes, kidney ailments, urinary ailments , high blood pressure , stomach ailments especially stomach ulcers, postnatal cleansing , HIV and Aids , as a blood purifier, fatigue , backache, as a tonic and unspecified medicine and used for psychological conditions (magic medicine - "paljas") . [15,37,1]; [IAR = 0.6] C: Infusion used to treat cancer , heart ailments , aching feet , sensitive eyes , fever, diabetes, stomach ailments including stomach ulcers, respiratory ailments , urinary ailments , colds, influenza, backache, anxiety and prostate problems . [5,20,1]; [IAR = 0.3] V: Infusion used to treat cancer , diabetes, kidney ailments, urinary ailments , tuberculosis , backache and removes impurities. [21,60,2]; [IAR = 0.9] Z: Used to treat diabetes and stomach ailments. [2,4,25]; [IAR = 0.7] C: Used to treat heart ailments and cancer. [1,2,15]; [IAR = 0.0] Z: Roots used as an unspecified medicine. [1,1,28]; [IAR = 0.0] C: Used as an appetite stimulant especially to children. [2,2,15]; [IAR = 1.0] V: Drink as a tea for the treatment of tuberculosis and jaundice . [19,28,17]; [IAR = 1.0] |
| 109. <i>Lessertia frutescens</i> subsp. <i>microphylla</i> (Burch. ex DC.) J.C. Manning & Boatwr.; Fabaceae; LC; [PHV73] Z: <i>gewone keurtjie</i> ; [CII = 0.24]; [AFI = 0.12]; [RFC = 0.12]; [SPI = 0.15] C: <i>keurtjies</i> , <i>sutherlandia</i> ; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.25] 110. <i>Leysera gnaphalodes</i> (L.) L.; Asteraceae; LC; [HV02-15,08-15,11-15; PHV74] Z: <i>grashoutjie</i> ^a ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06]; [SPI = 0.06] C: <i>hongertee</i> ; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: <i>teringtee</i> , <i>TB bossie</i> ^b , <i>teetee</i> ^b ; [CII = 1.22]; [AFI = 0.91]; [RFC = 0.83]; [SPI = 0.89] 111. <i>Lineum aethiopicum</i> Burm.f.; Molluginaceae; LC; [PHV75] Z: <i>boesmandagga</i> ^a ; [CII = 0.06]; [AFI = 0.18]; [RFC = 0.06]; [SPI = 0.18] C: <i>koggelmandervoet</i> , <i>boesmandagga</i> ^a ; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>boesmandagga</i> ^a , <i>wildedagga</i> ^a ; [CII = 0.61]; [AFI = 0.52]; [RFC = 0.52]; [SPI = 0.74] 112. <i>Lobostemon fruticosus</i> H. Buek; Boraginaceae; LC; [PHV69] C: <i>agtdaegeneebossie</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: <i>agtdaegeneebos</i> ; [CII = 0.35]; [AFI = 0.22]; [RFC = 0.17]; [SPI = 0.22] 113. <i>Lycium oxycarpum</i> Thunb.; Solanaceae; LC; [PHV76b] B: <i>slangbessie</i> ; [CII = 0.03]; [AFI = 0.31]; [RFC = 0.03]; [SPI = 0.29] 114. ^c <i>Malva parviflora</i> L.; Malvaceae; NE; [PHV77] B: <i>kiesieblaar</i> , <i>pampoentjie(s)</i> ; [CII = 0.31]; [AFI = 0.69]; [RFC = 0.31]; [SPI = 0.67] Z: <i>kiesieblaar</i> , <i>keesieblaar</i> ^b , <i>pampoentjies</i> ; [CII = 0.41]; [AFI = 0.76]; [RFC = 0.29]; [SPI = 0.76] C: <i>kiesieblaar</i> ; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.75] V: <i>kiesieblaar</i> , <i>pampoentjie</i> ; [CII = 0.09]; [AFI = 0.74]; [RFC = 0.04]; [SPI = 0.63] 115. <i>Melianthus comosus</i> Vahl; Melianthaceae; LC; [PHV79] B: <i>kruidtjie-roer-my-nie</i> , <i>kruidtjie-roer-my-niet</i> ^b ; [CII = 0.31]; [AFI = 0.38]; [RFC = 0.31]; [SPI = 0.62] Z: <i>kruidtjie-roer-my-nie</i> , <i>kruidtjie-roer-my-niet</i> ^b , <i>katjieromenie</i> ^b ; [CII = 1.29]; [AFI = 0.88]; [RFC = 0.88]; [SPI = 0.88] C: <i>kruidtjie roer my nie</i> , <i>kruidtjie-roer-my-niet</i> ^b ; [CII = 1.67]; [AFI = 0.67]; [RFC = 0.67]; [SPI = 1.00] V: <i>kruidtjie-roer-my-nie</i> , <i>kruidte-roemenie</i> ^b , <i>kruidte-roer-my-nie</i> ^b , <i>kruidte-houmenie</i> ^b , <i>kruidtjieroemery</i> ^b , <i>kruidtjie-roemenie</i> ^b ; [CII = 1.65]; [AFI = 0.87]; [RFC = 0.74]; [SPI = 0.85] 116. <i>Melianthus major</i> L.; Melianthaceae; LC; [SPI = Not in Matrix] B: <i>kruidtjie-roer-my-nie</i> ; [CII = 0.24]; [AFI = 0.38]; [RFC = 0.24] 117. <i>Mentha longifolia</i> (L.) Huds.; Lamiaceae; LC; [PHV80] B: <i>balderja(n)</i> ^b , <i>balerja</i> ^a ; [CII = 0.41]; [AFI = 0.62]; [RFC = 0.28]; [SPI = 0.62] Z: <i>kruistement</i> ^b , <i>ballerjan</i> ^b , <i>ballerja</i> , <i>balderja</i> , <i>balterja</i> ^b ; [CII = 1.00]; [AFI = 0.71]; [RFC = 0.71]; [SPI = 0.71] C: <i>kruistement</i> ^b , <i>ballerjan</i> ^b , <i>balderja</i> ^b , <i>balderjan</i> , <i>mint</i> , <i>wild mint</i> ; [CII = 2.00]; [AFI = 0.50]; [RFC = 0.33]; [SPI = 1.00] V: <i>wildemint</i> , <i>balderja</i> , <i>balderjas</i> ^b , <i>balterja</i> ^b ; [CII = 1.04]; [AFI = 0.91]; [RFC = 0.61]; [SPI = 0.85] 118. ^c <i>Mentha spicata</i> L.; Lamiaceae; NE; [PHV81] B: <i>kruistement</i> ^b ; [CII = 0.24]; [AFI = 0.38]; [RFC = 0.24]; [SPI = 0.37] Z: <i>kruistement</i> , <i>peppermint</i> ^b ; [CII = 0.18]; [AFI = 0.24]; [RFC = 0.18]; [SPI = 0.21] C: <i>kruistement</i> , <i>mint</i> , <i>wild mint</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: <i>kruistement</i> , <i>vleikruistement</i> ^b ; [CII = 0.22]; [AFI = 0.91]; [RFC = 0.22]; [SPI = 0.96] 119. <i>Mesembryanthemum junceum</i> Haw.; Aizoaceae; LC; [PHV82] B: <i>loogbos</i> , <i>asbos</i> , <i>loogasbos</i> ; [CII = 0.55]; [AFI = 0.90]; [RFC = 0.31]; [SPI = 0.58] C: <i>loog(as)bos</i> ; [CII = 0.00]; [AFI = 0.33]; [RFC = 0.00]; [SPI = 0.75] V: <i>loogbos</i> , <i>loogas</i> ^b , <i>asbos</i> , <i>loogasbos</i> ; [CII = 1.04]; [AFI = 0.91]; [RFC = 0.48]; [SPI = 0.94] | B: Smoked as a psychoactive substance . [1,1,28]; [IAR = 0.0] C: Smoked as a tonic and psychoactive drug and used for psychological conditions (magic medicine - "paljas") . [1,2,15]; [IAR = 0.0] V: Infusion used to treat headache , high blood pressure , diabetes and acts as a psychoactive drug . [12,14,30]; [IAR = 0.7] V: Used as a wash for ringworm and sores . [4,8,35]; [IAR = 0.9] B: Smoked for toothache (not inhaled). [1,1,41]; [IAR = 0.0] B: Leaves used as poultice on boils and sores. [9,9,34]; [IAR = 1.0] Z: Used to treat constipation , heartburn and epilepsy . [5,7,22]; [IAR = 0.5] C: Used as an unspecified medicine . [1,1,16]; [IAR = 0.0] V: Used as poultice on wounds and sores. [1,2,41]; [IAR = 0.0] B: Used as a wash for pain and inflammation, wounds, sores and as a rinse for toothache and to pull teeth . [9,9,34]; [IAR = 0.8] Z: Used as a wash for pain and inflammation, skin ailments , gout , wounds, foot sores (<i>pisvoet</i>), shingles , swollen feet and for psychological conditions (magic medicine - "paljas") . [15,22,8]; [IAR = 0.7] C: Used as a wash for foot sores (<i>pisvoete</i>), skin ailments , wounds, sores such as boils and abscesses, backache and stroke . [4,10,8]; [IAR = 0.6] V: Used as a wash for rheumatism, pain and inflammation, skin ailments , burn wounds , toothache , stroke , used as an emetic and for psychological conditions (magic medicine - "paljas") . [17,38,9]; [IAR = 0.8] B: Used as a wash for sores. [7,7,34]; [IAR = 1.0] B: Used to treat toothache , earache , pain and inflammation and as an unspecified medicine . [8,12,29]; [IAR = 0.8] Z: Compress on head for headache , used to treat influenza , pain and inflammation , toothache , fever , fatigue , as a tonic and an unspecified medicine . [12,17,12]; [IAR = 0.5] C: Used to treat stomach-ache, excessive bile and liver related ailments , flatulence, heartburn, nausea, colds , sinusitis, blocked nose, high blood pressure, anxiety and insomnia. [2,12,6]; [IAR = 0.2] V: Used to treat colds , influenza , cancer , kidney ailments , blocked nose and as a thirst quencher , leaves used as a bud in the ear to treat earache , insect repellent . [14,24,20]; [IAR = 0.7] B: Used as unspecified medicine . [7,7,34]; [IAR = 1.0] Z: Used as treatment for influenza , chest ailments and insomnia . [3,3,26]; [IAR = 0.0] V: Used as treatment for colds . [5,5,38]; [IAR = 1.0] B: Leaf infusions used to treat high blood pressure , ash used to treat cold sores and fever blisters and to make snuff . [9,16,25]; [IAR = 0.9] V: Ash used as a wash for dandruff , sweaty feet , cold sores and fever blisters , used to make snuff . [11,24,20]; [IAR = 0.8] |

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
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| <p>120. <i>Mesembryanthemum tortuosum</i> L.; Aizoaceae; LC; [PHV83] B: <i>kougoed(bos)</i>, <i>kanna</i>; [CII = 0.41]; [AFI = 0.34]; [RFC = 0.31]; [SPI = 0.27] Z: <i>kanna</i>, <i>pruimkougoed</i>^a, <i>kougoed(bossie)</i>^b; [CII = 0.82]; [AFI = 0.41]; [RFC = 0.41]; [SPI = 0.41] C: <i>kanna</i>, <i>kougoed</i>; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>kanna</i>, <i>kannabos(sie)</i>, <i>kougoedbos</i>; [CII = 1.04]; [AFI = 1.00]; [RFC = 0.65]; [SPI = 0.70]</p> | <p>B: Used as a sedative (calming agent) and as a psychoactive drug. [9,12,29]; [IAR = 0.9] Z: Used to treat constipation, flatulence, insomnia, for paediatric conditions and as a psychoactive substance. [7,14,15]; [IAR = 0.7] C: Used to treat anxiety and acts as a thirst quencher. [1,2,15]; [IAR = 0.0] V: Used to treat fever, flatulence, cancer, toothache, tuberculosis, HIV and Aids, acts as a sedative (calming agent). [15,24,20]; [IAR = 0.7]</p> |
| <p>121. <i>Muraltia spinosa</i> (L.) F. Forest & J.C. Manning; Polygalaceae; LC; [PHV86] B: <i>skilpadbossie</i>, <i>skilpadbossie</i>^b; [CII = 0.14]; [AFI = 0.17]; [RFC = 0.14]; [SPI = 0.19]</p> | <p>B: Used to treat stomach ailments. [4,4,36]; [IAR = 0.0]</p> |
| <p>122. <i>Nemesia fruticans</i> (Thunb.) Benth.; Scrophulariaceae; LC; [SPI = Not in Matrix] C: <i>maagpynblommietjie</i>; [CII = 1.00; [AFI = 0.17]; [RFC = 0.33]</p> | <p>C: Used to treat stomach ailments, sores and wounds. [2,6,11]; [IAR = 0.8]</p> |
| <p>123. <i>Nicotiana glauca</i> Graham; Solanaceae; [PHV87] B: <i>wildetwak</i>^b, <i>jantwak(boom)</i>; [CII = 0.24]; [AFI = 0.41]; [RFC = 0.21]; [SPI = 0.27] Z: <i>wildetwak</i>, <i>tabakboom</i>, <i>jan twak</i>, <i>twakboom</i>^b; [CII = 0.82]; [AFI = 0.71]; [RFC = 0.65]; [SPI = 0.65] C: <i>wilde tabak</i>, <i>tabakboom</i>, <i>pysteelbos</i>^a, <i>twakboom</i>^b; [CII = 0.50]; [AFI = 0.50]; [RFC = 0.33]; [SPI = 0.75]</p> | <p>B: External use only, compress on head for headache, pain and inflammation. [6,7,34]; [IAR = 0.8] Z: Compress on pain and inflammation, sores and ulcers and used for psychological conditions (magic medicine – “paljas”). [11,14,15]; [IAR = 0.8] C: Compress on sores, ulcers and insect bites (ticks). [2,3,14]; [IAR = 0.5] V: Compress on head for headache, pain and inflammation, sores and cuts, earache, used for children's ailments such as mumps. [13,30,15]; [IAR = 0.8] Z: Used as a germicide. [1,1,28]; [IAR = 0.0]</p> |
| <p>124. <i>Nicotiana tabacum</i> L.; Solanaceae; NE; [SPI = Not in Matrix] Z: <i>boertwak</i>, <i>pruimtwak</i>; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] 125. <i>Notobubon tenuifolium</i> (Thunb.) Magee; Apiaceae; <i>wildekoekaas</i>^a, <i>wilde vinkel</i>; LC; [SPI = Not in Matrix] Z: [CII = 0.12]; [AFI = 0.29]; [RFC = 0.12]</p> | <p>Z: Used to treat colds. [2,2,27]; [IAR = 1.0]</p> |
| <p>126. <i>Nymania capensis</i> (Thunb.) Lindb.; Meliaceae; LC; [H29-16,42-16,44-16,45-16; PHV90] B: <i>klapper(bos)</i>; [CII = 0.41]; [AFI = 0.34]; [RFC = 0.14]; [SPI = 0.27] Z: <i>klapperbos</i>, <i>klapperboom</i>, <i>klapper</i>; [CII = 0.88]; [AFI = 0.71]; [RFC = 0.53]; [SPI = 0.68] C: <i>klapperbos</i>; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.75] V: <i>klapperbos</i>, <i>klappertjie</i>; [CII = 1.17]; [AFI = 0.83]; [RFC = 0.39]; [SPI = 0.77] 127. <i>Olea europaea</i> subsp. <i>cuspidata</i> (Wall. & G. Don) Cif.; Oleaceae; LC; [PHV91] Z: <i>swartolien</i>, <i>olienhout</i>, <i>swartolein</i>^b; [CII = 0.12]; [AFI = 0.71]; [RFC = 0.12]; [SPI = 0.71] C: <i>olienhout</i>; [CII = 0.50]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>swartolien</i>, <i>swartoleinboom</i>^b, <i>swartolein</i>^b, <i>wildeolyf</i>; [CII = 0.09]; [AFI = 0.57]; [RFC = 0.09]; [SPI = 0.64]</p> | <p>B: To treat alcoholism, constipation and acts as an emetic. [4,12,29]; [IAR = 0.8] Z: To treat alcoholism, constipation and acts as an emetic. [9,15,14]; [IAR = 0.9] C: To treat alcoholism and acts as an emetic. [1,2,15]; [IAR = 0.0] V: To treat alcoholism, constipation, unspecified medicine and acts as an emetic. [9,27,18]; [IAR = 0.9]</p> |
| <p>128. <i>Oncosiphon piluliferum</i> (L.f.) Källersjö; Asteraceae; LC; [HV07-15,39-16,51-16,52-16,53-16,54-16; PHV93] B: <i>stinkkruid</i>; [CII = 0.59]; [AFI = 0.45]; [RFC = 0.41]; [SPI = 0.38] Z: <i>stinkkruid</i>; [CII = 0.94]; [AFI = 0.65]; [RFC = 0.65]; [SPI = 0.65] C: <i>stinkkruid</i>; [CII = 0.50]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 1.00]</p> | <p>Z: Infusion used as a wash to prevent hair loss and used for high blood pressure. [2,2,27]; [IAR = 0.0] C: Infusion used as a wash sore eyes, gargle for sore throat, use leaves as a poultice for rheumatism. [1,3,14]; [IAR = 0.0] V: Used for the treatment of cancer, children's ailments and as an unspecified medicine. [2,2,41]; [IAR = 0.0] B: Compress leaves on head for headache, place leaves in shoes for foot odour, infusion used to treat backache, pain and inflammation and is an unspecified medicine. [12,17,24]; [IAR = 0.8] Z: Used to treat colds, fever, cough, influenza, for labour inducement, as an unspecified medicine, leaves placed inside shoes to fight off foot odour. [11,16,13]; [IAR = 0.6] C: Used to treat fever and influenza. [2,3,14]; [IAR = 0.5] V: Used to treat colds, bronchitis, fever, flatulence, internal parasites (worms), female ailments and postnatal cleansing. [17,36,11]; [IAR = 0.8]</p> |
| <p>129. <i>Oncosiphon suffruticosum</i> (L.) Källersjö; Asteraceae; LC; [HV07-15,39-16,51-16,52-16,53-16,54-16; PHV94] V: <i>stinkkruid</i>; [CII = 1.57]; [AFI = 0.83]; [RFC = 0.74]; [SPI = 0.83]</p> | <p>B: Compress on knee for pain, eaten to treat diarrhoea. [3,3,37]; [IAR = 0.5]</p> |
| <p>130. <i>Opuntia ficus-indica</i> (L.) Mill.; Cactaceae; NE; [PHV95] B: <i>turksvy</i>; [CII = 0.10]; [AFI = 0.69]; [RFC = 0.10]; [SPI = 0.69] Z: <i>turksvy</i>^b, <i>turksvy</i>; [CII = 0.53]; [AFI = 0.76]; [RFC = 0.41]; [SPI = 0.76] C: <i>turksvy</i>; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.75] V: <i>turksvy</i>; [CII = 1.83]; [AFI = 0.87]; [RFC = 0.65]; [SPI = 0.89]</p> | <p>Z: Used as hair shampoo, compress onto sores, calluses, corns and warts, use as a tonic. [7,9,20]; [IAR = 0.8] C: Used as a compress onto sores. [1,1,16]; [IAR = 0.0] V: Eaten to treat diabetes, stomach cancer and other cancers, diarrhoea, used as a compress on back for backache, chest ailments, boils and other skin conditions. [15,43,7]; [IAR = 0.9]</p> |
| <p>131. <i>Osteospermum calendulaceum</i> L.f.; Asteraceae; LC; [HV15-15,16-15,19-15; H40-16; PHV96] B: <i>genesbos(sie)</i>^b, <i>bietou</i>^b, <i>agtdaegeneesbos(sie)</i>^b; [CII = 1.00]; [AFI = 0.79]; [RFC = 0.66]; [SPI = 0.88] Z: <i>genesbossie</i>, <i>bietou</i>^b, <i>stinktontel</i>^a, <i>agtdaegeneesbos</i>; [CII = 0.18]; [AFI = 0.18]; [RFC = 0.12]; [SPI = 0.15] C: <i>genesbossie</i>, <i>stinktontel</i>^a; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>genesbos(sie)</i>, <i>agtdaegenees(bossie)</i>, <i>bietoubossie</i>^b; [CII = 1.35]; [AFI = 0.87]; [RFC = 0.61]; [SPI = 0.85]</p> | <p>B: Infusions used for pain and inflammation, impurities, as a wash for sores, wounds, skin ailments and ringworm. [19,29,14]; [IAR = 0.8] Z: Used as a wash for ringworm and sores. [2,3,26]; [IAR = 0.0] C: Used to treat stomach ailments. [1,1,16]; [IAR = 0.0] V: Used as a wash for ringworm, sores, wounds and to stimulate hair growth, can also be used as an ointment. [14,31,14]; [IAR = 0.9]</p> |
| <p>132. <i>Osteospermum moniliferum</i> L.; Asteraceae; LC; [SPI = Not in Matrix] Z: <i>bietou</i>, <i>bessiebos</i>^a; [CII = 0.18]; [AFI = 0.06]; [RFC = 0.06]</p> | <p>Z: Infusion used to treat urinary ailments, kidney ailments and high blood pressure. [1,3,26]; [IAR = 0.0]</p> |
| <p>133. <i>Otholobium candicans</i> (Eckl. & Zeyh.) C.H. Stirt.; Fabaceae; LC; [PHV97] V: <i>katjie-drieblaar</i>; [CII = 0.04]; [AFI = 0.26]; [RFC = 0.04]; [SPI = 0.17]</p> | <p>V: Used to treat boils. [1,1,42]; [IAR = 0.0]</p> |
| <p>134. <i>Oxalis pes-caprae</i> L.; Oxalidaceae; LC; [PHV98] B: <i>suring(s)</i>; [CII = 0.14]; [AFI = 0.69]; [RFC = 0.07]; [SPI = 0.69] Z: <i>suur uintjie</i>^a, <i>suur eintjie</i>^b, <i>uintjies</i>^a, <i>suring</i>; [CII = 0.12]; [AFI = 0.88]; [RFC = 0.12]; [SPI = 0.85] C: <i>suring</i>; [CII = 0.50]; [AFI = 0.50]; [RFC = 0.50]; [SPI = 1.00] V: <i>suring(s)</i>; [CII = 0.17]; [AFI = 0.78]; [RFC = 0.17]; [SPI = 0.83]</p> | <p>B: Eaten to treat stomach ulcers and constipation. [2,4,36]; [IAR = 0.7] Z: Used as a sedative. [2,2,27]; [IAR = 0.0] C: Infusion used to treat nausea, acts as a thirst quencher. [3,3,14]; [IAR = 0.5] V: Eaten to treat internal parasites (worms). [4,4,39]; [IAR = 1.0]</p> |

(continued on next page)

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|--|---|
| 135. <i>Pappea capensis</i> Eckl. ex Zeyh.; Sapindaceae; LC; [PHV99] Z: pruim, pruimboom, pruimhout, wildepruim; [CII = 0.06]; [AFI = 0.35]; [RFC = 0.06]; [SPI = 0.41] C: wildepruim; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: pruim, pruimboom, wildepruimboom; [CII = 0.17]; [AFI = 0.83]; [RFC = 0.09]; [SPI = 0.85] | Z: Ash used to treat flatulence . [1,1,28]; [IAR = 0.0] V: Infusions used to treat diarrhoea and as an unspecified medicine . [2,4,39]; [IAR = 0.0] |
| 136. <i>Parmelia</i> spp.; Parmeliaceae; NE; [PHV100] B: klipblom; [CII = 0.62]; [AFI = 0.55]; [RFC = 0.48]; [SPI = 0.50] Z: klipblom; [CII = 0.71]; [AFI = 0.71]; [RFC = 0.71]; [SPI = 0.71] C: klipblom; [CII = 1.00]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: klipblom, klipbos; [CII = 1.78]; [AFI = 0.87]; [RFC = 0.83]; [SPI = 0.87] | B: Used to treat kidney and urinary ailments , oral thrush and toothache . [14,18,23]; [IAR = 0.8] Z: Used to treat backache, toothache and for psychological conditions (magic medicine - "paljas") . [12,12,17]; [IAR = 0.8] C: Used to treat backache, colds , cough , sore throat , stomach-ache and diarrhoea . [1,6,11]; [IAR = 0.0] V: Used to treat oral thrush, mouth ulcers , sore throat , backache, urinary ailments , female ailments , promotes fertility and acts as an unspecified medicine . [19,41,8]; [IAR = 0.9] B: Used to treat diabetes , colds , pneumonia , backache, pain and inflammation , high blood pressure , heart ailments, headache , sore throat , blood purifier , kidney ailments, urinary ailments, constipation , as unspecified medicine and used as a tonic. [23,59,2]; [IAR = 0.8] Z: Used to treat backache , colds , kidney ailments, female disorders , postnatal cleansing , chest ailments , pain and inflammation , influenza , urinary ailments, diabetes , high blood pressure and used as a tonic. [16,28,3]; [IAR = 0.6] C: Used to treat backache , diabetes , high blood pressure and used as a tonic. [3,5,12]; [IAR = 0.3] V: Used to treat backache , haemorrhoids , diabetes , high blood pressure and used as an unspecified medicine . [16,19,25]; [IAR = 0.8] B: Infusion used for stomach ailments, backache , female disorders, powdered leaf sprinkled over burn wounds and sores . [13,24,17]; [IAR = 0.8] C: Used to procure abortions, to remove the placenta after birth, to treat diarrhoea and stomach ailments especially stomach-ache. [2,5,12]; [IAR = 0.3] V: Used as treatment of female ailments and menstrual cramps . [4,6,37]; [IAR = 1.0] C: Used for the treatment of earache. [1,1,16]; [IAR = 0.0] |
| 137. <i>Pegolettia baccharidifolia</i> Less.; Asteraceae; LC; [HV24–13,25–13,26–13,27–13,28–13,29–13,30–15,31–15,32–15, VV4503; PHV101] B: ghwarrieson, heuningdou; [CII = 2.03]; [AFI = 0.90]; [RFC = 0.79]; [SPI = 0.88] Z: ghwarrieson, gwarrieson, heuningdou(bos); [CII = 1.65]; [AFI = 1.00]; [RFC = 0.94]; [SPI = 1.00] C: ghwarrieson, quarisohn ^b , heuningdou; [CII = 0.83]; [AFI = 0.83]; [RFC = 0.50]; [SPI = 1.00] V: ghwarrieson, heuningdou; [CII = 0.83]; [AFI = 0.70]; [RFC = 0.70]; [SPI = 0.72] | B: Tincture used for cough , pneumonia and tuberculosis . [1,3,37]; [IAR = 0.0] |
| 138. <i>Pelargonium grossularioides</i> (L.) L'Hér.; Geraniaceae; LC; [SPI = Not in Matrix] B: rooipootjierabas ^b , rooipootjiekalbas ^b ; [CII = 0.83]; [AFI = 0.45]; [RFC = 0.45] C: platmalva; [CII = 0.83]; [AFI = 0.33]; [RFC = 0.33] V: rooirabas, rooibeentjies ^b ; [CII = 0.26]; [AFI = 0.17]; [RFC = 0.17] | B: Used for the treatment of conjunctivitis , toothache and earache. [9,23,20]; [IAR = 0.9] Z: Used to prevent snakebite (snake repellent) . [1,3,26]; [IAR = 0.0] V: Infusion used for bronchitis , toothache and earache. [18,19,25]; [IAR = 0.9] C: Used to treat female ailments and menstruation pains . [1,2,15]; [IAR = 1.0] |
| 139. <i>Pelargonium peltatum</i> (L.) L'Hér.; Geraniaceae; LC; [PHV103b] B: wildemalva, kolsuur ^b ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.03] C: kolsuring; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] | B: Chew twigs and swallow juices to treat stomach ailments especially stomach-ache, infusion used for colds , influenza , pneumonia , backache , pain and inflammation, kidney ailments , chest ailments , impurities , high blood pressure , as a tonic and unspecified medicine . [20,36,9]; [IAR = 0.7] Z: Chew twigs and swallow juices to treat stomach ailments especially stomach-ache, infusion used to treat colds . [8,11,18]; [IAR = 0.7] C: Used to treat diabetes and stomach ailments. [2,2,15]; [IAR = 0.0] V: Chew twigs and swallow juices to treat stomach ailments especially stomach-ache, infusion used for colds , influenza , diabetes , high blood pressure and conjunctivitis . [16,22,22]; [IAR = 0.8] B: Used to treat high blood pressure . [2,2,38]; [IAR = 1.0] |
| 140. <i>Pelargonium sidioides</i> DC.; Geraniaceae; LC; [SPI = Not in Matrix] B: [CII = 0.10]; [AFI = 0.03]; [RFC = 0.03] | V: Compress on sores , wounds , aching feet , abscess, blister plaster to remove thorns , infusions used for stomach ailments . [13,28,17]; [IAR = 0.8] |
| 141. <i>Pelargonium zonale</i> (L.) L'Hér.; Geraniaceae; LC; [PHV103a] B: malva; [CII = 0.79]; [AFI = 0.31]; [RFC = 0.31]; [SPI = 0.31] Z: wildemalva; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06]; [SPI = 0.06] V: wildemalva, bergmalva ^a ; [CII = 0.83]; [AFI = 0.83]; [RFC = 0.78]; [SPI = 0.80] | B: Used to treat constipation , flatulence, skin ailments such as skin rash , colic and paediatric conditions. [19,19,22]; [IAR = 0.8] Z: Used to treat flatulence , constipation , acts as a contraception , an unspecified medicine and treats paediatric conditions. [9,12,17]; [IAR = 0.6] V: Used to treat flatulence and paediatric conditions. [19,19,25]; [IAR = 0.9] C: Used for the treatment of fever . [1,1,16]; [IAR = 0.0] |
| 142. <i>Pentzia dentata</i> (L.) Kuntze; Asteraceae; LC; [SPI = Not in Matrix] C: kaatjie-drieblaar; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17] | B: Used to treat constipation and colic . [3,3,37]; [IAR = 0.5] Z: Used to treat kidney ailments , backache and postnatal cleansing . [1,3,26]; [IAR = 0.0] C: Used to treat fever . [1,1,16]; [IAR = 0.0] V: Used to treat paediatric conditions (baby acid) . [5,5,38]; [IAR = 1.0] B: Eaten for the treatment of high blood pressure and diabetes . [8,8,33]; [IAR = 0.9] Z: Eaten to quench your thirst , used for the treatment of high blood pressure , diabetes , fever , stomach ailments especially stomach-ache , kidney ailments , earache , pain and inflammation , used as a poultice for wounds . [11,19,10]; [IAR = 0.6] C: Eaten to quench your thirst , used for the treatment of diabetes , sore throat , mouth ulcers and pimples . [2,6,11]; [IAR = 0.2] V: Eaten for the treatment of tonsillitis , high and low blood pressure , diabetes , diarrhoea , stomach ailments and compress for pain and inflammation . [15,42,7]; [IAR = 0.9] |
| 143. <i>Pentzia incana</i> (Thunb.) Kuntze; Asteraceae; LC; [RV28, HV27–16,31–16,32–16,37–16; PHV104] B: skaapkaroo(bos), ankerkaroo, kleinskaapkarooos, rambossie ^a ; [CII = 1.24]; [AFI = 0.90]; [RFC = 0.69]; [SPI = 0.73] Z: skaapkaroo, ankerkaroo, skaapbos, karoobos; [CII = 0.65]; [AFI = 0.65]; [RFC = 0.47]; [SPI = 0.62] C: skaapkaroo, ankerkaroo; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 1.00] V: skaapkaroo(bossie), karoobossie; [CII = 0.96]; [AFI = 0.78]; [RFC = 0.70]; [SPI = 0.76] | |
| 144. <i>Petroselinum crispum</i> (Mill.) Fuss; Apiaceae; NE; [SPI = Not in Matrix] B: pietersielie; [CII = 0.07]; [AFI = 0.07]; [RFC = 0.07] | |
| 145. <i>Plantago lanceolata</i> L.; Plantaginaceae; LC; [PHV106] C: tongblaar; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: weeblaar, tongblaar ^b ; [CII = 1.22]; [AFI = 0.48]; [RFC = 0.57]; [SPI = 0.56] | |
| 146. <i>Polygonum aviculare</i> L.; Polygalaceae; NE; [PHV108] B: litjiegras, koperdraad ^a ; [CII = 0.66]; [AFI = 0.69]; [RFC = 0.66]; [SPI = 0.65] Z: litjiegras; [CII = 0.71]; [AFI = 0.53]; [RFC = 0.53]; [SPI = 0.53] C: koperdraad; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: litjiegras; [CII = 0.83]; [AFI = 0.83]; [RFC = 0.83]; [SPI = 0.87] | |
| 147. <i>Polygala leptophylla</i> Burch.; Polygalaceae; LC; [SPI = Not in Matrix] C: [CII = 0.17]; [AFI = 0.00]; [RFC = 0.17] | |
| 148. <i>Portulaca oleracea</i> L.; Portulacaceae; NE; [SPI = Not in Matrix] B: misbredie; [CII = 0.10]; [AFI = 0.07]; [RFC = 0.10] Z: oumisbredie ^b ; [CII = 0.18]; [AFI = 0.06]; [RFC = 0.06] C: porstelein, reslein ^b ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] V: misbredie; [CII = 0.22]; [AFI = 0.43]; [RFC = 0.22] | |
| 149. <i>Portulacaria afra</i> Jacq.; Didiereaceae; LC; [PHV109] B: spekbossie ^b , spekboom; [CII = 28]; [AFI = 0.66]; [RFC = 0.28]; [SPI = 0.62] Z: spekbos ^b , spekboomblare ^b , spekboom; [CII = 1.12]; [AFI = 1.00]; [RFC = 0.65]; [SPI = 1.00] C: spekboomblare ^b , spekboom; [CII = 1.00]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 1.00] V: spekboom; [CII = 1.83]; [AFI = 0.83]; [RFC = 0.65]; [SPI = 0.80] | |

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|--|---|
| 150. <i>Protea nitida</i> Mill.; Proteaceae; LC; [PHV110] Z: waboom; [CII = 0.47]; [AFI = 0.76]; [RFC = 0.35]; [SPI = 0.76] C: waboom; [CII = 0.00]; [AFI = 0.33]; [RFC = 0.00]; [SPI = 0.75] | Z: Used to treat tuberculosis and pneumonia . [6,8,21]; [IAR = 0.9] |
| 151. <i>Protea repens</i> L.; Proteaceae; LC; [PHV111] B: suikerbos, suikerkan(ne); [CII = 0.03]; [AFI = 0.38]; [RFC = 0.03]; [SPI = 0.33] C: suikerbos; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] | B: Used as an unspecified medicine . [1,1,39]; [IAR = 0.0] |
| 152. <i>Psidium guajava</i> L.; Myrtaceae; NE; [PHV112] B: koejawel; [CII = 0.24]; [AFI = 0.76]; [RFC = 0.24]; [SPI = 0.77] Z: koejawel; [CII = 0.71]; [AFI = 0.76]; [RFC = 0.59]; [SPI = 0.76] C: koejawel; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.75] V: koejawel; [CII = 0.78]; [AFI = 0.83]; [RFC = 0.48]; [SPI = 0.76] | B: Leaf infusion used to treat diabetes and acts as a vitamin C supplement . [7,7,34]; [IAR = 1.0] Z: Leaf infusion used to treat diabetes, high blood pressure, cholesterol and diarrhoea . [10,12,17]; [IAR = 0.6] C: Leaves are used as an unspecified medicine . [1,1,16]; [IAR = 0.0] V: Leaf infusion used to treat diabetes, high blood pressure and arthritis . [11,18,26]; [IAR = 0.9] |
| 153. <i>Pteronia incana</i> (Brum.) DC; Asteraceae; LC; [PHV113] B: skieterbos ^a , keurtjiesbos ^a , kraakbos; [CII = 0.62]; [AFI = 0.59]; [RFC = 0.31]; [SPI = 0.52] C: beesbos, <i>Pteronia</i> ; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: skieterbos ^a , miskietbos ^a , skietbos ^a ; [CII = 0.22]; [AFI = 0.74]; [RFC = 0.22]; [SPI = 0.63] | B: Infusions used for backache, colds , influenza, high blood pressure and stomach-ache . [9,18,23]; [IAR = 0.8] C: Used for the treatment of stomach ailments . [2,2,15]; [IAR = 0.0] V: Smoke from the burned leaves is inhaled to treat chest ailments . [5,5,38]; [IAR = 1.0] |
| 154. <i>Punica granatum</i> L.; Lythraceae; NE; [PHV114] B: granaat(boom); [CII = 1.00]; [AFI = 0.79]; [RFC = 0.72]; [SPI = 0.79] Z: granaat, grinaat ^b , wildegranaatbos ^a ; [CII = 1.06]; [AFI = 0.76]; [RFC = 0.71]; [SPI = 0.76] C: granaat; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: granaat, granate, granaatjies; [CII = 1.83]; [AFI = 1.00]; [RFC = 0.91]; [SPI = 1.00] | B: Fruit peel used to treat oral thrush, low and high blood pressure, stomach ailments, chest ailments, diarrhoea, mouth and throat ulcers, tonsillitis , as a tonic and as an unspecified medicine . [21,29,14]; [IAR = 0.7] Z: Fruit peel used to treat oral thrush , root infusion used to treat internal parasites (worms), stomach-ache, high blood pressure, cancer, diabetes, mouth ulcers, tonsillitis and sexually transmitted diseases (STD's) . [12,18,11]; [IAR = 0.5] V: Fruit peel used to treat oral thrush, internal parasites (worms), diarrhoea, cancer , bark used to treat nappy rash . [21,42,7]; [IAR = 0.9] Z: Used as a thirst quencher. [1,1,28]; [IAR = 0.0] V: Used as an unspecified medicine. [1,1,42]; [IAR = 0.0] |
| 155. <i>Quaqua mammillaris</i> (L.) Bruyns and other species; Apocynaceae; LC; [PHV115] Z: dikkopagortjie ^a , agortjie ^a ; [CII = 0.06]; [AFI = 0.12]; [RFC = 0.06]; [SPI = 0.18] C: bokhoringkie; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: bitter-bé-tjie ^a , ouma-bé-tjie ^b , oukoet ^a , bokhorings ^a ; [CII = 0.04]; [AFI = 0.52]; [RFC = 0.04]; [SPI = 0.51] | B: Used to treat tonsillitis . [1,1,39]; [IAR = 0.0] |
| 156. <i>Quercus robur</i> L.; Fagaceae; NE; [SPI = Not in Matrix] B: akkerboom; [CII = 0.03]; [AFI = 0.17]; [RFC = 0.03] | B: Compress leaves on stomach for stomach-ache, sore knees , on the head for headache, pain and inflammation and acts as an emetic . [13,20,21]; [IAR = 0.9] |
| 157. <i>Ricinus communis</i> L.; Euphorbiaceae; NE; [PHV118] B: olieboom, kasterolie; [CII = 0.69]; [AFI = 0.72]; [RFC = 0.45]; [SPI = 0.67] Z: olieblaar ^b , stinkolie ^b , makolie ^a , olieboom ^b ; [CII = 0.94]; [AFI = 0.65]; [RFC = 0.65]; [SPI = 0.65] C: olieboom; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: olieblare, stinkolie, stinkolieblaar, stinkolieboom, kasterolie; [CII = 0.65]; [AFI = 0.65]; [RFC = 0.57]; [SPI = 0.69] | Z: Leaves used as compress on head for ringworm , wounds, sores, corns, ulcers, pimples, pain and inflammation and sprains . [11,16,13]; [IAR = 0.7] V: Leaves used as compress on head for headache , wounds, pain and inflammation, urinary ailments . [13,15,29]; [IAR = 0.8] |
| 158. <i>Rosenia humilis</i> (Less.) K. Bremer; Asteraceae; LC; [PHV120] B: oumeidebos; [CII = 0.45]; [AFI = 0.48]; [RFC = 0.41]; [SPI = 0.54] Z: oumeidebos ^a , oumeidbos ^b ; [CII = 0.24]; [AFI = 0.12]; [RFC = 0.12]; [SPI = 0.12] | B: Used for the treatment of female disorders and as an unspecified medicine . [12,13,28]; [IAR = 0.9] Z: Used to treat infertility, flatulence and labour pains . [2,4,25]; [IAR = 0.7] |
| 159. <i>Rosmarinus officinalis</i> L.; Lamiaceae; NE; [SPI = Not in Matrix] B: makroosmaryn; [CII = 0.03]; [AFI = 0.10]; [RFC = 0.03] Z: roosmaryn; [CII = 0.18]; [AFI = 0.18]; [RFC = 0.18] | B: Used to stimulate hair growth . [1,1,39]; [IAR = 0.0] Z: Used as an ointment for ringworm and drink infusion to treat high blood pressure . [3,3,26]; [IAR = 0.0] |
| 160. <i>Rumex crispus</i> L.; Polygonaceae; NE; [PHV122] B: tongblaar; [CII = 0.41]; [AFI = 0.52]; [RFC = 0.38]; [SPI = 0.54] C: tongblaar; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: tongblaar, beestong ^a ; [CII = 0.30]; [AFI = 0.39]; [RFC = 0.30]; [SPI = 0.37] | B: Leaves used as compress on wounds, sores, pain and inflammation , root infusion used as an aphrodisiac . [11,12,29]; [IAR = 0.7] C: Used to treat internal parasites like tapeworms . [1,1,16]; [IAR = 0.0] V: Leaves used as compress on wounds (cuts) and sores . [7,8,35]; [IAR = 1.0] |
| 161. <i>Ruta graveolens</i> L.; Rutaceae; NE; [PHV123] B: wynruit, wynruik ^b ; [CII = 1.14]; [AFI = 0.93]; [RFC = 0.83]; [SPI = 0.90] Z: wynruit, wynruik ^b , wynryd ^b ; [CII = 1.35]; [AFI = 0.94]; [RFC = 0.94]; [SPI = 0.94] C: wynruit, wynruik ^b ; [CII = 0.67]; [AFI = 0.50]; [RFC = 0.33]; [SPI = 0.75] V: wynruit, wynruik ^b , wynryk ^b , kinderbos ^a ; [CII = 2.17]; [AFI = 1.00]; [RFC = 0.83]; [SPI = 0.91] | B: Infusion used for the treatment of fever, high blood pressure, pain and inflammation, measles , as a tonic and as an unspecified medicine . [24,33,11]; [IAR = 0.9] Z: Used to treat stroke, heart ailments, circulation, headache, flatulence , high blood pressure, fever, stomach-ache, backache, dandruff , as a tonic and used for psychological conditions (magic medicine - "paljas") . [16,23,7]; [IAR = 0.5] C: Infusion and poultice used to bring down high fever , tincture used to treat sprains, bruises and paralyzed limbs due to stroke . [2,4,13]; [IAR = 0.3] V: Infusion used for the treatment of colds, influenza, fever, high blood pressure, jaundice, toothache, stroke, children's illnesses and used for psychological conditions (magic medicine - "paljas") . [19,50,5]; [IAR = 0.8] |
| 162. <i>Salix mucronata</i> Thunb.; Salicaceae; LC; [PHV124] B: rivierwilger, rivierwiller, rooisteeltjiewilg, vaalwilger; [CII = 0.10]; [AFI = 0.31]; [RFC = 0.10]; [SPI = 0.25] Z: rivierwilger, wilger, vaalwilger ^b ; [CII = 0.24]; [AFI = 0.35]; [RFC = 0.12]; [SPI = 0.38] C: rivierwilger, wilger, rivierwilg ^b ; [CII = 0.50]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: rivierwilger, wilger, treuringwilger; [CII = 0.70]; [AFI = 0.52]; [RFC = 0.43]; [SPI = 0.50] | B: Infusions of the bark used to treat rheumatism, cancer , inflammation and haemorrhoids . [3,3,37]; [IAR = 0.0] Z: Used to treat colds, diabetes, high blood pressure , as a wash to stimulate hair growth and as an unspecified medicine . [4,6,25]; [IAR = 0.0] C: Infusions used to treat chest ailments , fever and leaves used as a compress to treat headache . [2,3,14]; [IAR = 0.0] V: Used to treat cancer , as wash for hair growth stimulation and anxiety . [10,16,28]; [IAR = 0.9] |
| 163. <i>Salvia chamaelagnea</i> P.J. Bergius; Lamiaceae; LC; [PHV125] B: bloublomsalie; [CII = 0.38]; [AFI = 0.59]; [RFC = 0.31]; [SPI = 0.52] Z: bloublomsalie; [CII = 0.12]; [AFI = 0.24]; [RFC = 0.12]; [SPI = 0.18] C: bloublomsalie; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: bloublomsalie; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.17] | B: Infusions used to treat colds , influenza, pain and inflammation . [9,11,30]; [IAR = 0.8] Z: Infusions used to treat stroke and stomach-ache. [2,2,27]; [IAR = 0.0] V: Used medicinally as a wash (unspecified) . [4,4,39]; [IAR = 0.0] |

(continued on next page)

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
|---|---|
| 164. <i>Salvia microphylla</i> Kunth; Lamiaceae; NE; [PHV127] B: rooibloomsalie; [CII = 0.86]; [AFI = 0.83]; [RFC = 0.38]; [SPI = 0.87] Z: rooisalie, rooibloomsalie; [CII = 1.00]; [AFI = 0.71]; [RFC = 0.59]; [SPI = 0.65] C: rooibloomsalie; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: mak salie, rooibloomsalie, pienkblomsalie; [CII = 1.39]; [AFI = 0.70]; [RFC = 0.65]; [SPI = 0.67] | B: Infusions used to treat backache, kidney ailments, influenza, pneumonia, bronchitis, asthma, postnatal conditions and as an unspecified medicine . [11,25,16]; [IAR = 0.7] Z: Used to treat heart ailments, diabetes, high blood pressure, backache, kidney ailments, influenza, and fever . [10,17,12]; [IAR = 0.6] V: Infusions used to treat backache, kidney ailments, diabetes, colds, urinary ailments and female ailments . [15,32,13]; [IAR = 0.8] C: Used to treat ringworm. [1,1,16]; [IAR = 0.0] |
| 165. <i>Salvia runcinata</i> L.f.; Lamiaceae; LC; [SPI = Not in Matrix] C: bloublommertjiesalie, aasvoëlbos; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17] | B: Infusions used to treat pneumonia, bronchitis, colds, cancer, high blood pressure, as a wash to stimulate hair growth and acts as an insect repellent . [19,39,7]; [IAR = 0.9] Z: Compress on head for headache and fever , infusions used to treat prostate problems, pain and inflammation, influenza, ringworm and acts as an insect repellent . [12,9,20]; [IAR = 0.3] C: Leaf infusion used to treat influenza . [1,1,16]; [IAR = 0.0] V: Infusions used to treat cough, colds, cancer and prostate cancer, fever and fever convulsions, prostate problems , compress on head for headache, pain and inflammation, sexually transmitted diseases and acts as an insect repellent . [21,45,6]; [IAR = 0.8] V: Leaf infusion used to treat stomach ailments and diarrhoea . [1,2,41]; [IAR = 0.0] |
| 166. <i>Schinus molle</i> L.; Anacardiaceae; NE; [PHV128] B: peperboom; [CII = 1.34]; [AFI = 0.69]; [RFC = 0.66]; [SPI = 0.69] Z: peperboom; [CII = 0.53]; [AFI = 0.71]; [RFC = 0.71]; [SPI = 0.71] C: peperboom; [CII = 0.17]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.75] V: peperboom; [CII = 1.96]; [AFI = 0.83]; [RFC = 0.91]; [SPI = 0.91] | Z: Used to treat diarrhoea . [1,1,28]; [IAR = 0.0] |
| 167. <i>Schotia afra</i> (L.) Thunb.; Fabaceae; LC; [PHV129] V: boerboon, berboon ^b , perboon ^b , barboonboom ^b ; [CII = 0.09]; [AFI = 0.91]; [RFC = 0.04]; [SPI = 0.78] | Z: Bark infusion used to treat stomach ailments, pneumonia (mucus on lungs), prostate problems and sores , leaf infusion used to treat high blood pressure, diabetes, kidney ailments, urinary ailments and for postnatal cleansing . [5,10,19]; [IAR = 0.1] C: Leaf infusion used to treat prostate problems (male tonic) , bark and leaf infusion used as a wash for sores , leaves used as a compress for sores . [1,2,15]; [IAR = 0.0] V: Bark infusion used to treat pneumonia (mucus on lungs), mouth ulcers and internal parasites (worms) . [1,3,40]; [IAR = 0.0] B: Leaf infusion used to treat colds . [4,4,36]; [IAR = 1.0] Z: Leaf infusion used to treat cough . [1,1,28]; [IAR = 0.0] C: Used for the treatment of chest ailments and cough . [1,2,15]; [IAR = 0.0] V: Infusions used to treat colds, backache, kidney ailments and acts as an unspecified medicine . [1,3,40]; [IAR = 0.0] |
| 168. <i>Searsia laevigata</i> (L.) F.A. Barkley; Anacardiaceae; LC; [SPI = Not in Matrix] Z: taaibos; [CII = 0.06]; [AFI = 0.18]; [RFC = 0.06] | Z: Leaves eaten as a thirst quencher . [2,2,27]; [IAR = 1.0] |
| 169. <i>Searsia lancea</i> (L.f.) F.A. Barkley; Anacardiaceae; LC; [PHV130] Z: makkaree ^b , kareeboom; [CII = 0.59]; [AFI = 0.94]; [RFC = 0.29]; [SPI = 0.12] C: karee, kareeboom; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 0.75] V: kareeboom; [CII = 0.13]; [AFI = 0.96]; [RFC = 0.04]; [SPI = 0.96] | B: Eaten to treat stomach ailments and as an unspecified medicine . [8,8,35]; [IAR = 0.0] Z: Infusions used for the treatment of bleeding haemorrhoids . [1,1,28]; [IAR = 0.0] V: Infusions used for the treatment of colds, tuberculosis, cough, inflammation, high blood pressure, flatulence, infertility, body purifier, blood formation . [19,50,5]; [IAR = 0.9] C: Used for the treatment of warts, ringworm and toothache . [1,3,14]; [IAR = 0.0] V: Used to treat heartburn , as an ointment for skin infections and ringworm . [3,4,39]; [IAR = 0.3] |
| 170. <i>Searsia undulata</i> (Jacq.) T.S.Yi, A.J.Mill. & J.Wen; Anacardiaceae; LC; [PHV131] B: koeniebos, taaibos, slapbos; [CII = 0.14]; [AFI = 0.34]; [RFC = 0.14]; [SPI = 0.27] Z: taaibos, koeniebos, slapbos ^a ; [CII = 0.06]; [AFI = 0.59]; [RFC = 0.06]; [SPI = 0.53] C: koeniebos, koenie ^b ; [CII = 0.33]; [AFI = 0.33]; [RFC = 0.17]; [SPI = 1.00] V: taaibos (bessie), koeniebos, garrabos ^a ; [CII = 0.13]; [AFI = 0.96]; [RFC = 0.04]; [SPI = 0.96] | C: Used to treat urinary ailments, kidney ailments, fever and to wash sores. [2,8,9]; [IAR = 0.7] B: Used to treat insomnia . [1,1,39]; [IAR = 0.0] |
| 171. <i>Senecio radicans</i> Sch.Bip.; Asteraceae; [SPI = Not in Matrix] Z: bokballetjies, bokdrolletjies; [CII = 0.12]; [AFI = 0.18]; [RFC = 0.12] | Z: Used for paediatric conditions . [1,1,28]; [IAR = 0.0] |
| 172. <i>Solanum retrofractum</i> L.; Solanaceae; NE; [PHV132] B: nastergal, nasgal; [CII = 0.28]; [AFI = 0.55]; [RFC = 0.28]; [SPI = 0.52] Z: nastergal, nasgal; [CII = 0.06]; [AFI = 0.65]; [RFC = 0.06]; [SPI = 0.62] C: nastergal; [CII = 0.00]; [AFI = 0.33]; [RFC = 0.00]; [SPI = 0.75] V: nastergal, nasgal, nagstegal ^b ; [CII = 2.17]; [AFI = 0.91]; [RFC = 0.83]; [SPI = 0.94] | C: Used for the treatment of stomach ailments, colds and influenza . [2,6,11]; [IAR = 0.8] C: Used for the treatment of prostate problems . [1,1,16]; [IAR = 0.0] |
| 173. <i>Solanum tomentosum</i> L.; Solanaceae; LC; [PHV133] C: slangappel; [CII = 0.50]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: bitterappel(tjie), wildetamatie; [CII = 0.17]; [AFI = 0.57]; [RFC = 0.13]; [SPI = 0.50] | B: Used for treating colds and sore throat . [3,3,37]; [IAR = 0.0] Z: Infusion used for anxiety and insomnia , seeds used as a psychoactive substance . [3,3,26]; [IAR = 0.0] V: Used for heartburn, cancer and sore throat . [12,12,32]; [IAR = 0.8] |
| 174. <i>Stachys aethiopica</i> L.; Lamiaceae; LC; [SPI = Not in Matrix] C: teebossie, klein kattekruid; [CII = 1.33]; [AFI = 0.33]; [RFC = 0.33] | B: Used for chest ailments and treatment of sores . [2,2,38]; [IAR = 0.0] B: Infusion used for colds, influenza, chest ailments and sore throat . [12,16,25]; [IAR = 0.8] |
| 175. <i>Tanacetum parthenium</i> Sch.Bip.; Asteraceae; LC; [SPI = Not in Matrix] B: koorskruid; [CII = 0.03]; [AFI = 0.03]; [RFC = 0.03] | Z: Used for earache, cholesterol, colds, chest ailments, influenza, blood purifier, for paediatric conditions , as a tonic and for psychological conditions (magic medicine - "paljas") . [13,18,11]; [IAR = 0.5] C: Used to treat colds, influenza and stomach ailments . [2,6,11]; [IAR = 0.6] V: Infusion used for cough, colds, flatulence, earache . [16,16,28]; [IAR = 0.8] |
| 176. <i>Tarhonanthus littoralis</i> P.P.J.Herman; Asteraceae; LC; [SPI = Not in Matrix] Z: kamferbos ^b ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] | |
| 177. <i>Teucrium africanum</i> Thunb.; Lamiaceae; LC; [SPI = Not in Matrix] C: drievingertee, katjie-drie-blaar; [CII = 1.00]; [AFI = 0.33]; [RFC = 0.33] | |
| 178. <i>Tribulus terrestris</i> L.; Zygophyllaceae; LC; [SPI = Not in Matrix] C: duwweltjie; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | |
| 179. <i>Tropaeolum majus</i> L.; Tropaeolaceae; NE; [PHV135] B: kappertjie(s); [CII = 0.10]; [AFI = 0.59]; [RFC = 0.10]; [SPI = 0.50] Z: kappertjies; [CII = 0.18]; [AFI = 0.29]; [RFC = 0.18]; [SPI = 0.29] C: kappertjie; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: kappertjie, kapper-kappertjies ^b ; [CII = 0.52]; [AFI = 1.00]; [RFC = 0.52]; [SPI = 1.00] | |
| 180. <i>Tulbaghia capensis</i> L.; Alliaceae; LC; [SPI = Not in Matrix] B: veldknoffel ^a ; [CII = 0.07]; [AFI = 0.07]; [RFC = 0.07] | |
| 181. <i>Tulbaghia violacea</i> Harv.; Alliaceae; LC; [PHV136] B: (wilde)knoffel; [CII = 0.55]; [AFI = 0.66]; [RFC = 0.41]; [SPI = 0.65] Z: wildeknoffel, bergknoffel ^a ; [CII = 1.06]; [AFI = 0.82]; [RFC = 0.76]; [SPI = 0.79] C: wildeknoffel; [CII = 1.00]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 0.50] V: wildeknoffel, bergknoffel ^a ; [CII = 0.70]; [AFI = 0.78]; [RFC = 0.70]; [SPI = 0.81] | |

Table 2 (continued)

| Species name; family name; vernacular name(s); conservation status; voucher specimens. | Summary of main medicinal use(s) recorded |
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| 182. <i>Tylecodon calalioides</i> (L.f.) Toelken; Crassulaceae; LC; [PHV137] B: <i>tulpbos</i> ^a , <i>krimpsiek</i> (<i>bos</i>); [CII = 0.14]; [AFI = 0.24]; [RFC = 0.14]; [SPI = 0.27] C: <i>nenta</i> , <i>plakkie</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>krimpsiek</i> , <i>krimpsiekbos</i> (<i>sie</i>), <i>nentabos</i> , <i>nintabos</i> ^b , <i>ninta</i> ^b ; [CII = 0.26]; [AFI = 0.96]; [RFC = 0.26]; [SPI = 0.61] | B: Used to treat warts . [4,4,36]; [IAR = 1.0] C: Used for the treatment of sores . [1,1,16]; [IAR = 0.0] V: Used for warts . [6,6,37]; [IAR = 1.0] |
| 183. <i>Tylecodon paniculatus</i> (L.f.) Toelken; Crassulaceae; LC; [PHV138] C: <i>botterboom</i> ; [CII = 0.00]; [AFI = 0.33]; [RFC = 0.00]; [SPI = 0.75] V: <i>botterboom</i> ; [CII = 1.04]; [AFI = 1.00]; [RFC = 0.52]; [SPI = 0.93] | V: Used for warts, corns and calluses . [12,24,20]; [IAR = 0.9] |
| 184. <i>Typha capensis</i> (Rohrb.) N.E.Br.; Typhaceae; LC; [SPI = Not in Matrix] C: <i>papkuil</i> ; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17] | C: Used to promote fertility , to treat impotence (male tonic) . [1,2,15]; [IAR = 1.0] |
| 185. <i>Urtica urens</i> L.; Urticaceae; NE; [PHV139] B: <i>perdebrandnekel</i> , <i>brandnekel</i> ^b ; [CII = 1.21]; [AFI = 0.69]; [RFC = 0.66]; [SPI = 0.73] Z: <i>brandnekel</i> (<i>s</i>), <i>brandnetel</i> (<i>s</i>); [CII = 1.12]; [AFI = 0.82]; [RFC = 0.82]; [SPI = 0.76] C: <i>brandnetel</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: <i>brandnekel</i> (<i>boom</i>), <i>brandneker</i> , <i>netelbos</i> ; [CII = 0.70]; [AFI = 0.87]; [RFC = 0.61]; [SPI = 0.89] | B: Infusion for measles, diabetes, urinary ailments, pneumonia, bronchitis, influenza, toothache and earache . [19,35,10]; [IAR = 0.8] Z: Used for the treatment of measles, tuberculosis, cancer, cough, pneumonia, diabetes, high blood pressure, rheumatism and as a tonic . [14,19,10]; [IAR = 0.6] V: Infusion for measles, whooping cough, diabetes, pain and inflammation and used as a tonic . [14,18,26]; [IAR = 0.8] B: Bark infusion used to treat sore throat, mouth ulcers, tonsillitis, diabetes, stomach ulcers, leaf infusion used for conjunctivitis, gum is eaten for stomach ailments and as unspecified medicine. [22,31,13]; [IAR = 0.8] Z: Bark infusion used to treat stomach ailments especially stomach-ache, convulsions, heartburn, sore throat, high blood pressure, cancer, pain and inflammation, urinary ailments, kidney ailments , root infusion used to treat flatulence, swollen and burning feet , gum is eaten for toothache, leaking heart and used as an unspecified medicine, green pods are eaten to treat flatulence . [11,25,6]; [IAR = 0.8] C: Bark infusion gargled to treat sore throat , seeds from green pods are eaten to treat flatulence . [1,2,15]; [IAR = 0.0] V: Bark infusion used to treat sore throat, tonsillitis, stomach ailments, diarrhoea, ringworm, heartburn and diarrhoea , infusion of the leaves is used for stomach ailments . [17,29,16]; [IAR = 0.8] C: Used for the treatment of stomach ailments . [1,1,16]; [IAR = 0.0] |
| 187. <i>Veltheimia capensis</i> (L.) DC.; Hyacinthaceae; LC; [SPI = Not in Matrix] C: <i>sandlelie</i> ; [CII = 0.17]; [AFI = 0.17]; [RFC = 0.17] | |
| 188. <i>Viscum capense</i> L.f.; Santalaceae; mistletoe; LC; [PHV140] B: <i>voëlent</i> , <i>litjies</i> , [CII = 0.79]; [AFI = 0.52]; [RFC = 0.48]; [SPI = 0.79] Z: <i>voëlent</i> ; [CII = 0.53]; [AFI = 0.59]; [RFC = 0.35]; [SPI = 0.65] C: <i>voëlent</i> , <i>lidjies</i> ; [CII = 0.67]; [AFI = 0.50]; [RFC = 0.33]; [SPI = 1.00] V: <i>voëlent</i> , <i>voëltjieent</i> ^b , <i>wildetea</i> ^a , <i>vinke</i> ^a , <i>voëlink</i> ; [CII = 0.83]; [AFI = 0.78]; [RFC = 0.61]; [SPI = 0.85] | B: Infusion used as an appetite suppressant , to treat diabetes, headache, high blood pressure, warts, lactation (milk stimulation) , as a wash to stimulate hair growth, gout and as an unspecified medicine. [14,23,18]; [IAR = 0.7] Z: Used to treat diabetes, high blood pressure, leaking heart, for lactation (milk flow stimulation) and labour inducement and as a tonic. [6,9,20]; [IAR = 0.4] C: Used to treat diabetes, asthma , used as a tonic and an unspecified medicine (<i>V. capense</i> growing on <i>noemnoembos</i> - <i>Carissa haematocarpa</i>). [2,4,13]; [IAR = 0.0] V: Infusion used to treat cancer, diabetes , used as a tonic. [14,19,25]; [IAR = 0.8] B: Infusions used for treating diabetes . [1,1,39]; [IAR = 0.0] Z: Used as an unspecified medicine . [1,1,28]; [IAR = 0.0] C: Used to treat diabetes, asthma , used as a tonic and an unspecified medicine . [2,4,13]; [IAR = 0.0] V: Used for lactation (milk stimulation) and as a tonic . [5,5,38]; [IAR = 0.8] C: Used to treat warts and skin ailments (<i>V. rotundifolium</i> growing on <i>Carissa haematocarpa</i> , <i>Pappea capensis</i> or <i>Grewia occidentalis</i>). [1,2,15]; [IAR = 1.0] V: Infusion used as a tonic. [4,4,39]; [IAR = 1.0] C: Used as a poultice on wounds and sores , infusion of roots used as a tonic to treat fatigue , leaf infusion used to treat stomach ailments . [1,4,13]; [IAR = 0.0] B: Used as an unspecified medicine topically . [1,1,39]; [IAR = 0.0] Z: Compress leaves on pain and inflammation . [3,3,26]; [IAR = 1.0] C: Compress leaves on back for backache and for rheumatism . [1,2,15]; [IAR = 0.0] V: Compress leaves on head for headache , wounds and infection, pain and inflammation . [13,19,25]; [IAR = 0.8] |
| 189. <i>Viscum continuum</i> E. Mey. ex Sprague; Santalaceae; LC; [PHV141] B: <i>voëlent</i> , <i>litjies</i> ; [CII = 0.03]; [AFI = 0.34]; [RFC = 0.03]; [SPI = 0.29] Z: <i>voëlent</i> ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06]; [SPI = 0.06] C: <i>voëlent</i> ; [CII = 0.67]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 1.00] V: <i>doringboomvinkel</i> ^a ; [CII = 0.22]; [AFI = 0.22]; [RFC = 0.22]; [SPI = 0.85] | |
| 190. <i>Viscum rotundifolium</i> L.f.; Santalaceae; LC; [SPI = Not in Matrix] C: <i>voëlent</i> ; LC; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17] V: <i>voëlent</i> ; [CII = 0.17]; [AFI = 0.43]; [RFC = 0.17] | |
| 191. <i>Withania somnifera</i> (L.) Dunal; Solanaceae; LC; [PHV142]; C: <i>geenesblaarbossie</i> ; [CII = 0.67]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] | |
| 192. <i>Zantedeschia aethiopica</i> (L.) Spreng.; Araceae; LC; [PHV143] B: <i>vark(ies)blom</i> , <i>aronskelk</i> ; [CII = 0.03]; [AFI = 0.62]; [RFC = 0.03]; [SPI = 0.66] Z: <i>varkie(s)blom</i> , <i>varkore</i> , <i>wilde piesangblom</i> ^a ; [CII = 0.18]; [AFI = 0.88]; [RFC = 0.18]; [SPI = 0.76] C: <i>varklelie</i> ; [CII = 0.33]; [AFI = 0.17]; [RFC = 0.17]; [SPI = 0.50] V: <i>varkie(s)blom</i> , <i>varkieblaar</i> , <i>varkore</i> , <i>varklelie</i> ; [CII = 0.83]; [AFI = 0.85]; [RFC = 0.57]; [SPI = 0.80] | |
| 193. <i>Zingiber officinale</i> Roscoe; Zingiberaceae; NE; [PHV144] Z: <i>gemmer</i> ; [CII = 1.06]; [AFI = 0.41]; [RFC = 0.41]; [SPI = 0.41] C: <i>gemmer</i> ; [CII = 0.00]; [AFI = 0.17]; [RFC = 0.00]; [SPI = 0.25] V: <i>gemmer</i> ; [CII = 0.52]; [AFI = 0.83]; [RFC = 0.52]; [SPI = 0.83] | Z: Used to treat stomach ailments, nausea, influenza, colds, cough, sinusitis , as a tonic and a weight loss aid . [7,18,11]; [IAR = 0.6] V: Infusions used to treat colds and influenza . [12,12,32]; [IAR = 0.8] |
| 194. <i>Zinnia peruviana</i> (L.) L.; Asteraceae; NE; [SPI = Not in Matrix] Z: <i>jakop regop</i> ; [CII = 0.06]; [AFI = 0.06]; [RFC = 0.06] | Z: Used as an insect repellent . [1,1,28]; [IAR = 0.0] |
| 195. <i>Zygophyllum foetidum</i> Eckl. & Zeyh.; Zygophyllaceae; LC; [PHV145] V: <i>spekbos</i> ^a , <i>skilpadbos</i> ^a , <i>skuimbos</i> ^a ; [CII = 0.52]; [AFI = 0.78]; [RFC = 0.52]; [SPI = 0.70] | V: Leaf juice used to treat earache . [12,12,32]; [IAR = 1.0] |
| 196. <i>Zygophyllum morgesana</i> L.; Zygophyllaceae; LC; [PHV145] C: <i>leutjies</i> ; [CII = 1.00]; [AFI = 0.33]; [RFC = 0.33]; [SPI = 1.00] | C: Roots used to treat backache, kidney ailments, stroke and paralyzed limbs due to stroke. [2,6,11]; [IAR = 0.6] |

3. Results and discussion

3.1. Barrydale

A total of 113 medicinal plant species were recorded, of which 94 species were represented in the flip-file (Table 2). The total number

of medicinal anecdotes came to 1586 and included veterinary and magical uses (e.g. to treat psychological conditions).

When considering the number of anecdotes per species, the following medicinal plants appear to be the most important species in the Barrydale area: *Artemisia afra* (63 anecdotes, rank 1), *Pegolettia baccharidifolia* (59, 2), *Artemisia absinthium* (45, 3), *Carpobrotus edulis*

Table 3
Summary of medical conditions treated with plants in Kannaland (western Little Karoo, South Africa) and the most popular plant species that are used in each of the four villages surveyed, as well as in Kannaland as a whole. The following information is given in the first square brackets [e.g. 1,1,30]; the total number of plant species used for that specific ailment (1); total number of anecdotes (1); rank of the ailment (30, ranked by the total number of anecdotes). The second figure in square brackets [e.g. 0.00] is the Informant Consensus Factor (F_{ic}) - this gives an idea of the consistency of the knowledge provided by the participants (in treating that specific ailment). Note that more than one species (of equal popularity) may be used for some of the ailments. The most popular species for Kannaland as a whole were calculated using all recorded anecdotes.

| Medical condition | Most important or popular plant species for each ailment | | | | |
|--|---|--|--|---|---|
| | BARRYDALE | ZOAR | CALITZDORP | VANWYKSDORP | KANNALAND |
| Abortion | | [1,1,30]; [0.00] <i>Dittrichia graveolens</i> | [1,1,20]; [0.00] <i>Pelargonium grossularioides</i> | | <i>Pelargonium grossularioides</i> , <i>Dittrichia graveolens</i> |
| Aching feet | | | [1,1,20]; [0.00] <i>Lessertia frutescens</i> | [1,5,42]; [1.00] <i>Plantago lanceolata</i> | <i>Plantago lanceolata</i> |
| Acne, skin ailments (skin rash, pimples, eczema) | [4,11,31]; [0.70] <i>Polygonum aviculare</i> | [6,14,19]; [0.62] <i>Aloe ferox</i> , <i>Gonialoe variegata</i> , <i>Bulbine frutescens</i> , <i>Galenia africana</i> | [6,7,14]; [0.17] <i>Carpobrotus deliciosus</i> | [4,4,43]; [0.00] <i>Galenia africana</i> , <i>Gonialoe variegata</i> , <i>Melianthus comosus</i> , <i>Solanum tomentosum</i> | <i>Polygonum aviculare</i> |
| Aids (HIV) | [1,2,39]; [1.00] <i>Gunnera perpensa</i> | [2,2,29]; [0.00] <i>Centaurea benedicta</i> , <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | | [1,1,46]; [0.00] <i>Mesembryanthemum tortuosum</i> | <i>Gunnera perpensa</i> |
| Alcoholism | [1,4,37]; [1.00] <i>Nymania capensis</i> | [1,8,23]; [1.00] <i>Nymania capensis</i> | [1,1,20]; [0.00] <i>Nymania capensis</i> | [1,8,39]; [1.00] <i>Nymania capensis</i> | <i>Nymania capensis</i> |
| Anaemia (“blood formation”) | | [1,2,29]; [1.00] <i>Kedrostis nana</i> | | [1,1,46]; [0.00] <i>Solanum nigrum</i> | <i>Kedrostis nana</i> |
| Anxiety | | [2,2,29]; [0.00] <i>Foeniculum vulgare</i> , <i>Tropaeolum majus</i> | [6,6,15]; [0.00] <i>Artemisia afra</i> , <i>Cissampelos torulosa</i> , <i>Commelina africana</i> , <i>Lessertia frutescens</i> , <i>Mentha longifolia</i> , <i>Mesembryanthemum tortuosum</i> | [2,2,40]; [0.38] <i>Salix mucronata</i> | <i>Salix mucronata</i> |
| Aphrodisiac | [1,1,40]; [0.00] <i>Rumex crispus</i> | | | | <i>Rumex crispus</i> |
| Appetite stimulant (infants and elderly) | | | [2,3,18]; [0.50] <i>Leysera gnaphalodes</i> | | <i>Leysera gnaphalodes</i> |
| Appetite suppressant (slimming agent) | [2,3,38]; [0.50] <i>Viscum capense</i> | | | [1,1,46]; [0.00] <i>Hoodia grandis</i> | <i>Hoodia grandis</i> , <i>Viscum capense</i> |
| Asthma | [7,18,24]; [0.65] <i>Datura stramonium</i> | [1,1,30]; [0.00] <i>Asparagus densiflorus</i> | [2,2,19]; [0.00] <i>Viscum capense</i> , <i>Viscum continuum</i> | | <i>Datura stramonium</i> |
| Backache | [14,51,6]; [0.74] <i>Pegolettia baccharidifolia</i> | [17,35,6]; [0.53] <i>Pegolettia baccharidifolia</i> | [15,20,4]; [0.26] <i>Cadaba aphylla</i> , <i>Datura stramonium</i> , <i>Dodonaea viscosa</i> , <i>Melianthus comosus</i> , <i>Zygophyllum morgsana</i> | [15,89,5]; [0.84] <i>Agathosma</i> spp., <i>Parmelia</i> spp. | <i>Pegolettia baccharidifolia</i> |
| Bile (excessive-, liver related ailments) | | | [4,4,17]; [0.00] <i>Aloe ferox</i> , <i>Cichorium intybus</i> , <i>Crassula muscosa</i> , <i>Mentha longifolia</i> | | <i>Aloe ferox</i> , <i>Cichorium intybus</i> , <i>Crassula muscosa</i> , <i>Mentha longifolia</i> |
| Blue bottle stings | [1,1,40]; [0.00] <i>Carpobrotus edulis</i> | | | | <i>Carpobrotus edulis</i> |
| Bronchitis (phlegm on chest) | [8,16,26]; [0.53] <i>Cadaba aphylla</i> , <i>Salvia microphylla</i> | | [1,2,19]; [1.00] <i>Dodonaea viscosa</i> | [4,21,28]; [0.85] <i>Dodonaea viscosa</i> | <i>Dodonaea viscosa</i> |
| Burn wounds | [5,22,22]; [0.81] <i>Bulbine frutescens</i> , <i>Pelargonium grossularioides</i> | [2,6,25]; [0.80] <i>Vachellia karroo</i> | [2,3,18]; [0.50] <i>Aptosimum depressum</i> | [5,34,18]; [0.88] <i>Bulbine frutescens</i> | <i>Bulbine frutescens</i> |
| Burning feet (compress, wash) | [1,1,34]; [0.00] <i>Vachellia karroo</i> | | | | <i>Vachellia karroo</i> |
| Cancer | [3,16,26]; [0.87] <i>Schinus molle</i> | [9,27,9]; [0.70] <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | [5,9,12]; [0.50] <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | [22,103,2]; [0.79] <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | <i>Lessertia frutescens</i> subsp. <i>frutescens</i> |
| Chest ailments (unspecified) | [9,34,15]; [0.76] <i>Artemisia afra</i> | [9,22,12]; [0.62] <i>Artemisia afra</i> | [11,14,7]; [0.23] <i>Datura stramonium</i> | [6,26,24]; [0.80] <i>Opuntia ficus-indica</i> | <i>Artemisia afra</i> |
| Chilblained hands and feet | [1,6,35]; [1.00] <i>Elytropappus rhinocerotis</i> | [1,1,30]; [0.00] <i>Elytropappus rhinocerotis</i> | | [1,12,35]; [1.00] <i>Elytropappus rhinocerotis</i> | <i>Elytropappus rhinocerotis</i> |
| Child illnesses (unspecified) | [1,1,40]; [0.00] <i>Gasteria brachyphylla</i> | [1,1,30]; [0.00] <i>Foeniculum vulgare</i> | | [1,1,46]; [0.00] <i>Olea europaea</i> subsp. <i>cuspidata</i> | <i>Gasteria brachyphylla</i> , <i>Olea europaea</i> subsp. <i>cuspidata</i> , <i>Foeniculum vulgare</i> |
| Cholesterol (to reduce) | | [4,5,26]; [0.25] <i>Tulbaghia violacea</i> | | | <i>Tulbaghia violacea</i> |
| Circulation | | [1,3,28]; [1.00] <i>Ruta graveolens</i> | | | <i>Ruta graveolens</i> |
| Clogged veins and arteries | [1,4,37]; [1.00] <i>Galium tomentosum</i> | | | | <i>Galium tomentosum</i> |
| Colds | [14,69,5]; [0.81] <i>Artemisia afra</i> | [20,46,4]; [0.58] <i>Oncosiphon piluliferum</i> | [10,12,9]; [0.18] <i>Teucrium africanum</i> , <i>Tulbaghia violacea</i> | [17,99,3]; [0.84] <i>Artemisia afra</i> | <i>Artemisia afra</i> |

Table 3 (continued)

| Medical condition | Most important or popular plant species for each ailment | | | | |
|---|---|---|--|--|---|
| | BARRYDALE | ZOAR | CALITZDORP | VANWYKSDORP | KANNALAND |
| Cold sores/fever blister | [1,8,34]; [1.00] <i>Mesembryanthemum junceum</i> | [3,9,22]; [0.75] <i>Bulbine frutescens</i> | [2,4,17]; [0.67] <i>Bulbine frutescens</i> , <i>Carpobrotus deliciosus</i> | [1,5,42]; [1.00] <i>Mesembryanthemum junceum</i> | <i>Mesembryanthemum junceum</i> |
| Colic | [2,4,37]; [0.67] <i>Polygonum aviculare</i> | | [1,2,19]; [1.00] <i>Agathosma capensis</i> | | <i>Polygonum aviculare</i> |
| Conjunctivitis (pinkeye) and other eye diseases | [3,15,27]; [0.86] <i>Pelargonium zonale</i> | [2,3,28]; [0.50] <i>Adromischus triflorus</i> | [2,2,19]; [0.00] <i>Lessertia frutescens</i> , <i>Olea europaea</i> subsp. <i>cuspidata</i> | [1,1,46]; [0.00] <i>Pentzia incana</i> | <i>Pelargonium zonale</i> |
| Constipation | [9,27,19]; [0.69] <i>Cadaba aphylla</i> | [9,26,10]; [0.68] <i>Aloe ferox</i> | [3,3,18]; [0.00] <i>Carpobrotus edulis</i> , <i>Chironia baccifera</i> , <i>Chrysocoma ciliata</i> | [4,16,32]; [0.80] <i>Nymania capensis</i> | <i>Aloe ferox</i> |
| Contraception | | [1,1,30]; [0.00] <i>Polygonum aviculare</i> | | | <i>Polygonum aviculare</i> |
| Convulsions (infants) | | [1,2,29]; [1.00] <i>Vachellia karroo</i> | | [1,5,42]; [1.00] <i>Kedrostis foetidissima</i> | <i>Kedrostis foetidissima</i> |
| Cough | [2,18,24]; [0.94] <i>Artemisia afra</i> | [10,20,14]; [0.53] <i>Artemisia afra</i> , <i>Dodonaea viscosa</i> | [9,10,11]; [0.11] <i>Dodonaea viscosa</i> | [6,29,21]; [0.82] <i>Artemisia afra</i> | <i>Artemisia afra</i> |
| Diabetes | [13,46,8]; [0.73] <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | [25,70,1]; [0.65] <i>Leonotis leonurus</i> , <i>Leonotis ocyimifolia</i> | [14,16,6]; [0.13] <i>Cissampelos capensis</i> , <i>Portulacaria afra</i> | [11,62,9]; [0.84] <i>Portulacaria afra</i> | <i>Psidium guajava</i> |
| Diarrhoea | [3,13,29]; [0.83] <i>Artemisia absinthium</i> | [6,6,25]; [0.00] <i>Artemisia absinthium</i> , <i>Crassula</i> sp., <i>Elytropappus rhinocerotis</i> , <i>Kedrostis nana</i> , <i>Psidium guajava</i> , <i>Searsia laevigata</i> | [4,5,16]; [0.25] <i>Chironia baccifera</i> | [7,25,25]; [0.75] <i>Opuntia ficus-indica</i> | <i>Artemisia absinthium</i> , <i>Opuntia ficus-indica</i> |
| Dizziness | | | [1,1,20]; [0.00] <i>Hypoxis hemerocallidea</i> | [1,2,45]; [1.00] <i>Limeum aethiopicum</i> | <i>Limeum aethiopicum</i> |
| Dysentery | | | [1,1,20]; [0.00] <i>Cissampelos capensis</i> | [1,1,46]; [0.00] <i>Conyza scabrida</i> | <i>Cissampelos capensis</i> , <i>Conyza scabrida</i> |
| Earache, otitis and middle ear infection | [6,36,13]; [0.86] <i>Adromischus triflorus</i> | [6,6,25]; [0.00] <i>Adromischus triflorus</i> , <i>Aptosimum indivisum</i> , <i>Carpobrotus edulis</i> , <i>Elytropappus rhinocerotis</i> , <i>Portulacaria afra</i> , <i>Tulbaghia violacea</i> | [4,6,15]; [0.40] <i>Cotyledon orbiculata</i> , <i>Datura stramonium</i> | [10,49,14]; [0.81] <i>Pelargonium zonale</i> | <i>Adromischus triflorus</i> , <i>Pelargonium zonale</i> |
| Emetic | [2,5,36]; [0.75] <i>Nymania capensis</i> | [1,4,27]; [1.00] <i>Nymania capensis</i> | [3,3,18]; [0.00] <i>Carpobrotus edulis</i> , <i>Chironia baccifera</i> , <i>Nymania capensis</i> | [2,12,35]; [0.91] <i>Nymania capensis</i> , <i>Melianthus comosus</i> | <i>Nymania capensis</i> |
| Epilepsy | | [1,2,29]; [1.00] <i>Malva parviflora</i> | [1,2,19]; [1.00] <i>Cadaba aphylla</i> | [1,5,42]; [1.00] <i>Cissampelos capensis</i> | <i>Cissampelos capensis</i> |
| Fatigue | | [2,2,29]; [0.00] <i>Lessertia frutescens</i> subsp. <i>frutescens</i> , <i>Mentha longifolia</i> | [2,2,19]; [0.00] <i>Cissampelos torulosa</i> , <i>Withania somnifera</i> | [1,1,46]; [0.00] <i>Hoodia grandis</i> | <i>Cissampelos torulosa</i> , <i>Withania somnifera</i> , <i>Hoodia grandis</i> , <i>Lessertia frutescens</i> subsp. <i>frutescens</i> , <i>Mentha longifolia</i> |
| Female disorders (woman ailments) | [4,9,33]; [0.63] <i>Rosenia humilis</i> | [5,8,23]; [0.43] <i>Chironia baccifera</i> , <i>Centaurea benedicta</i> , <i>Pegolettia baccharidifolia</i> | [2,2,19]; [0.00] <i>Commelina africana</i> , <i>Pentzia dentata</i> | [6,22,27]; [0.76] <i>Helichrysum odoratissimum</i> , <i>Parmelia</i> spp. | <i>Helichrysum odoratissimum</i> |
| Fever | [6,19,23]; [0.72] <i>Conyza scabrida</i> | [10,16,17]; [0.40] <i>Conyza scabrida</i> | [17,23,3]; [0.27] <i>Conyza scabrida</i> , <i>Dodonaea viscosa</i> , <i>Oncosiphon piluliferum</i> , <i>Ruta graveolens</i> , <i>Stachys aethiopica</i> , <i>Zygophyllum retrofractum</i> | [8,58,12]; [0.88] <i>Ruta graveolens</i> | <i>Conyza scabrida</i> |
| Flatulence (infants and adults) | [2,13,29]; [0.92] <i>Foeniculum vulgare</i> | [13,21,13]; [0.40] <i>Polygonum aviculare</i> | [4,5,16]; [0.25] <i>Chamarea capensis</i> | [8,42,16]; [0.83] <i>Foeniculum vulgare</i> | <i>Foeniculum vulgare</i> |
| Foot odour | [3,13,29]; [0.83] <i>Elytropappus rhinocerotis</i> | [1,2,29]; [1.00] <i>Oncosiphon piluliferum</i> | | | <i>Oncosiphon piluliferum</i> |
| General malaise | | | | [1,5,42]; [1.00] <i>Dodonaea viscosa</i> | <i>Dodonaea viscosa</i> |
| Germicide | | [1,1,30]; [0.00] <i>Nicotiana tabacum</i> | | [1,1,46]; [0.00] <i>Cadaba aphylla</i> | <i>Cadaba aphylla</i> , <i>Nicotiana tabacum</i> |
| Glandular swellings | | | [1,2,19]; [1.00] <i>Cissampelos capensis</i> | | <i>Cissampelos capensis</i> |
| Godly illness | | [1,1,30]; [0.00] <i>Garuleum bipinnatum</i> | | | <i>Garuleum bipinnatum</i> |
| Gout (joint inflammation) | [1,4,37]; [1.00] <i>Viscum capense</i> | [4,5,26]; [0.25] <i>Melianthus comosus</i> | [1,1,20]; [0.00] <i>Ballota africana</i> | [1,5,42]; [1.00] <i>Ballota africana</i> | <i>Ballota africana</i> |

(continued on next page)

Table 3 (continued)

| Medical condition | Most important or popular plant species for each ailment | | | | |
|---|--|--|--|--|--|
| | BARRYDALE | ZOAR | CALITZDORP | VANWYKSDORP | KANNALAND |
| Haemorrhoids and bleeding haemorrhoids | [2,4,37]; [0.67] <i>Cotyledon orbiculata</i> | [1,1,30]; [0.00] <i>Solanum retrofractum</i> | [1,2,19]; [1.00] <i>Chironia baccifera</i> | [4,23,26]; [0.86] <i>Chironia baccifera</i> | <i>Chironia baccifera</i> |
| Headache | [10,27,19]; [0.65] <i>Ricinus communis</i> | [5,15,18]; [0.71] <i>Mentha longifolia</i> | [5,6,15]; [0.20] <i>Knowltonia vesicatoria</i> | [9,41,17]; [0.80] <i>Nicotiana glauca</i> , <i>Zantedeschia aethiopica</i> | <i>Ricinus communis</i> |
| Heart ailments | [3,10,32]; [0.78] <i>Pegolettia baccharidifolia</i> | [4,7,24]; [0.50] <i>Salvia microphylla</i> | [9,9,12]; [0.00] <i>Centaurea benedicta</i> , <i>Conyza scabrida</i> , <i>Eriocephalus paniculatus</i> , <i>Eriocephalus punctulatus</i> , <i>Eriocephalus</i> spp., <i>Euclea undulata</i> , <i>Leonotis ocymifolia</i> , <i>Lessertia frutescens</i> , <i>Lessertia microphylla</i> | [1,1,46]; [0.00] <i>Leonotis leonurus</i> | <i>Pegolettia baccharidifolia</i> |
| Heartburn | | [2,4,27]; [0.67] <i>Vachellia karroo</i> , <i>Malva parviflora</i> | [1,1,20]; [0.00] <i>Mentha longifolia</i> | [3,11,36]; [0.80] <i>Vachellia karroo</i> , <i>Tropaeolum majus</i> | <i>Vachellia karroo</i> |
| High blood pressure | [17,78,4]; [0.79] <i>Ruta graveolens</i> | [28,63,2]; [0.56] <i>Leonotis leonurus</i> , <i>Leonotis ocymifolia</i> | [5,7,14]; [0.33] <i>Leonotis leonurus</i> , <i>Leonotis ocymifolia</i> | [12,50,13]; [0.78] <i>Leonotis leonurus</i> | <i>Leonotis leonurus</i> |
| Hysteria | | | [1,1,20]; [0.00] <i>Commelina africana</i> | | <i>Commelina africana</i> |
| Impurities (internal, blood and/or body purifier) | [7,13,29]; [0.50] <i>Aloe ferox</i> | [5,9,22]; [0.50] <i>Aloe ferox</i> | [4,6,15]; [0.40] <i>Aloe ferox</i> , <i>Chironia baccifera</i> | [3,12,35]; [0.82] <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | <i>Aloe ferox</i> |
| Infertility, sterility | [1,1,40]; [0.00] <i>Eriocephalus africanus</i> | [7,9,22]; [0.25] <i>Euphorbia mauritanica</i> , <i>Rosenia humilis</i> | [1,1,20]; [0.00] <i>Typha capensis</i> | [2,15,33]; [0.93] <i>Parmelia</i> spp. | <i>Parmelia</i> spp. |
| Influenza | [10,23,21]; [0.55] <i>Pteronia incana</i> | [9,16,17]; [0.47] <i>Artemisia afra</i> , <i>Zingiber officinale</i> | [11,14,7]; [0.23] <i>Dodonaea viscosa</i> , <i>Teucrium africanum</i> , <i>Tulbaghia violacea</i> | [7,21,28]; [0.70] <i>Mentha longifolia</i> , <i>Zingiber officinale</i> | <i>Zingiber officinale</i> |
| Insect bites (mosquito, ticks, bee stings) | [1,1,40]; [0.00] <i>Bulbine frutescens</i> | [1,7,24]; [1.00] <i>Bulbine frutescens</i> | [2,3,18]; [0.50] <i>Nicotiana glauca</i> | | <i>Bulbine frutescens</i> |
| Insect repellent | [4,29,18]; [0.89] <i>Schinus molle</i> | [7,19,15]; [0.67] <i>Schinus molle</i> | [2,2,19]; [0.00] <i>Artemisia afra</i> , <i>Helichrysum cymosum</i> | [9,46,15]; [0.82] <i>Schinus molle</i> | <i>Schinus molle</i> |
| Insomnia (calming agent, sedative) | [4,6,35]; [0.40] <i>Mesembryanthemum tortuosum</i> | [6,6,25]; [0.00] <i>Cadaba aphylla</i> , <i>Foeniculum vulgare</i> , <i>Mesembryanthemum tortuosum</i> , <i>Mentha spicata</i> , <i>Oxalis pes-caprae</i> , <i>Tropaeolum majus</i> | [4,4,17]; [0.00] <i>Ballota africana</i> , <i>Cissampelos torulosa</i> , <i>Helichrysum cymosum</i> , <i>Mentha longifolia</i> | [1,7,40]; [1.00] <i>Mesembryanthemum tortuosum</i> | <i>Mesembryanthemum tortuosum</i> |
| Iron supplement | [1,1,40]; [0.00] <i>Dodonaea viscosa</i> | | | [1,4,43]; [1.00] <i>Punica granatum</i> | <i>Punica granatum</i> |
| Itching feet | | [1,1,30]; [0.00] <i>Galenia africana</i> | | | <i>Galenia africana</i> |
| Jaundice | | [1,1,30]; [0.00] <i>Bulbine frutescens</i> | | [2,9,38]; [0.88] <i>Ruta graveolens</i> | <i>Ruta graveolens</i> |
| Kidney ailments (diuretic, kidney stones) | [11,40,11]; [0.74] <i>Agathosma</i> spp., <i>Helichrysum odoratissimum</i> | [24,32,8]; [0.26] <i>Agathosma</i> spp. | [10,13,8]; [0.25] <i>Augea capensis</i> , <i>Stachys aethiopica</i> , <i>Zygophyllum morganiana</i> | [8,32,20]; [0.77] <i>Agathosma</i> spp. | <i>Helichrysum odoratissimum</i> , <i>Lessertia frutescens</i> subsp. <i>frutescens</i> |
| Labour (to induce) | | [4,5,26]; [0.25] <i>Chrysocoma ciliata</i> | | | <i>Chrysocoma ciliata</i> |
| Lactation (stimulation of milk flow) | [2,3,37]; [0.67] <i>Gomphocarpus fruticosus</i> | [2,2,29]; [0.00] <i>Foeniculum vulgare</i> , <i>Viscum capense</i> | [1,2,19]; [1.00] <i>Cynanchum viminale</i> | [3,9,38]; [0.75] <i>Foeniculum vulgare</i> | <i>Foeniculum vulgare</i> |
| Leaking heart | | [2,7,24]; [0.83] <i>Vachellia karroo</i> | | | <i>Vachellia karroo</i> |
| Low blood pressure | [1,1,40]; [0.00] <i>Punica granatum</i> | [4,4,27]; [0.00] <i>Conyza scabrida</i> , <i>Euclea undulata</i> , <i>Gunnera perpensa</i> , <i>Zygophyllum retrofractum</i> | | [1,1,46]; [0.00] <i>Portulacaria afra</i> | <i>Punica granatum</i> , <i>Conyza scabrida</i> , <i>Euclea undulata</i> , <i>Gunnera perpensa</i> , <i>Zygophyllum retrofractum</i> , <i>Portulacaria afra</i> |
| Male disorders (unspecified) | | [1,1,30]; [0.00] <i>Ballota africana</i> | | [1,1,46]; [0.00] <i>Euclea undulata</i> | <i>Ballota africana</i> , <i>Euclea undulata</i> |
| Measles | [2,16,26]; [0.93] <i>Urtica urens</i> | [1,2,29]; [1.00] <i>Urtica urens</i> | [1,1,20]; [0.00] <i>Ballota africana</i> | [1,13,34]; [1.00] <i>Urtica urens</i> | <i>Urtica urens</i> |
| Menstrual pains (cramps) | | [3,4,27]; [0.33] <i>Helichrysum odoratissimum</i> | [2,2,19]; [0.00] <i>Commelina africana</i> , <i>Pentzia dentata</i> | [2,8,39]; [0.86] <i>Oncosiphon suffruticosum</i> | <i>Oncosiphon suffruticosum</i> |
| Mouth and throat ulcers (sores) | [4,27,19]; [0.89] <i>Vachellia karroo</i> | [3,5,26]; [0.50] <i>Carpobrotus edulis</i> , <i>Foeniculum vulgare</i> | [3,3,18]; [0.00] <i>Cotyledon orbiculata</i> , <i>Portulacaria afra</i> , <i>Bulbine frutescens</i> | [4,19,30]; [0.83] <i>Carpobrotus deliciosus</i> | <i>Carpobrotus deliciosus</i> |
| Mumps | | | | [2,2,45]; [0.00] <i>Datura stramonium</i> , <i>Nicotiana glauca</i> | <i>Datura stramonium</i> , <i>Nicotiana glauca</i> |
| Nausea | | [1,4,27]; [1.00] <i>Zingiber officinale</i> | [3,4,17]; [0.33] <i>Oxalis pes-caprae</i> | [1,1,46]; [0.00] <i>Artemisia absinthium</i> | <i>Zingiber officinale</i> |

Table 3 (continued)

| Medical condition | Most important or popular plant species for each ailment | | | | |
|---|---|--|---|---|---|
| | BARRYDALE | ZOAR | CALITZDORP | VANWYKSDORP | KANNALAND |
| Oral thrush | [4,33,16]; [0.91] <i>Carpobrotus edulis</i> | [5,16,17]; [0.73] <i>Carpobrotus edulis</i> | [2,3,18]; [0.50] <i>Carpobrotus deliciosus</i> | [4,60,10]; [0.95] <i>Punica granatum</i> | <i>Punica granatum</i> |
| Paediatric (oral use - allergies, baby acid, cramps and restlessness) | [1,1,40]; [0.00] <i>Polygonum aviculare</i> | [4,9,22]; [0.63] <i>Mesembryanthemum tortuosum</i> , <i>Polygonum aviculare</i> | [1,1,20]; [0.00] <i>Galium tomentosum</i> | [2,21,28]; [0.95] <i>Polygonum aviculare</i> | <i>Polygonum aviculare</i> |
| Paediatric (topical use - nappy rash, bathe baby) | | [1,2,29]; [1.00] <i>Gonialoe variegata</i> | [1,2,19]; [1.00] <i>Cotyledon orbiculata</i> | [2,2,45]; [0.00] <i>Buddleja saligna</i> , <i>Punica granatum</i> | <i>Cotyledon orbiculata</i> , <i>Gonialoe variegata</i> |
| Pain, inflammation, arthritis, rheumatism (topical use - as ointment, poultice, compress or wash) | [15,79,3]; [0.82] <i>Conyza scabrida</i> | [18,35,6]; [0.50] <i>Melianthus comosus</i> | [9,11,10]; [0.20] <i>Datura stramonium</i> , <i>Knowltonia vesicatoria</i> | [13,77,7]; [0.84] <i>Canna indica</i> | <i>Canna indica</i> |
| Pain, inflammation, arthritis, rheumatism, body pains (oral use) | [12,38,12]; [0.70] <i>Agathosma</i> spp., <i>Osteospermum calendulaceum</i> | [6,9,22]; [0.38] <i>Urtica urens</i> | [5,5,16]; [0.00] <i>Aptosimum indivisum</i> , <i>Cadaba aphylla</i> , <i>Cichorium intybus</i> , <i>Cissampelos capensis</i> , <i>Glycyrrhiza glabra</i> | [5,17,31]; [0.75] <i>Dodonaea viscosa</i> | <i>Dodonaea viscosa</i> |
| Parasites (internal worms) | | [1,4,27]; [1.00] <i>Punica granatum</i> | [4,4,17]; [0.00] <i>Aloe ferox</i> , <i>Hypoxis hemerocallidea</i> , <i>Rumex crispus</i> , <i>Rumex lanceolatus</i> | [4,11,36]; [0.70] <i>Punica granatum</i> | <i>Punica granatum</i> |
| Pneumonia (mucus on lungs) | [10,14,28]; [0.31] <i>Salvia microphylla</i> | [5,9,22]; [0.50] <i>Empleurum uncapulare</i> , <i>Hermannia salvifolia</i> , <i>Protea nitida</i> , <i>Searsia lancea</i> | | [1,1,46]; [0.00] <i>Searsia lancea</i> | <i>Salvia microphylla</i> |
| Postnatal (placenta, miscarriage, afterbirth cleansing, labour pains) | [3,9,33]; [0.75] <i>Helichrysum odoratissimum</i> , <i>Salvia microphylla</i> | [11,18,16]; [0.41] <i>Helichrysum odoratissimum</i> | [2,2,19]; [0.00] <i>Gunnera perpensa</i> , <i>Pelargonium grossularioides</i> | [4,23,26]; [0.86] <i>Helichrysum odoratissimum</i> | <i>Helichrysum odoratissimum</i> |
| Prostate problems | [1,4,37]; [1.00] <i>Centaurea benedicta</i> | [1,1,30]; [0.00] <i>Schinus molle</i> | [9,9,12]; [0.00] <i>Diosma prama</i> , <i>Helichrysum</i> sp., <i>Helichrysum odoratissimum</i> , <i>Hypoxis hemerocallidea</i> , <i>Leonotis leonurus</i> , <i>Leonotis ocyimifolia</i> , <i>Lessertia frutescens</i> , <i>Searsia lancea</i> , <i>Tribulus terrestris</i> | [1,2,45]; [1.00] <i>Schinus molle</i> | <i>Centaurea benedicta</i> |
| Psychological conditions (magic medicine - "paljas") | [6,31,17]; [0.83] <i>Galium tomentosum</i> | [18,47,3]; [0.63] <i>Cadaba aphylla</i> | [3,3,18]; [0.00] <i>Cissampelos capensis</i> , <i>Diospyros lycioides</i> , <i>Limeum aethiopicum</i> | [13,50,13]; [0.76] <i>Helichrysum odoratissimum</i> , <i>Kedrostis foetidissima</i> | <i>Galium tomentosum</i> |
| Psychoactive drugs (recreational drugs) | [3,11,31]; [0.80] <i>Mesembryanthemum tortuosum</i> | [6,18,16]; [0.71] <i>Mesembryanthemum tortuosum</i> | [1,1,20]; [0.00] <i>Limeum aethiopicum</i> | [2,11,36]; [0.90] <i>Limeum aethiopicum</i> | <i>Mesembryanthemum tortuosum</i> |
| Respiratory ailments (unspecified) | | | [3,3,18]; [0.00] <i>Asparagus africanus</i> , <i>Ballota africana</i> , <i>Lessertia frutescens</i> | | <i>Asparagus africanus</i> , <i>Ballota africana</i> , <i>Lessertia frutescens</i> |
| Ringworm (also dry scalp, sores on scalp, hair loss, dandruff, stimulation of hair growth) | [7,35,14]; [0.82] <i>Bulbine frutescens</i> | [15,32,8]; [0.55] <i>Galenia africana</i> | [5,6,15]; [0.20] <i>Aptosimum depressum</i> | [14,71,8]; [0.81] <i>Osteospermum calendulaceum</i> | <i>Osteospermum calendulaceum</i> |
| Sexually transmitted diseases | | [1,1,30]; [0.00] <i>Punica granatum</i> | [4,5,16]; [0.25] <i>Chironia baccifera</i> | [3,8,39]; [0.71] <i>Euclea undulata</i> | <i>Euclea undulata</i> |
| Shingles | | [1,2,29]; [1.00] <i>Melianthus comosus</i> | [1,1,20]; [0.00] <i>Centaurea benedicta</i> | | <i>Melianthus comosus</i> |
| Sinusitis (blocked nose) | | [1,1,30]; [0.00] <i>Zingiber officinale</i> | [3,3,18]; [0.00] <i>Artemisia afra</i> , <i>Helichrysum cymosum</i> , <i>Mentha longifolia</i> | [1,1,46]; [0.00] <i>Mentha longifolia</i> | <i>Mentha longifolia</i> |
| Snakebite and snake repellent | | [1,2,29]; [1.00] <i>Pelargonium zonale</i> | [3,4,17]; [0.33] <i>Cissampelos capensis</i> | | <i>Cissampelos capensis</i> , <i>Pelargonium zonale</i> |
| Snuff (making of) | | | | [1,10,37]; [1.00] <i>Mesembryanthemum junceum</i> | <i>Mesembryanthemum junceum</i> |
| Snuff (used as) | [1,1,40]; [0.00] <i>Mesembryanthemum junceum</i> | | | | <i>Mesembryanthemum junceum</i> |
| Sore throat | [6,26,20]; [0.80] <i>Carpobrotus edulis</i> | [3,7,24]; [0.67] <i>Carpobrotus edulis</i> | [7,8,13]; [0.14] <i>Carpobrotus deliciosus</i> | [5,22,27]; [0.81] <i>Vachellia karroo</i> | <i>Carpobrotus edulis</i> |
| Sores, abrasions, bruises, blisters, boils, corns, open callus, inflamed moles, cracked feet, whitlow fingers, abscess, pus, pisvoet - foot sores | [13,104,2]; [0.88] <i>Bulbine frutescens</i> | [19,63,2]; [0.71] <i>Ricinus communis</i> | [18,26,2]; [0.32] <i>Melianthus comosus</i> | [20,123,1]; [0.84] <i>Bulbine frutescens</i> , <i>Osteospermum calendulaceum</i> | <i>Bulbine frutescens</i> |
| Spastic colon | | | [1,1,20]; [0.00] <i>Conyza scabrida</i> | | <i>Conyza scabrida</i> |

(continued on next page)

Table 3 (continued)

| Medical condition | Most important or popular plant species for each ailment | | | | |
|---|--|---|--|---|---|
| | BARRYDALE | ZOAR | CALITZDORP | VANWYKSDORP | KANNALAND |
| Sprains (ankle, swellings) | [1,1,40]; [0.00] <i>Canna indica</i> | [2,4,27]; [0.67] <i>Datura stramonium</i> , <i>Ricinus communis</i> | [2,2,19]; [0.00] <i>Ruta graveolens</i> , <i>Zygophyllum retrofractum</i> | [1,5,42]; [1.00] <i>Agave americana</i> | <i>Agave americana</i> |
| Stomach-ache (indigestion, cramps, stomach discomfort) | [10,43,10]; [0.79] <i>Pentzia incana</i> | [19,34,7]; [0.45] <i>Pentzia incana</i> | [8,9,12]; [0.13] <i>Mentha longifolia</i> | [7,27,23]; [0.77] <i>Pentzia incana</i> | <i>Pentzia incana</i> |
| Stomach ailments (unspecified) | [10,38,12]; [0.76] <i>Chironia baccifera</i> | [17,38,5]; [0.57] <i>Artemisia absinthium</i> | [26,34,1]; [0.24] <i>Aloe ferox</i> , <i>Cadaba aphylla</i> , <i>Dodonaea viscosa</i> , <i>Lessertia frutescens</i> , <i>Nemesia fruticans</i> , <i>Pteronia incana</i> , <i>Teucrium africanum</i> , <i>Tulbaghia violacea</i> | [21,93,4]; [0.78] <i>Artemisia absinthium</i> | <i>Artemisia absinthium</i> |
| Stomach ulcers | [4,12,30]; [0.73] <i>Artemisia absinthium</i> | | [1,1,20]; [0.00] <i>Lessertia frutescens</i> | [2,6,41]; [0.80] <i>Chironia baccifera</i> | <i>Artemisia absinthium</i> |
| Stroke | | [3,4,27]; [0.33] <i>Ruta graveolens</i> | [7,8,13]; [0.14] <i>Zygophyllum morgsana</i> | [1,6,41]; [1.00] <i>Melianthus comosus</i> | <i>Melianthus comosus</i> |
| Sweaty feet | | [1,2,29]; [1.00] <i>Elytropappus rhinocerotis</i> | | [1,4,43]; [1.00] <i>Mesembryanthemum junceum</i> | <i>Mesembryanthemum junceum</i> |
| Swollen feet | | [2,2,29]; [0.00] <i>Melianthus comosus</i> , <i>Vachellia karroo</i> | | [1,1,46]; [0.00] <i>Ballota africana</i> | <i>Ballota africana</i> , <i>Melianthus comosus</i> , <i>Vachellia karroo</i> |
| Teething problems (babies) | | [1,1,30]; [0.00] <i>Carpobrotus edulis</i> | [2,3,18]; [0.50] <i>Carpobrotus deliciosus</i> | [1,5,42]; [1.00] <i>Buddleja saligna</i> | <i>Buddleja saligna</i> |
| Thirst quencher | [3,16,26]; [0.87] <i>Cotyledon orbiculata</i> | [6,11,21]; [0.50] <i>Portulacaria afra</i> | [3,3,18]; [0.00] <i>Mesembryanthemum tortuosum</i> , <i>Oxalis pes-caprae</i> , <i>Portulacaria afra</i> | [4,9,38]; [0.63] <i>Cotyledon orbiculata</i> | <i>Cotyledon orbiculata</i> |
| Thorns (used as blister-plaster, removal of thorns) | [2,2,39]; [0.00] <i>Canna indica</i> , <i>Elytropappus rhinocerotis</i> | [1,1,30]; [0.00] <i>Gonialoe variegata</i> | [2,2,19]; [0.00] <i>Cotyledon orbiculata</i> , <i>Gonialoe variegata</i> | [3,3,44]; [0.00] <i>Canna indica</i> , <i>Plantago lanceolata</i> , <i>Vachellia karroo</i> | <i>Canna indica</i> , <i>Gonialoe variegata</i> |
| Tonic (general health) | [20,45,9]; [0.57] <i>Pegolettia baccharidifolia</i> | [18,34,7]; [0.48] <i>Pegolettia baccharidifolia</i> | [8,9,12]; [0.13] <i>Pegolettia baccharidifolia</i> | [9,33,19]; [0.75] <i>Leysera gnaphalodes</i> | <i>Pegolettia baccharidifolia</i> |
| Tonsillitis | [4,10,32]; [0.67] <i>Vachellia karroo</i> | [1,1,30]; [0.00] <i>Punica granatum</i> | | [2,5,42]; [0.75] <i>Portulacaria afra</i> | <i>Vachellia karroo</i> |
| Toothache and sore gums | [10,47,7]; [0.80] <i>Dysphania ambrosioides</i> , <i>Galenia africana</i> , <i>Pelargonium zonale</i> , <i>Urtica urens</i> | [5,15,18]; [0.71] <i>Parmelia</i> spp. | [7,9,12]; [0.25] <i>Cotyledon orbiculata</i> , <i>Knowltonia vesicatoria</i> | [10,20,29]; [0.53] <i>Ruta graveolens</i> | <i>Galenia africana</i> |
| Topical use (ointment) | | | | [2,2,45]; [0.00] <i>Aptosimum procumbens</i> , <i>Osteospermum calendulaceum</i> | <i>Aptosimum procumbens</i> , <i>Osteospermum calendulaceum</i> |
| Tuberculosis (TB) | [6,13,29]; [0.58] <i>Asparagus capensis</i> , <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | [8,24,11]; [0.70] <i>Asparagus africanus</i> , <i>Protea nitida</i> | [3,4,17]; [0.33] <i>Cissampelos capensis</i> | [5,42,16]; [0.90] <i>Leysera gnaphalodes</i> , <i>Solanum nigrum</i> , <i>Solanum retrofractum</i> | <i>Leysera gnaphalodes</i> , <i>Solanum nigrum</i> |
| Unspecified (medicine, medicinal) | [35,136,1]; [0.75] <i>Galium tomentosum</i> , <i>Pegolettia baccharidifolia</i> | [18,27,9]; [0.33] <i>Mentha longifolia</i> | [4,4,17]; [0.00] <i>Malva parviflora</i> , <i>Psidium guajava</i> , <i>Viscum capense</i> , <i>Viscum continuum</i> | [28,80,6]; [0.66] <i>Aloe ferox</i> | <i>Galium tomentosum</i> , <i>Pegolettia baccharidifolia</i> |
| Urinary ailments (bladder health, urinary tract infections) | [6,17,25]; [0.69] <i>Arctopus echinatus</i> , <i>Parmelia</i> spp., <i>Urtica urens</i> | [14,16,17]; [0.13] <i>Agathosma</i> spp., <i>Foeniculum vulgare</i> | [16,19,5]; [0.17] <i>Agathosma capensis</i> , <i>Augea capensis</i> , <i>Stachys aethiopica</i> | [7,23,26]; [0.73] <i>Helichrysum odoratissimum</i> | <i>Lessertia frutescens</i> subsp. <i>frutescens</i> |
| Veterinary medicine (unspecified) | [3,27,19]; [0.92] <i>Aloe ferox</i> | [4,4,27]; [0.00] <i>Garuleum bipinnatum</i> , <i>Leonotis leonurus</i> , <i>Leonotis ocyimifolia</i> | [1,1,20]; [0.00] <i>Aloe ferox</i> | [2,8,39]; [0.86] <i>Aloe ferox</i> , <i>Chrysocoma ciliata</i> | <i>Aloe ferox</i> |
| Vitamin C supplement | [1,1,40]; [0.00] <i>Psidium guajava</i> | | | | <i>Psidium guajava</i> |
| Warts, open plantar wart (soolvrat) | [5,22,22]; [0.81] <i>Euphorbia mauritanica</i> | [3,12,20]; [0.82] <i>Euphorbia mauritanica</i> | [6,7,14]; [0.17] <i>Euphorbia mauritanica</i> | [6,29,22]; [0.82] <i>Tylecodon paniculatus</i> | <i>Euphorbia mauritanica</i> |
| Weight loss aid | | [1,1,30]; [0.00] <i>Zingiber officinale</i> | | | <i>Zingiber officinale</i> |
| Whooping cough | | [1,2,29]; [1.00] <i>Aptosimum indivisum</i> | | [1,1,46]; [0.00] <i>Urtica urens</i> | <i>Aptosimum indivisum</i> |
| Wounds (cuts, circumcisions) | [6,12,30]; [0.55] <i>Osteospermum calendulaceum</i> | [7,16,17]; [0.60] <i>Melianthus comosus</i> | [6,7,14]; [0.17] <i>Nemesia fruticans</i> | [16,59,11]; [0.74] <i>Rumex crispus</i> , <i>Rumex lanceolatus</i> | <i>Osteospermum calendulaceum</i> |

Table 4 (continued)

Table 4.1 Matrix scores for Barrydale (146 medicinal plant species, 29 participants). Participants (in the order of descending age, see Table 1): MW1 = Martinus Jakobus Windvogel; MA = Mina (Muis) Johanna Afrika; CM1 = Christine Maasdorp; MR = Michael Ruiters; JB = Jan Boshoff; RR = Rachel Ruiters; EP = Elise (Elsie) Pieterse; WN = William Arthur Nel; JS = Jakoba (Ant Kowa) Soldaat; MP = Maria Plaatjies; LM = Lyra Michaels; WP = Willem (Willempie Koper) Pieterse; JP = Jan (Jockey) Plaatjies; RC = Raymond Classen; HH = Hendrik Hopley; JP1 = Jan Plaatjies; LH = Lizelle Hopley; MP2 = Magdalena (Leen) Pieterse; KC = Keneels Conradie; MP1 = Magrieta (Griekie) Pieterse; RM = Rodene (Worsie) Middelbos; EA = Elvaro (Vario) Afrika; DP = Dora (Doortjie) Pieterse; DP1 = Dian Pieterse; DA = Daniel (Davie) Afrika; KO = Koos Oransie

| Plant species | Participants (Senior citizens, age 60+) | | | | | | | | | | | | | | | | | |
|--|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| | MW1 | MA | ML | CM1 | MR | JB | RR | EP | EG | WN | JS | MP | LM | WP | JP1 | RC | HH | DL |
| 64 <i>Hoodia grandis</i> | 0000 | 1236 | 1236 | 0000 | 1203 | 1236 | 1203 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 |
| 65 <i>Hoodia pilifera</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 |
| 66 <i>Hypoxis hemerocallidea</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 67 <i>Dittrichia graveolens</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 68 <i>Kedrostis foetidissima</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 69 <i>Kedrostis nana</i> | 0000 | 1236 | 1203 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 |
| 70 <i>Leonotis leonurus</i> | 1203 | 0000 | 0000 | 1203 | 1203 | 1236 | 1203 | 1203 | 0000 | 0000 | 1236 | 0000 | 1203 | 1236 | 1203 | 0000 | 1236 | 0000 |
| 71 <i>Leonotis ocyimifolia</i> | 1236 | 0000 | 1203 | 1236 | 1236 | 0000 | 1236 | 1236 | 1203 | 0000 | 1203 | 1236 | 1236 | 1236 | 1236 | 0000 | 1203 | 1203 |
| 72 <i>Lepidium africanum</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 |
| 73 <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 |
| 74 <i>Lessertia frutescens</i> subsp. <i>microphylla</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 75 <i>Leysera gnaphalodes</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 |
| 76 <i>Limeum aethiopicum</i> | 0000 | 0000 | 0000 | 0000 | 1203 | 1236 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 77 <i>Lobostemon fruticosus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 78 <i>Lycium horridum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 |
| 79 <i>Lycium oxycarpum</i> | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 80 <i>Malva parviflora</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 1203 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 81 <i>Exomis microphylla</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 |
| 82 <i>Melianthus comosus</i> | 0000 | 1236 | 1203 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 1203 |
| 83 <i>Mentha longifolia</i> | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 84 <i>Mentha spicata</i> | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1203 | 1236 |
| 85 <i>Mesembryanthemum junceum</i> | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1203 | 1236 |
| 86 <i>Mesembryanthemum tortuosum</i> | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 1203 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 1203 |
| 87 <i>Microloma sagittatum</i> | 0000 | 0000 | 0000 | 0000 | 1236 | 1203 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 88 <i>Muraltia spinosa</i> | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 |
| 89 <i>Nicotiana glauca</i> | 1236 | 0000 | 0000 | 1236 | 1203 | 1236 | 1203 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 90 <i>Notobubon tenuifolium</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 91 <i>Nymania capensis</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 |
| 92 <i>Olea europaea</i> subsp. <i>cuspidata</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1203 | 1203 |
| 93 <i>Oncosiphon piluliferum</i> | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 1203 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 |
| 94 <i>Oncosiphon suffruticosum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 95 <i>Opuntia ficus-indica</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1203 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 |
| 96 <i>Osteospermum calendulaceum</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 0000 | 1236 |
| 97 <i>Otholobium candicans</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 98 <i>Oxalis pes-caprae</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 |
| 99 <i>Pappea capensis</i> | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 |
| 100 <i>Parmelia</i> spp. | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 |
| 101 <i>Pegolettia baccharidifolia</i> | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1203 | 1236 | 1203 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 102 <i>Pegolettia retrofracta</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 103 <i>Pelargonium peltatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 104 <i>Pelargonium zonale</i> | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 |
| 105 <i>Pentzia incana</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1203 | 0000 |
| 106 <i>Physalis peruviana</i> | 0000 | 1236 | 1203 | 0000 | 1203 | 1236 | 1203 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 1203 |
| 107 <i>Plantago lanceolata</i> | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 1203 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 |
| 108 <i>Polygonum aviculare</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 109 <i>Portulacaria afra</i> | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 |
| 110 <i>Protea nitida</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 1236 |
| 111 <i>Protea repens</i> | 0000 | 0000 | 1203 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1203 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 1203 |
| 112 <i>Psidium guajava</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 113 <i>Pteronia incana</i> | 0000 | 1236 | 1236 | 0000 | 1203 | 1236 | 1203 | 0000 | 1236 | 1203 | 1236 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 |
| 114 <i>Punica granatum</i> | 0000 | 1236 | 1203 | 0000 | 1236 | 1236 | 1236 | 0000 | 1203 | 1203 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1203 |
| 115 <i>Quaqua mamillaris</i> | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 |
| 116 <i>Raphanus raphanistrum</i> | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 |
| 117 <i>Rhigozum obovatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 118 <i>Ricinus communis</i> | 0000 | 1236 | 1203 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 1203 |
| 119 <i>Romulea rosea</i> | 0000 | 1236 | 1203 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 1203 |
| 120 <i>Rosenia humilis</i> | 0000 | 1236 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 1203 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 1203 |
| 121 <i>Rubus pinnatus</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 122 <i>Rumex crispus</i> | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 |
| 123 <i>Ruta graveolens</i> | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1203 | 0000 |
| 124 <i>Salix mucronata</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1203 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 |
| 125 <i>Salvia chamelaeagnea</i> | 0000 | 1236 | 1203 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 1203 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 |
| 126 <i>Salvia microphylla</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1203 | 1203 |
| 127 <i>Schinus molle</i> | | | | | | | | | | | | | | | | | | |

Table 4 (continued)

Table 4.1 Matrix scores for Barrydale (146 medicinal plant species, 29 participants). Participants (in the order of descending age, see Table 1): MW1 = Martinus Jakobus Windvogel; MA = Mina (Muis) Johanna Afrika; CM1 = Christine Maasdorp; MR = Michael Ruiters; JB = Jan Boshoff; RR = Rachel Ruiters; EP = Elise (Elsie) Pieterse; WN = William Arthur Nel; JS = Jakoba (Ant Kowa) Soldaat; MP = Maria Plaatjies; LM = Lya Michaels; WP = Willem (Willempie Koper) Pieterse; JP = Jan (Jockey) Plaatjies; RC = Raymond Classen; HH = Hendrik Hopley; JP1 = Jan Plaatjies; LH = Lizelle Hopley; MP2 = Magdalena (Leen) Pieterse; KC = Keneels Conradie; MP1 = Magrieta (Griekie) Pieterse; RM = Rodene (Worsie) Middelbos; EA = Elvaro (Vario) Afrika; DP = Dora (Doortjie) Pieterse; DP1 = Dian Pieterse; DA = Daniel (Davie) Afrika; KO = Koos Oransie

| Plant species | Participants (Senior citizens, age 60 +) | | | | | | | | | | | | | | | | | |
|------------------------------------|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | MW1 | MA | ML | CM1 | MR | JB | RR | EP | EG | WN | JS | MP | LM | WP | JP1 | RC | HH | DL |
| 133 <i>Teucrium africanum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 |
| 134 <i>Tropaeolum majus</i> | 0000 | 1236 | 1203 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 |
| 135 <i>Tulbaghia violacea</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 136 <i>Tylecodon calalioides</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 |
| 137 <i>Tylecodon paniculatus</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 138 <i>Urtica urens</i> | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 139 <i>Vachellia karroo</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 140 <i>Viscum capense</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 1203 | 1203 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 |
| 141 <i>Viscum continuum</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 |
| 142 <i>Withania somnifera</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 143 <i>Zantedeschia aethiopica</i> | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 |
| 144 <i>Zingiber officinale</i> | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 |
| 145 <i>Zygophyllum foetidum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 |
| 146 <i>Zygophyllum morgsana</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| EKI | 0.23 | 0.53 | 0.52 | 0.23 | 0.40 | 0.63 | 0.40 | 0.23 | 0.44 | 0.24 | 0.42 | 0.44 | 0.23 | 0.45 | 0.68 | 0.04 | 0.13 | 0.52 |
| Average EKI for senior citizens | 0.38 | | | | | | | | | | | | | | | | | |

| Plant species | Participants | | | | | | | | | | | SPI | | |
|-------------------------------------|-------------------|------|------|------|------|------|------|---------------------|------|------|------|------|------|-------------|
| | Adults, age 20–59 | | | | | | | Children, age 13–19 | | | | | | |
| | MP2 | LH | DP | DA | KC | KO | JP | MP1 | RM | DP1 | EA | | | |
| 1 <i>Acorus calamus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 2 <i>Adromischus triflorus</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.64 |
| 3 <i>Agathosma</i> spp. | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0.72 |
| 4 <i>Agave americana</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.90 |
| 5 <i>Aloe ferox</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.84 |
| 6 <i>Amaranthus</i> spp. | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.59 |
| 7 <i>Anacampseros papyracea</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.45 |
| 8 <i>Anacampseros telephiastrum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 9 <i>Aptosimum indivisum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.10 |
| 10 <i>Aptosimum procumbens</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.09 |
| 11 <i>Artemisia absinthium</i> | 1034 | 1236 | 1236 | 1236 | 1034 | 1236 | 1034 | 1236 | 1034 | 1236 | 1236 | 1236 | 1236 | 0.88 |
| 12 <i>Artemisia afra</i> | 1034 | 1203 | 1236 | 1236 | 1034 | 1236 | 1034 | 1236 | 1034 | 1236 | 1236 | 1236 | 1236 | 0.84 |
| 13 <i>Asclepias crispa</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.12 |
| 14 <i>Asparagus</i> spp. | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0.40 |
| 15 <i>Atriplex nummularia</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0.24 |
| 16 <i>Augea capensis</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1034 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.22 |
| 17 <i>Ballota africana</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.57 |
| 18 <i>Boophone disticha</i> | 1034 | 0000 | 1236 | 1236 | 1034 | 0000 | 1034 | 1236 | 1034 | 1236 | 1236 | 1236 | 1236 | 0.66 |
| 19 <i>Buddleja saligna</i> | 1236 | 1203 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.64 |
| 20 <i>Bulbine frutescens</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1034 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.77 |
| 21 <i>Cadaba aphylla</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.71 |
| 22 <i>Canna indica</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.83 |
| 23 <i>Cannabis sativa</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 24 <i>Carpobrotus deliciosus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 25 <i>Carpobrotus edulis</i> | 1034 | 0000 | 1236 | 1236 | 1034 | 1236 | 1034 | 1236 | 1034 | 1236 | 1236 | 1236 | 1236 | 0.83 |
| 26 <i>Cassytha ciliolata</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 27 <i>Centaurea benedicta</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.67 |
| 28 <i>Chamarea capensis</i> | 0000 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.40 |
| 29 <i>Chironia baccifera</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.72 |
| 30 <i>Chrysocoma ciliata</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.52 |
| 31 <i>Cissampelos capensis</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.74 |
| 32 <i>Cliffortia ruscifolia</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.24 |
| 33 <i>Cliffortia strobilifera</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.57 |
| 34 <i>Conyza scabrada</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.90 |
| 35 <i>Cotyledon orbiculata</i> | 1034 | 0000 | 0000 | 0000 | 1034 | 0000 | 1034 | 0000 | 1034 | 0000 | 0000 | 0000 | 0000 | 0.52 |
| 36 <i>Cyclopia intermedia</i> | 1203 | 0000 | 1236 | 1236 | 1203 | 0000 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.57 |
| 37 <i>Cyperus esculentus</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0.39 |
| 38 <i>Cyphia digitata</i> | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.69 |
| 39 <i>Datura stramonium</i> | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.34 |
| 40 <i>Dianthus thunbergii</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0.22 |
| 41 <i>Dioscorea hemicypta</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 42 <i>Diosma hirsuta</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 43 <i>Diosma prama</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.05 |
| 44 <i>Dodonaea viscosa</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.67 |
| 45 <i>Dolichotheix ericoides</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.45 |
| 46 <i>Dysphania ambrosioides</i> | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0.28 |
| 47 <i>Elytropappus rhinocerotis</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.86 |

(continued on next page)

Table 4 (continued)

| Plant species | Participants | | | | | | | | | | | SPI |
|---------------|---|------|------|------|------|------|------|---------------------|------|------|------|-------------|
| | Adults, age 20–59 | | | | | | | Children, age 13–19 | | | | |
| | MP2 | LH | DP | DA | KC | KO | JP | MP1 | RM | DP1 | EA | |
| 48 | <i>Eriocephalus ericoides</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0.60 |
| 49 | <i>Eriocephalus tenuipes</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 50 | <i>Euclea undulata</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.74 |
| 51 | <i>Euphorbia mauritanica</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.62 |
| 52 | <i>Euryops tenuissimus</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0.66 |
| 53 | <i>Foeniculum vulgare</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0.66 |
| 54 | <i>Galenia africana</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.41 |
| 55 | <i>Galium tomentosum</i> | 1034 | 0000 | 1236 | 1236 | 1034 | 0000 | 1034 | 1236 | 1236 | 1236 | 0.64 |
| 56 | <i>Garuleum bipinnatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.05 |
| 57 | <i>Gasteria brachyphylla</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 58 | <i>Gomphocarpus fruticosus</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.28 |
| 59 | <i>Gonialoe variegata</i> | 1034 | 0000 | 0000 | 0000 | 1034 | 0000 | 1034 | 0000 | 0000 | 0000 | 0.40 |
| 60 | <i>Gunnera perpensa</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.14 |
| 61 | <i>Gymnosporia buxifolia</i> | 1203 | 0000 | 0000 | 0000 | 1203 | 0000 | 1203 | 0000 | 0000 | 0000 | 0.22 |
| 62 | <i>Helichrysum odoratissimum</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 0.86 |
| 63 | <i>Hermannia cuneifolia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 64 | <i>Hoodia grandis</i> | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.59 |
| 65 | <i>Hoodia pilifera</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.02 |
| 66 | <i>Hypoxis hemerocallidea</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.02 |
| 67 | <i>Dittrichia graveolens</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.26 |
| 68 | <i>Kedrostis foetidissima</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 69 | <i>Kedrostis nana</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0.48 |
| 70 | <i>Leonotis leonurus</i> | 1203 | 1236 | 0000 | 0000 | 1203 | 0000 | 1203 | 0000 | 0000 | 0000 | 0.43 |
| 71 | <i>Leonotis ocymlifolia</i> | 1236 | 1203 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0.59 |
| 72 | <i>Lepidium africanum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 73 | <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.98 |
| 74 | <i>Lessertia frutescens</i> subsp. <i>microphylla</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 75 | <i>Leysera gnaphalodes</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 76 | <i>Limeum aethiopicum</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.29 |
| 77 | <i>Lobostemon fruticosus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 78 | <i>Lycium horridum</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.14 |
| 79 | <i>Lycium oxycarpum</i> | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0.29 |
| 80 | <i>Malva parviflora</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 0.71 |
| 81 | <i>Exomis microphylla</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.21 |
| 82 | <i>Melianthus comosus</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0.64 |
| 83 | <i>Mentha longifolia</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.66 |
| 84 | <i>Mentha spicata</i> | 0000 | 1203 | 1236 | 1236 | 0000 | 1203 | 0000 | 1236 | 1236 | 1236 | 0.33 |
| 85 | <i>Mesembryanthemum junceum</i> | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.62 |
| 86 | <i>Mesembryanthemum tortuosum</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0.34 |
| 87 | <i>Microloma sagittatum</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0.38 |
| 88 | <i>Muraltia spinosa</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.17 |
| 89 | <i>Nicotiana glauca</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0.34 |
| 90 | <i>Notobubon tenuifolium</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 91 | <i>Nymanina capensis</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0.29 |
| 92 | <i>Olea europaea</i> subsp. <i>cuspidata</i> | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.90 |
| 93 | <i>Oncosiphon piluliferus</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.43 |
| 94 | <i>Oncosiphon suffruticosus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 95 | <i>Opuntia ficus-indica</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.72 |
| 96 | <i>Osteospermum calendulaceum</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.79 |
| 97 | <i>Otholobium candicans</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 98 | <i>Oxalis pes-caprae</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.71 |
| 99 | <i>Pappaea capensis</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.45 |
| 100 | <i>Parmelia</i> spp. | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.53 |
| 101 | <i>Pegolettia baccharidifolia</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.86 |
| 102 | <i>Pegolettia retrofracta</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 103 | <i>Pelargonium peltatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.03 |
| 104 | <i>Pelargonium zonale</i> | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0.31 |
| 105 | <i>Pentzia incana</i> | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.76 |
| 106 | <i>Physalis peruviana</i> | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0.48 |
| 107 | <i>Plantago lanceolata</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.21 |
| 108 | <i>Polygonum aviculare</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.65 |
| 109 | <i>Portulacaria afra</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.62 |
| 110 | <i>Protea nitida</i> | 1203 | 0000 | 0000 | 0000 | 1203 | 0000 | 1203 | 0000 | 0000 | 0000 | 0.17 |
| 111 | <i>Protea repens</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.38 |
| 112 | <i>Psidium guajava</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.79 |
| 113 | <i>Pteronia incana</i> | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0.52 |
| 114 | <i>Punica granatum</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.79 |
| 115 | <i>Quaqua mammillaris</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0.21 |
| 116 | <i>Raphanus raphanistrum</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.48 |
| 117 | <i>Rhigozum obovatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 118 | <i>Ricinus communis</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.67 |
| 119 | <i>Romulea rosea</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.69 |
| 120 | <i>Rosenia humilis</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0.48 |

Table 4 (continued)

| Plant species | Participants | | | | | | | | | | | SPI | |
|------------------------------------|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------------|-------------|-------------|-------------|-------------|-------------|
| | Adults, age 20–59 | | | | | | | Children, age 13–19 | | | | | |
| | MP2 | LH | DP | DA | KC | KO | JP | MP1 | RM | DP1 | EA | | |
| 121 <i>Rubus pinnatus</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.72 |
| 122 <i>Rumex crispus</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.48 |
| 123 <i>Ruta graveolens</i> | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.91 |
| 124 <i>Salix mucronata</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.26 |
| 125 <i>Salvia chamelaeagnea</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.52 |
| 126 <i>Salvia microphylla</i> | 1236 | 1203 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.78 |
| 127 <i>Schinus molle</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.72 |
| 128 <i>Schotia afra</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.24 |
| 129 <i>Searsia lancea</i> | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.69 |
| 130 <i>Searsia undulata</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.34 |
| 131 <i>Solanum nigrum</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.53 |
| 132 <i>Solanum tomentosum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 133 <i>Teucrium africanum</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.17 |
| 134 <i>Tropaeolum majus</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.53 |
| 135 <i>Tulbaghia violacea</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.67 |
| 136 <i>Tylecodon cacalioides</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.24 |
| 137 <i>Tylecodon paniculatus</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.76 |
| 138 <i>Urtica urens</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.67 |
| 139 <i>Vachellia karroo</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1.00 |
| 140 <i>Viscum capense</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.81 |
| 141 <i>Viscum continuum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.29 |
| 142 <i>Withania somnifera</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 143 <i>Zantedeschia aethiopica</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.66 |
| 144 <i>Zingiber officinale</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.57 |
| 145 <i>Zygophyllum foetidum</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.16 |
| 146 <i>Zygophyllum morgsana</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| EKI | 0.67 | 0.13 | 0.53 | 0.51 | 0.67 | 0.46 | 0.67 | 0.53 | 0.53 | 0.53 | 0.53 | 0.53 | 0.43 |
| Average EKI per age group | 0.52 | | | | | | | 0.53 | | | | | |
| Average EKI | 0.43 | | | | | | | | | | | | |

Table 4.2. Matrix scores for Zoar (146 medicinal plant species, 16 participants). Participants (in the order of descending age, see Table 1): AB1 = Anna (“Annie”) Booyens; JF = Joseph (“Soppie”) Fourie; AF = Anne Fortuin; MR = Martha (“Makkie”) Roos; EH = Elisabet (“Elise”) Herandien; SS = Sias Smit; KF = Katrina Fourie; MH1 = Maria (“Sussie Rooiberg”) Herandien; AJ = Alisa (“Suster Allie”) Jantjies; DL1 = Dina Linderts; AP = Antonie (“Mannie”) Parson; BL = Barnard (“Baan”) Linderts; RF = Regina (“Gina”) Fortuin; EF = Elise Festus (Ladismith); LL = Lesley Dale (“Gaza”) Ludick; CA = Cavall (“Cavii”) Adams.

| Plant species | Participants | | | | | | | | | | | | | | | SPI | |
|-------------------------------------|--------------------------|------|------|------|------|------|------|------|-------------------|------|------|------|------|------|------|------|-------------|
| | Senior citizens, age 60+ | | | | | | | | Adults, age 20–59 | | | | | | | | |
| | AB1 | JF | AF | MR | EH | SS | KF | MH1 | AJ | DL1 | AP | BL | RF | EF | LL | | CA |
| 1 <i>Acorus calamus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0.06 |
| 2 <i>Adromischus triflorus</i> | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.31 |
| 3 <i>Agathosma</i> spp. | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1203 | 1236 | 0000 | 0.59 |
| 4 <i>Agave americana</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.75 |
| 5 <i>Aloe ferox</i> | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0.81 |
| 6 <i>Amaranthus</i> spp. | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0.19 |
| 7 <i>Anacampseros papyracea</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 0.09 |
| 8 <i>Anacampseros telephiastrum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1203 | 0000 | 0000 | 0.09 |
| 9 <i>Aptosimum indivisum</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 0.50 |
| 10 <i>Aptosimum procumbens</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 11 <i>Artemisia absinthium</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 0.75 |
| 12 <i>Artemisia afra</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 0.78 |
| 13 <i>Asclepias crispa</i> | 0000 | 0000 | 1203 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 1203 | 0.30 |
| 14 <i>Asparagus</i> spp. | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0.50 |
| 15 <i>Atriplex nummularia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 16 <i>Augea capensis</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 0.25 |
| 17 <i>Ballota africana</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 0.63 |
| 18 <i>Boophone disticha</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0.13 |
| 19 <i>Buddleja saligna</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 0.44 |
| 20 <i>Bulbine frutescens</i> | 1034 | 1034 | 0000 | 1034 | 1236 | 1236 | 1034 | 1034 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1034 | 0000 | 0.63 |
| 21 <i>Cadaba aphylla</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 0.75 |
| 22 <i>Canna indica</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 0.19 |
| 23 <i>Cannabis sativa</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 24 <i>Carpobrotus deliciosus</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.31 |
| 25 <i>Carpobrotus edulis</i> | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0.75 |
| 26 <i>Cassytha ciliolata</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.16 |
| 27 <i>Centaurea benedicta</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 0.81 |
| 28 <i>Chamarea capensis</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0.13 |
| 29 <i>Chironia baccifera</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.81 |
| 30 <i>Chrysocoma ciliata</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 0.50 |
| 31 <i>Cissampelos capensis</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.81 |
| 32 <i>Cliffortia rusciifolia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |

(continued on next page)

Table 4 (continued)

Table 4.2. Matrix scores for Zoar (146 medicinal plant species, 16 participants). Participants (in the order of descending age, see Table 1): AB1 = Anna (“Annie”) Booyens; JF = Joseph (“Soppie”) Fourie; AF = Anne Fortuin; MR = Martha (“Makkie”) Roos; EH = Elisabet (“Elise”) Herandien; SS = Sias Smit; KF = Katrina Fourie; MH1 = Maria (“Sussie Rooiberg”) Herandien; AJ = Alisa (“Suster Allie”) Jantjies; DL1 = Dina Linderts; AP = Antonie (“Mannie”) Parson; BL = Barnard (“Baan”) Linderts; RF = Regina (“Gina”) Fortuin; EF = Elise Festus (Ladismith); LL = Lesley Dale (“Gaza”) Ludick; CA = Cavall (“Cavii”) Adams.

| Plant species | Participants | | | | | | | | | | | | | | | SPI | |
|---------------------------------------|--------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Senior citizens, age 60+ | | | | | | | | Adults, age 20–59 | | | | | | | | |
| | AB1 | JF | AF | MR | EH | SS | KF | MH1 | AJ | DL1 | AP | BL | RF | EF | LL | | CA |
| 101 <i>Pegolettia baccharidifolia</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1.00 |
| 102 <i>Pegolettia retrofracta</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 103 <i>Pelargonium peltatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 104 <i>Pelargonium zonale</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 1034 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.06 |
| 105 <i>Pentzia incana</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 0000 | 0000 | 0.59 |
| 106 <i>Physalis peruviana</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0.38 |
| 107 <i>Plantago lanceolata</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 108 <i>Polygonum aviculare</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0.56 |
| 109 <i>Portulacaria afra</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1.00 |
| 110 <i>Protea nitida</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.75 |
| 111 <i>Protea repens</i> | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0.19 |
| 112 <i>Psidium guajava</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.75 |
| 113 <i>Pteronia incana</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 1203 | 1203 | 0000 | 1236 | 0000 | 0000 | 1203 | 1203 | 1236 | 0.44 |
| 114 <i>Punica granatum</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.81 |
| 115 <i>Quaqua mammillaris</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.19 |
| 116 <i>Raphanus raphanistrum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 117 <i>Rhigozum obovatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 118 <i>Ricinus communis</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 0.69 |
| 119 <i>Romulea rosea</i> | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0.25 |
| 120 <i>Rosenia humilis</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 0.13 |
| 121 <i>Rubus pinnatus</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 1236 | 0.44 |
| 122 <i>Rumex crispus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 123 <i>Ruta graveolens</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 0.94 |
| 124 <i>Salix mucronata</i> | 0000 | 1236 | 1236 | 0000 | 1203 | 0000 | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0.41 |
| 125 <i>Salvia chamelaeagnea</i> | 0000 | 1203 | 0000 | 0000 | 1236 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0.19 |
| 126 <i>Salvia microphylla</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1203 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1203 | 0000 | 0.69 |
| 127 <i>Schinus molle</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0.69 |
| 128 <i>Schotia afra</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0.88 |
| 129 <i>Searsia lancea</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0.06 |
| 130 <i>Searsia undulata</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 0.50 |
| 131 <i>Solanum nigrum</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1203 | 1236 | 1236 | 0.59 |
| 132 <i>Solanum tomentosum</i> | 0000 | 0000 | 1203 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0.09 |
| 133 <i>Teucrium africanum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 134 <i>Tropaeolum majus</i> | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 0000 | 0.31 |
| 135 <i>Tulbaghia violacea</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 0000 | 0.84 |
| 136 <i>Tylecodon cacalioides</i> | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 0000 | 0.06 |
| 137 <i>Tylecodon paniculatus</i> | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1203 | 1236 | 0000 | 0.53 |
| 138 <i>Urtica urens</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0.81 |
| 139 <i>Vachellia karroo</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1.00 |
| 140 <i>Viscum capense</i> | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 0.63 |
| 141 <i>Viscum continuum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 142 <i>Withania somnifera</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 143 <i>Zantedeschia aethiopica</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 0000 | 0.81 |
| 144 <i>Zingiber officinale</i> | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 0.44 |
| 145 <i>Zygophyllum foetidum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 146 <i>Zygophyllum morgsana</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| EKI | 0.18 | 0.53 | 0.40 | 0.18 | 0.60 | 0.47 | 0.52 | 0.50 | 0.15 | 0.38 | 0.56 | 0.38 | 0.39 | 0.48 | 0.50 | 0.22 | 0.40 |
| Average EKI per age group | 0.42 | | | | | | | | 0.38 | | | | | | | | |
| Average EKI overall | 0.40 | | | | | | | | | | | | | | | | |

Table 4.3. Matrix scores for Calitzdorp (146 medicinal plant species, two participants) and qualitative scores for a further four participants. Participants (in the order of descending age, see Table 1): SC = Stephanus Johannes (“Fanie, Klaasie”) Claasen; SD = Salomie De Jager. The other four participants also provided information about some of the species even though they did not participate in the formal interviews. These are EV = Elisabeth (“Bettie”) Van Staden; HA = Hans Arendse; JL = Joseph (“Oom Soppie”) Ludck and EQ = Elroy (“Shorty”) Quantini

| Plant species | Participants | | | | | | SPI |
|---------------------------------|--------------|------|----|----|----|----|-------------|
| | SC | SD | EV | HA | JL | EQ | |
| 1 <i>Acorus calamus</i> | 0000 | 1236 | | + | | | 0.50 |
| 2 <i>Adromischus triflorus</i> | 1236 | 1203 | | | | | 0.75 |
| 3 <i>Agathosma</i> spp. | 1203 | 1203 | | + | | | 0.50 |
| 4 <i>Agave americana</i> | 1236 | 1236 | | | | | 1.00 |
| 5 <i>Aloe ferox</i> | 1236 | 1236 | | | | | 1.00 |
| 6 <i>Amaranthus</i> spp. | 1203 | 1203 | | | | | 0.50 |
| 7 <i>Anacampseros papyracea</i> | 1001 | 1236 | | | | | 0.58 |
| 8 <i>Anacampseros telephium</i> | 1001 | 1236 | | | | | 0.58 |
| 9 <i>Aptosimum indivisum</i> | 1236 | 0000 | | | | | 0.50 |

(continued on next page)

Table 4 (continued)

Table 4.3. Matrix scores for Calitzdorp (146 medicinal plant species, two participants) and qualitative scores for a further four participants. Participants (in the order of descending age, see Table 1): SC = Stephanus Johannes (“Fanie, Klaasie”) Claasen; SD = Salomie De Jager. The other four participants also provided information about some of the species even though they did not participate in the formal interviews. These are EV = Elisabeth (“Bettie”) Van Staden; HA = Hans Arendse; JL = Joseph (“Oom Soppie”) Ludck and EQ = Elroy (“Shorty”) Quantini

| Plant species | Participants | | | | | | SPI |
|---------------|---|------|------|----|----|----|-------------|
| | SC | SD | EV | HA | JL | EQ | |
| 10 | <i>Aptosimum procumbens</i> | 0000 | 1236 | | + | | 0.50 |
| 11 | <i>Artemisia absinthium</i> | 1203 | 1203 | | | | 0.50 |
| 12 | <i>Artemisia afra</i> | 1236 | 1236 | + | | + | 1.00 |
| 13 | <i>Asclepias crispata</i> | 0000 | 0000 | | | | 0.00 |
| 14 | <i>Asparagus</i> spp. | 0000 | 1236 | | | | 0.50 |
| 15 | <i>Atriplex nummularia</i> | 0000 | 0000 | | | | 0.00 |
| 16 | <i>Augea capensis</i> | 0000 | 1236 | | + | | 0.50 |
| 17 | <i>Ballota africana</i> | 0000 | 1236 | | | | 0.50 |
| 18 | <i>Boophone disticha</i> | 0000 | 1236 | | | | 0.50 |
| 19 | <i>Buddleja saligna</i> | 1236 | 1203 | | | | 0.75 |
| 20 | <i>Bulbine frutescens</i> | 0000 | 1236 | | + | | 0.50 |
| 21 | <i>Cadaba aphylla</i> | 1236 | 1236 | | + | | 1.00 |
| 22 | <i>Canna indica</i> | 0000 | 1236 | | | | 0.50 |
| 23 | <i>Cannabis sativa</i> | 0000 | 1236 | | | | 0.50 |
| 24 | <i>Carpobrotus deliciosus</i> | 0000 | 1236 | | + | | 0.50 |
| 25 | <i>Carpobrotus edulis</i> | 1236 | 0000 | | | | 0.50 |
| 26 | <i>Cassytha ciliolata</i> | 0000 | 0000 | | | | 0.00 |
| 27 | <i>Centaurea benedicta</i> | 1236 | 0000 | + | | | 0.50 |
| 28 | <i>Chamarea capensis</i> | 0000 | 1236 | | + | | 0.50 |
| 29 | <i>Chironia baccifera</i> | 1203 | 1236 | | + | | 0.75 |
| 30 | <i>Chrysocoma ciliata</i> | 0000 | 1236 | | + | | 0.50 |
| 31 | <i>Cissampelos capensis</i> | 0000 | 1236 | | + | | 0.50 |
| 32 | <i>Cliffortia ruscifolia</i> | 0000 | 0000 | | | | 0.00 |
| 33 | <i>Cliffortia strobilifera</i> | 0000 | 0000 | | | | 0.00 |
| 34 | <i>Conyza scabrida</i> | 1236 | 1236 | + | | | 1.00 |
| 35 | <i>Cotyledon orbiculata</i> | 0000 | 1236 | | + | | 0.50 |
| 36 | <i>Cyclopia intermedia</i> | 1236 | 1203 | | | | 0.75 |
| 37 | <i>Cyperus esculentus</i> | 0000 | 1203 | | | | 0.25 |
| 38 | <i>Cyphia digitata</i> | 0000 | 1203 | | | | 0.25 |
| 39 | <i>Datura stramonium</i> | 1236 | 1236 | | + | | 1.00 |
| 40 | <i>Dianthus thunbergii</i> | 0000 | 1203 | | | | 0.25 |
| 41 | <i>Dioscorea hemicrypta</i> | 0000 | 1203 | | | | 0.25 |
| 42 | <i>Diosma hirsuta</i> | 0000 | 0000 | | | | 0.00 |
| 43 | <i>Diosma prama</i> | 1203 | 1203 | | | | 0.50 |
| 44 | <i>Dodonaea viscosa</i> | 1236 | 1236 | | + | | 1.00 |
| 45 | <i>Dolichothrix ericoides</i> | 0000 | 0000 | | | | 0.00 |
| 46 | <i>Dysphania ambrosioides</i> | 0000 | 0000 | | | | 0.00 |
| 47 | <i>Elytropappus rhinocerotis</i> | 0000 | 1236 | | | | 0.50 |
| 48 | <i>Eriocephalus ericoides</i> | 0000 | 1203 | | | | 0.25 |
| 49 | <i>Eriocephalus tenuipes</i> | 0000 | 1203 | | | | 0.25 |
| 50 | <i>Euclea undulata</i> | 0000 | 1236 | | | | 0.50 |
| 51 | <i>Euphorbia mauritanica</i> | 1236 | 1236 | | + | | 1.00 |
| 52 | <i>Euryops tenuissimus</i> | 1203 | 1203 | | | | 0.50 |
| 53 | <i>Foeniculum vulgare</i> | 0000 | 1203 | | | | 0.25 |
| 54 | <i>Galenia africana</i> | 1236 | 1236 | | | | 1.00 |
| 55 | <i>Galium tomentosum</i> | 0000 | 1236 | | + | | 0.50 |
| 56 | <i>Garuleum bipinnatum</i> | 0000 | 0000 | | | | 0.00 |
| 57 | <i>Gasteria brachyphylla</i> | 0000 | 1236 | | + | | 0.50 |
| 58 | <i>Gomphocarpus fruticosus</i> | 0000 | 1236 | | + | | 0.50 |
| 59 | <i>Gonialoe variegata</i> | 1203 | 1236 | | + | | 0.75 |
| 60 | <i>Gunnera perpensa</i> | 0000 | 1236 | | | | 0.50 |
| 61 | <i>Gymnosporia buxifolia</i> | 0000 | 1236 | | | | 0.50 |
| 62 | <i>Helichrysum odoratissimum</i> | 1203 | 1203 | + | | | 0.50 |
| 63 | <i>Hermannia cuneifolia</i> | 0000 | 1236 | | | | 0.50 |
| 64 | <i>Hoodia grandis</i> | 1236 | 0000 | | | | 0.50 |
| 65 | <i>Hoodia pilifera</i> | 0000 | 0000 | | | | 0.00 |
| 66 | <i>Hypoxis hemerocallidea</i> | 0000 | 1236 | | | | 0.50 |
| 67 | <i>Dittrichia graveolens</i> | 0000 | 0000 | | | | 0.00 |
| 68 | <i>Kedrostis foetidissima</i> | 0000 | 1203 | | | | 0.25 |
| 69 | <i>Kedrostis nana</i> | 0000 | 1203 | | | | 0.25 |
| 70 | <i>Leonotis leonurus</i> | 1236 | 1236 | | | | 1.00 |
| 71 | <i>Leonotis ocymifolia</i> | 1236 | 1236 | | | | 1.00 |
| 72 | <i>Lepidium africanum</i> | 0000 | 0000 | | | | 0.00 |
| 73 | <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | 1236 | 1236 | + | + | + | 1.00 |
| 74 | <i>Lessertia frutescens</i> subsp. <i>microphylla</i> | 0000 | 1203 | + | | | 0.25 |
| 75 | <i>Leysera gnaphalodes</i> | 0000 | 1236 | | + | | 0.50 |
| 76 | <i>Limeum aethiopicum</i> | 0000 | 1236 | | | | 0.50 |
| 77 | <i>Lobostemon fruticosus</i> | 0000 | 1203 | | | | 0.25 |
| 78 | <i>Lycium horridum</i> | 0000 | 1203 | | | | 0.25 |
| 79 | <i>Lycium oxycarpum</i> | 0000 | 0000 | | | | 0.00 |

Table 4 (continued)

Table 4.3. Matrix scores for Calitzdorp (146 medicinal plant species, two participants) and qualitative scores for a further four participants. Participants (in the order of descending age, see Table 1): SC = Stephanus Johannes ("Fanie, Klaasie") Claasen; SD = Salomie De Jager. The other four participants also provided information about some of the species even though they did not participate in the formal interviews. These are EV = Elisabeth ("Bettie") Van Staden; HA = Hans Arendse; JL = Joseph ("Oom Soppie") Ludck and EQ = Elroy ("Shorty") Quantini

| Plant species | Participants | | | | | | SPI |
|---------------|--|-------------|-------------|------------|----|----|-------------|
| | SC | SD | EV | HA | JL | EQ | |
| 80 | <i>Malva parviflora</i> | 1236 | 1203 | | | | 0.75 |
| 81 | <i>Exomis microphylla</i> | 0000 | 0000 | | | | 0.00 |
| 82 | <i>Melianthus comosus</i> | 1236 | 1236 | + | + | | 1.00 |
| 83 | <i>Mentha longifolia</i> | 1236 | 1236 | | + | | 1.00 |
| 84 | <i>Mentha spicata</i> | 0000 | 1203 | | | | 0.25 |
| 85 | <i>Mesembryanthemum junceum</i> | 1236 | 1203 | | | | 0.75 |
| 86 | <i>Mesembryanthemum tortuosum</i> | 0000 | 1236 | | | | 0.50 |
| 87 | <i>Microloma sagittatum</i> | 0000 | 0000 | | | | 0.00 |
| 88 | <i>Muraltia spinosa</i> | 0000 | 0000 | | | | 0.00 |
| 89 | <i>Nicotiana glauca</i> | 1236 | 1203 | + | | | 0.75 |
| 90 | <i>Notobubon tenuifolium</i> | 0000 | 0000 | | | | 0.00 |
| 91 | <i>Nymanina capensis</i> | 1236 | 1203 | | | | 0.75 |
| 92 | <i>Olea europaea</i> subsp. <i>cuspidata</i> | 0000 | 1236 | | | | 0.50 |
| 93 | <i>Oncosiphon piluliferus</i> | 1236 | 1236 | | | | 1.00 |
| 94 | <i>Oncosiphon suffruticosus</i> | 0000 | 0000 | | | | 0.00 |
| 95 | <i>Opuntia ficus-indica</i> | 1236 | 1203 | | | | 0.75 |
| 96 | <i>Osteopermum calendulaceum</i> | 1236 | 0000 | | | | 0.50 |
| 97 | <i>Otholobium candicans</i> | 0000 | 0000 | | | | 0.00 |
| 98 | <i>Oxalis pes-caprae</i> | 1236 | 1236 | | + | | 1.00 |
| 99 | <i>Pappea capensis</i> | 0000 | 1203 | | | | 0.25 |
| 100 | <i>Parmelia</i> spp. | 0000 | 1236 | | | | 0.50 |
| 101 | <i>Pegolettia baccharidifolia</i> | 1236 | 1236 | + | | + | 1.00 |
| 102 | <i>Pegolettia retrofracta</i> | 0000 | 0000 | | | | 0.00 |
| 103 | <i>Pelargonium peltatum</i> | 0000 | 1236 | | | | 0.50 |
| 104 | <i>Pelargonium zonale</i> | 0000 | 0000 | | | | 0.00 |
| 105 | <i>Pentzia incana</i> | 1236 | 1236 | | | | 1.00 |
| 106 | <i>Physalis peruviana</i> | 1236 | 1203 | | | | 0.75 |
| 107 | <i>Plantago lanceolata</i> | 0000 | 1203 | | | | 0.25 |
| 108 | <i>Polygonum aviculare</i> | 0000 | 0000 | | | | 0.25 |
| 109 | <i>Portulacaria afra</i> | 1236 | 1236 | | | | 1.00 |
| 110 | <i>Protea nitida</i> | 1236 | 1203 | | | | 0.75 |
| 111 | <i>Protea repens</i> | 0000 | 1203 | | | | 0.25 |
| 112 | <i>Psidium guajava</i> | 1236 | 1203 | | | | 0.75 |
| 113 | <i>Pteronia incana</i> | 0000 | 1236 | | + | | 0.50 |
| 114 | <i>Punica granatum</i> | 0000 | 1203 | | | | 0.25 |
| 115 | <i>Quaqua mammillaris</i> | 0000 | 1203 | | | | 0.25 |
| 116 | <i>Raphanus raphanistrum</i> | 0000 | 1236 | | | | 0.50 |
| 117 | <i>Rhigozum obovatum</i> | 0000 | 0000 | | | | 0.00 |
| 118 | <i>Ricinus communis</i> | 0000 | 1203 | | | | 0.25 |
| 119 | <i>Romulea rosea</i> | 0000 | 0000 | | | | 0.00 |
| 120 | <i>Rosenia humilis</i> | 0000 | 0000 | | | | 0.00 |
| 121 | <i>Rubus pinnatus</i> | 1236 | 1203 | | | | 0.75 |
| 122 | <i>Rumex crispus</i> | 0000 | 1236 | | | | 0.50 |
| 123 | <i>Ruta graveolens</i> | 1236 | 1203 | + | | | 0.75 |
| 124 | <i>Salix mucronata</i> | 0000 | 1236 | + | | | 0.50 |
| 125 | <i>Salvia chamelaeagnea</i> | 0000 | 1203 | | | | 0.25 |
| 126 | <i>Salvia microphylla</i> | 0000 | 1203 | | | | 0.25 |
| 127 | <i>Schinus molle</i> | 1236 | 1203 | | | | 0.75 |
| 128 | <i>Schotia afra</i> | 0000 | 0000 | | | | 0.00 |
| 129 | <i>Searsia lancea</i> | 1236 | 1203 | | | | 0.75 |
| 130 | <i>Searsia undulata</i> | 1236 | 1236 | | | | 1.00 |
| 131 | <i>Solanum nigrum</i> | 1236 | 1203 | | | | 0.75 |
| 132 | <i>Solanum tomentosum</i> | 0000 | 1236 | | | | 0.50 |
| 133 | <i>Teucrium africanum</i> | 0000 | 1236 | | + | | 0.50 |
| 134 | <i>Tropaeolum majus</i> | 0000 | 1203 | | | | 0.25 |
| 135 | <i>Tulbaghia violacea</i> | 0000 | 1236 | | + | | 0.50 |
| 136 | <i>Tylecodon cacalioides</i> | 0000 | 1236 | | | | 0.50 |
| 137 | <i>Tylecodon paniculatus</i> | 1236 | 1203 | | | | 0.75 |
| 138 | <i>Urtica urens</i> | 0000 | 1203 | | | | 0.25 |
| 139 | <i>Vachellia karroo</i> | 1236 | 1236 | | | | 1.00 |
| 140 | <i>Viscum capense</i> | 1236 | 1236 | | + | | 1.00 |
| 141 | <i>Viscum continuum</i> | 1236 | 1236 | | | | 1.00 |
| 142 | <i>Withania somnifera</i> | 0000 | 1236 | | | | 0.50 |
| 143 | <i>Zantedeschia aethiopica</i> | 0000 | 1236 | | | | 0.50 |
| 144 | <i>Zingiber officinale</i> | 0000 | 1203 | | | | 0.25 |
| 145 | <i>Zygophyllum foetidum</i> | 0000 | 0000 | | | | 0.00 |
| 146 | <i>Zygophyllum morganiana</i> | 1236 | 1236 | | + | | 1.00 |
| EKI | | 0.35 | 0.62 | | | | 0.48 |
| Average EKI | | 0.49 | | N/A | | | |

(continued on next page)

Table 4 (continued)

Table 4.4. Matrix scores for Vanwyksdorp (146 medicinal plants, 23 participants). Participants (in the order of descending age, see Table 1): MO = Magdalene (“Tannie Leentjie”) Opperman; PW = Petrus (“Knapsak Piet”) Williams; AC = Anna Claasen (Mother of AW); MW = Maria (“Miem”) Van Wyk; EC = Evelyn Cloete; MS = Maria (“Ous”) Swanepoel; CB = Charlotte Bosman; ED = Elsie (“Els”) Dillman; MM = Martha Makriga; KJ = Katriena Jantjies; JM1 = Job Makriga; ND = Nokalene Dillman; AO = Anna (“Tannie Meid”) Opperman; MJ = Maria (“Marie”) Katriena Jakobs; AB = Andries (“André”) Johannes Britz; AvW = Anna (“Antjie Koopman”) Van Wyk (daughter of AC); JM = Jacoba (“Mammie”) Makriga; JC = Japaulus (“Piet”) Cloete; RP = Rosina (“Sina. Tienie”) Pretorius; EvW = Evelina (“Vroutjie”) Van Wyk WC = Willemiena (“Miena”) Cloete; SJ = Susanna (“Den”) Joubert; MC = Morette Cloete.

| Plant species | Participants (Senior citizens, age 60+) | | | | | | | | | | | |
|--|---|------|------|------|------|------|------|------|------|------|------|------|
| | MO | PW | AC | MW | EC | MS | CB | ED | MM | KJ | JM1 | ND |
| 70 <i>Leonotis leonurus</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 1034 | 0000 |
| 71 <i>Leonotis ocyimifolia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 72 <i>Lepidium africanum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 73 <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 74 <i>Lessertia frutescens</i> subsp. <i>microphylla</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 75 <i>Leysera gnaphalodes</i> | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 |
| 76 <i>Limeum aethiopicum</i> | 1236 | 0000 | 1034 | 0000 | 1236 | 1236 | 1236 | 1236 | 1034 | 1236 | 1034 | 0000 |
| 77 <i>Lobostemon fruticosus</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 |
| 78 <i>Lycium horridum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 79 <i>Lycium oxycarpum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 80 <i>Malva parviflora</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1203 | 0000 | 1203 | 0000 |
| 81 <i>Exomis microphylla</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 82 <i>Melianthus comosus</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 83 <i>Mentha longifolia</i> | 1236 | 1203 | 1203 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 84 <i>Mentha spicata</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 85 <i>Mesembryanthemum junceum</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 86 <i>Mesembryanthemum tortuosum</i> | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 1034 | 1203 | 0000 |
| 87 <i>Microloma sagittatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 88 <i>Muraltia spinosa</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 89 <i>Nicotiana glauca</i> | 1236 | 0000 | 1034 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 90 <i>Notobubon tenuifolium</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 91 <i>Nymania capensis</i> | 1236 | 0000 | 1203 | 1203 | 1236 | 1236 | 1236 | 1236 | 1203 | 0000 | 1203 | 1034 |
| 92 <i>Olea europaea</i> subsp. <i>cuspidata</i> | 1236 | 1034 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 1034 | 0000 |
| 93 <i>Oncosiphon piluliferus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 94 <i>Oncosiphon suffruticosus</i> | 1236 | 0000 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 |
| 95 <i>Opuntia ficus-indica</i> | 1236 | 0000 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 96 <i>Osteospermum calendulaceum</i> | 1236 | 1236 | 1203 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 |
| 97 <i>Otholobium candicans</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 1203 | 0000 |
| 98 <i>Oxalis pes-caprae</i> | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 |
| 99 <i>Pappea capensis</i> | 1236 | 1236 | 1203 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 |
| 100 <i>Parmelia</i> spp. | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 101 <i>Pegolettia baccharidifolia</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 102 <i>Pegolettia retrofracta</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 103 <i>Pelargonium peltatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 104 <i>Pelargonium zonale</i> | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 |
| 105 <i>Pentzia incana</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 0000 | 1236 | 0000 |
| 106 <i>Physalis peruviana</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 107 <i>Plantago lanceolata</i> | 1236 | 0000 | 1034 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 |
| 108 <i>Polygonum aviculare</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 109 <i>Portulacaria afra</i> | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 0000 | 1203 | 1236 |
| 110 <i>Protea nitida</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 111 <i>Protea repens</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 112 <i>Psidium guajava</i> | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1203 | 0000 |
| 113 <i>Pteronia incana</i> | 1203 | 0000 | 1236 | 0000 | 1203 | 1236 | 1203 | 1203 | 1236 | 1203 | 1236 | 0000 |
| 114 <i>Punica granatum</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 115 <i>Quaqua mammillaris</i> | 0000 | 1236 | 1236 | 1203 | 0000 | 1203 | 0000 | 0000 | 1034 | 0000 | 1034 | 1236 |
| 116 <i>Raphanus raphanistrum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 117 <i>Rhigozum obovatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 118 <i>Ricinus communis</i> | 1236 | 1236 | 1203 | 0000 | 1236 | 1236 | 1236 | 1236 | 0000 | 1203 | 0000 | 0000 |
| 119 <i>Romulea rosea</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 120 <i>Rosenia humilis</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 121 <i>Rubus pinnatus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 122 <i>Rumex crispus</i> | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 1203 | 1236 | 0000 |
| 123 <i>Ruta graveolens</i> | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1203 |
| 124 <i>Salix mucronata</i> | 1236 | 0000 | 1203 | 0000 | 1236 | 0000 | 1236 | 1236 | 1236 | 1203 | 1236 | 0000 |
| 125 <i>Salvia chameleaeagnea</i> | 1236 | 0000 | 0000 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 |
| 126 <i>Salvia microphylla</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 |
| 127 <i>Schinus molle</i> | 1236 | 1203 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1034 | 1236 | 1034 |
| 128 <i>Schotia afra</i> | 1236 | 1236 | 1203 | 0000 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 129 <i>Searsia lancea</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 130 <i>Searsia undulata</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 131 <i>Solanum nigrum</i> | 1236 | 0000 | 1034 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 132 <i>Solanum tomentosum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 1203 | 0000 | 0000 | 1236 | 1236 | 1236 | 0000 |
| 133 <i>Teucrium africanum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 134 <i>Tropaeolum majus</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 135 <i>Tulbaghia violacea</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 |
| 136 <i>Tylecodon calaioides</i> | 1203 | 1203 | 1203 | 1203 | 1203 | 1203 | 1203 | 1203 | 1236 | 1203 | 1236 | 1203 |

(continued on next page)

Table 4 (continued)

Table 4.4. Matrix scores for Vanwyksdorp (146 medicinal plants, 23 participants). Participants (in the order of descending age, see Table 1): MO = Magdalene ("Tannie Leentjie") Opperman; PW = Petrus ("Knapsak Piet") Williams; AC = Anna Claasen (Mother of AW); MW = Maria ("Miem") Van Wyk; EC = Evelyn Cloete; MS = Maria ("Ous") Swanepoel; CB = Charlotte Bosman; ED = Elsie ("Els") Dillman; MM = Martha Makriga; KJ = Katriena Jantjies; JM1 = Job Makriga; ND = Nokalene Dillman; AO = Anna ("Tannie Meid") Opperman; MJ = Maria ("Marie") Katriena Jakobs; AB = Andries ("André") Johannes Britz; AvW = Anna ("Antjie Koozman") Van Wyk (daughter of AC); JM = Jacoba ("Mammie") Makriga; JC = Japaulus ("Piet") Cloete; RP = Rosina ("Sina. Tienie") Pretorius; EvW = Evelina ("Vroutjie") Van Wyk WC = Willemiena ("Miena") Cloete; SJ = Susanna ("Den") Joubert; MC = Morette Cloete.

| Plant species | | Participants (Senior citizens, age 60+) | | | | | | | | | | | SPI |
|---------------------------------|-----------------------------------|---|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | MO | PW | AC | MW | EC | MS | CB | ED | MM | KJ | JM1 | |
| 137 | <i>Tylecodon paniculatus</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 |
| 138 | <i>Urtica urens</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 |
| 139 | <i>Vachellia karroo</i> | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1034 | 1236 | 1034 |
| 140 | <i>Viscum capense</i> | 1236 | 1034 | 0000 | 1034 | 1236 | 1236 | 1236 | 1236 | 1236 | 1034 | 1236 | 1236 |
| 141 | <i>Viscum continuum</i> | 1236 | 1034 | 0000 | 1034 | 1236 | 1236 | 1236 | 1236 | 1236 | 1034 | 1236 | 1236 |
| 142 | <i>Withania somnifera</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| 143 | <i>Zantedeschia aethiopica</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 |
| 144 | <i>Zingiber officinale</i> | 1236 | 1236 | 1203 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 |
| 145 | <i>Zygophyllum foetidum</i> | 1236 | 1236 | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 0000 | 1236 | 0000 |
| 146 | <i>Zygophyllum morskana</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 |
| EKI | | 0.64 | 0.36 | 0.52 | 0.28 | 0.63 | 0.57 | 0.63 | 0.63 | 0.57 | 0.34 | 0.60 | 0.36 |
| Average EKI for senior citizens | | 0.51 | | | | | | | | | | | |
| Plant species | | Participants (adults, age 20–59) | | | | | | | | | | | SPI |
| | | AO | MJ | JC | AW | JM | AB | RP | EW | WC | SJ | MC | |
| 1 | <i>Acorus calamus</i> | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 0.52 |
| 2 | <i>Adromischus triflorus</i> | 1236 | 1236 | 0000 | 1236 | 1203 | 1236 | 1236 | 1236 | 0000 | 0000 | 1236 | 0.49 |
| 3 | <i>Agathosma</i> spp. | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.78 |
| 4 | <i>Agave americana</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.93 |
| 5 | <i>Aloe ferox</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.93 |
| 6 | <i>Amaranthus</i> spp. | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0.22 |
| 7 | <i>Anacampseros papyracea</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1203 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.57 |
| 8 | <i>Anacampseros telephiastrum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 9 | <i>Aptosimum procumbens</i> | 0000 | 1236 | 0000 | 0000 | 1203 | 0000 | 1236 | 0000 | 0000 | 1203 | 0000 | 0.20 |
| 10 | <i>Aptosimum indivisum</i> | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 0.63 |
| 11 | <i>Artemisia absinthium</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.78 |
| 12 | <i>Artemisia afra</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1.00 |
| 13 | <i>Asclepias crispa</i> | 0000 | 0000 | 1236 | 0000 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 0000 | 0.35 |
| 14 | <i>Asparagus</i> spp. | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.74 |
| 15 | <i>Atriplex nummularia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.83 |
| 16 | <i>Augea capensis</i> | 1203 | 1203 | 0000 | 0000 | 1203 | 1034 | 0000 | 1203 | 1034 | 1034 | 1203 | 0.32 |
| 17 | <i>Ballota africana</i> | 1236 | 1236 | 1203 | 1203 | 1236 | 0000 | 1203 | 1236 | 1203 | 1236 | 1236 | 0.72 |
| 18 | <i>Boophone disticha</i> | 1236 | 1236 | 1236 | 0000 | 0000 | 0000 | 0000 | 1236 | 1203 | 0000 | 1236 | 0.50 |
| 19 | <i>Buddleja saligna</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 0000 | 1203 | 1236 | 0000 | 1236 | 1236 | 0.73 |
| 20 | <i>Bulbine frutescens</i> | 1236 | 1236 | 1034 | 1236 | 1236 | 0000 | 1034 | 1236 | 1203 | 1034 | 1236 | 0.72 |
| 21 | <i>Cadaba aphylla</i> | 1236 | 1236 | 0000 | 1236 | 1034 | 0000 | 0000 | 1236 | 1203 | 1034 | 1203 | 0.56 |
| 22 | <i>Canna indica</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.85 |
| 23 | <i>Cannabis sativa</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 24 | <i>Carpobrotus deliciosus</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0.83 |
| 25 | <i>Carpobrotus edulis</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 26 | <i>Cassya ciliolata</i> | 0000 | 0000 | 1203 | 1236 | 1236 | 0000 | 1203 | 1236 | 0000 | 1203 | 0000 | 0.33 |
| 27 | <i>Centaurea benedicta</i> | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 1034 | 1236 | 0000 | 0000 | 0.32 |
| 28 | <i>Chamarea capensis</i> | 1203 | 1203 | 1203 | 1236 | 1203 | 0000 | 1203 | 1236 | 0000 | 1203 | 1203 | 0.57 |
| 29 | <i>Chironia baccifera</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.80 |
| 30 | <i>Chrysocoma ciliata</i> | 0000 | 0000 | 1034 | 1236 | 1203 | 0000 | 0000 | 1236 | 1034 | 0000 | 0000 | 0.45 |
| 31 | <i>Cissampelos capensis</i> | 1034 | 1236 | 0000 | 1203 | 1034 | 0000 | 0000 | 1034 | 0000 | 1034 | 1034 | 0.52 |
| 32 | <i>Cliffortia ruscifolia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.02 |
| 33 | <i>Cliffortia strobilifera</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.11 |
| 34 | <i>Conyza scabrida</i> | 1236 | 1203 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1034 | 0.77 |
| 35 | <i>Cotyledon orbiculata</i> | 0000 | 0000 | 1236 | 1203 | 1236 | 1236 | 1236 | 0000 | 1203 | 1236 | 0000 | 0.74 |
| 36 | <i>Cyclopia intermedia</i> | 1034 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1034 | 1236 | 1236 | 1034 | 0.79 |
| 37 | <i>Cyperus esculentus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.78 |
| 38 | <i>Cyphia digitata</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.72 |
| 39 | <i>Datura stramonium</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 0000 | 1203 | 1236 | 1034 | 1203 | 1236 | 0.72 |
| 40 | <i>Dianthus thunbergii</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.02 |
| 41 | <i>Dioscorea hemicrypta</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.02 |
| 42 | <i>Diosma hirsuta</i> | 0000 | 1203 | 1203 | 0000 | 1203 | 0000 | 1203 | 0000 | 0000 | 1203 | 0000 | 0.20 |
| 43 | <i>Diosma prama</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 44 | <i>Dodonaea viscosa</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.86 |
| 45 | <i>Dolichotheix ericoides</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 46 | <i>Dysphania ambrosioides</i> | 0000 | 0000 | 1236 | 0000 | 1236 | 1203 | 1236 | 0000 | 1203 | 1236 | 0000 | 0.43 |
| 47 | <i>Elytropappus rhinocerotis</i> | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 0.78 |
| 48 | <i>Eriocephalus ericoides</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.33 |
| 49 | <i>Eriocephalus tenuipes</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 50 | <i>Euclea undulata</i> | 0000 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0.78 |
| 51 | <i>Euphorbia mauritanica</i> | 0000 | 0000 | 1236 | 1236 | 1203 | 1203 | 1236 | 0000 | 1203 | 1236 | 0000 | 0.56 |
| 52 | <i>Euryops tenuissimus</i> | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.86 |

Table 4 (continued)

| Plant species | Participants (adults, age 20–59) | | | | | | | | | | | SPI | |
|---------------|---|------|------|------|------|------|------|------|------|------|------|------|-------------|
| | AO | MJ | JC | AW | JM | AB | RP | EW | WC | SJ | MC | | |
| 53 | <i>Foeniculum vulgare</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.87 |
| 54 | <i>Galeria africana</i> | 1236 | 1236 | 1203 | 1203 | 1236 | 1203 | 1203 | 1236 | 1236 | 1203 | 1236 | 0.72 |
| 55 | <i>Galium tomentosum</i> | 0000 | 1236 | 1203 | 0000 | 1236 | 0000 | 1203 | 0000 | 1203 | 1203 | 0000 | 0.51 |
| 56 | <i>Garuleum bipinnatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.05 |
| 57 | <i>Gasteria brachyphylla</i> | 1034 | 1236 | 1034 | 0000 | 1236 | 0000 | 1034 | 1034 | 0000 | 1034 | 1034 | 0.41 |
| 58 | <i>Gomphocarpus fruticosus</i> | 1203 | 1236 | 1034 | 1034 | 1034 | 0000 | 1034 | 1236 | 0000 | 1034 | 1203 | 0.38 |
| 59 | <i>Gonialoe variegata</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.87 |
| 60 | <i>Gunnera perpensa</i> | 0000 | 1203 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.24 |
| 61 | <i>Gymnosporia buxifolia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.04 |
| 62 | <i>Helichysum odoratissimum</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.92 |
| 63 | <i>Hermannia cuneifolia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 64 | <i>Hoodia grandis</i> | 1236 | 1236 | 1034 | 1236 | 1236 | 1236 | 1034 | 1236 | 1236 | 1034 | 1236 | 0.78 |
| 65 | <i>Hoodia pilifera</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 66 | <i>Hypoxis hemerocallidea</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 67 | <i>Dittrichia graveolens</i> | 0000 | 0000 | 1236 | 0000 | 1236 | 1203 | 1236 | 0000 | 0000 | 1236 | 0000 | 0.33 |
| 68 | <i>Kedrostis foetidissima</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.79 |
| 69 | <i>Kedrostis nana</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 70 | <i>Leonotis leonurus</i> | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 0.72 |
| 71 | <i>Leonotis ocyimifolia</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 72 | <i>Lepidium africanum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 73 | <i>Lessertia frutescens</i> subsp. <i>frutescens</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.98 |
| 74 | <i>Lessertia frutescens</i> subsp. <i>microphylla</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 75 | <i>Leysera gnaphalodes</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.89 |
| 76 | <i>Limeum aethiopicum</i> | 1236 | 1236 | 1034 | 0000 | 1034 | 1236 | 1034 | 1236 | 1236 | 1236 | 1236 | 0.74 |
| 77 | <i>Lobostemon fruticosus</i> | 0000 | 0000 | 0000 | 1236 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.22 |
| 78 | <i>Lycium horridum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.46 |
| 79 | <i>Lycium oxycarpum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 80 | <i>Malva parviflora</i> | 1236 | 0000 | 1203 | 1236 | 1236 | 1236 | 1203 | 0000 | 1236 | 1203 | 0000 | 0.63 |
| 81 | <i>Exomis microphylla</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 82 | <i>Melianthus comosus</i> | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1203 | 0.85 |
| 83 | <i>Mentha longifolia</i> | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.85 |
| 84 | <i>Mentha spicata</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0.96 |
| 85 | <i>Mesembryanthemum junceum</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1034 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.94 |
| 86 | <i>Mesembryanthemum tortuosum</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1203 | 1203 | 1236 | 1203 | 1236 | 1236 | 0.70 |
| 87 | <i>Microloma sagittatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.20 |
| 88 | <i>Muraltia spinosa</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 89 | <i>Nicotiana glauca</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.86 |
| 90 | <i>Notobubon tenuifolium</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 91 | <i>Nymanina capensis</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 0.77 |
| 92 | <i>Olea europaea</i> subsp. <i>cuspidata</i> | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 0000 | 1236 | 0.64 |
| 93 | <i>Oncosiphon piluliferus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 94 | <i>Oncosiphon suffruticosus</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.83 |
| 95 | <i>Opuntia ficus-indica</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.89 |
| 96 | <i>Osteospermum calendulaceum</i> | 1236 | 1236 | 1236 | 1203 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.85 |
| 97 | <i>Otholobium candicans</i> | 0000 | 0000 | 1203 | 0000 | 1236 | 0000 | 1203 | 0000 | 0000 | 1236 | 0000 | 0.17 |
| 98 | <i>Oxalis pes-caprae</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0.83 |
| 99 | <i>Pappea capensis</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.85 |
| 100 | <i>Parmelia</i> spp. | 1236 | 1236 | 1236 | 0000 | 1236 | 1203 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.87 |
| 101 | <i>Pegolettia baccharidifolia</i> | 0000 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 0000 | 0.72 |
| 102 | <i>Pegolettia retrofracta</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 103 | <i>Pelargonium peltatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 104 | <i>Pelargonium zonale</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.80 |
| 105 | <i>Pentzia incana</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1203 | 1236 | 0.76 |
| 106 | <i>Physalis peruviana</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.96 |
| 107 | <i>Plantago lanceolata</i> | 1236 | 1236 | 0000 | 0000 | 1236 | 1203 | 0000 | 1236 | 1236 | 1034 | 1236 | 0.56 |
| 108 | <i>Polygonum aviculare</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.87 |
| 109 | <i>Portulacaria afra</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 0.80 |
| 110 | <i>Protea nitida</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.52 |
| 111 | <i>Protea repens</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.43 |
| 112 | <i>Psidium guajava</i> | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1203 | 1236 | 0.76 |
| 113 | <i>Pteronia incana</i> | 1236 | 1236 | 1236 | 0000 | 1236 | 0000 | 1236 | 1236 | 0000 | 1236 | 1236 | 0.63 |
| 114 | <i>Punica granatum</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1.00 |
| 115 | <i>Quaqua mammillaris</i> | 1203 | 1203 | 1034 | 1203 | 1236 | 0000 | 1034 | 1203 | 1236 | 1034 | 1203 | 0.51 |
| 116 | <i>Raphanus raphanistrum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.74 |
| 117 | <i>Rhigozum obovatum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 118 | <i>Ricinus communis</i> | 1236 | 1236 | 1034 | 1203 | 1034 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 0.69 |
| 119 | <i>Romulea rosea</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.35 |
| 120 | <i>Rosenia humilis</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.26 |
| 121 | <i>Rubus pinnatus</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.69 |
| 122 | <i>Rumex crispus</i> | 0000 | 0000 | 1236 | 1203 | 1236 | 1203 | 1236 | 0000 | 0000 | 1236 | 0000 | 0.37 |
| 123 | <i>Ruta graveolens</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.91 |
| 124 | <i>Salix mucronata</i> | 0000 | 0000 | 1236 | 0000 | 1236 | 1203 | 1236 | 0000 | 0000 | 1236 | 0000 | 0.50 |
| 125 | <i>Salvia chamelaeagnea</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.17 |
| 126 | <i>Salvia microphylla</i> | 1236 | 1236 | 0000 | 0000 | 1236 | 0000 | 0000 | 1236 | 1236 | 0000 | 1236 | 0.67 |

(continued on next page)

Table 4 (continued)

| Plant species | Participants (adults, age 20–59) | | | | | | | | | | | SPI | |
|------------------------|----------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | AO | MJ | JC | AW | JM | AB | RP | EW | WC | SJ | MC | | |
| 127 | <i>Schinus molle</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.91 |
| 128 | <i>Schotia afra</i> | 1203 | 1203 | 1236 | 0000 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1203 | 0.78 |
| 129 | <i>Searsia lancea</i> | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.96 |
| 130 | <i>Searsia undulata</i> | 1236 | 1236 | 1236 | 1203 | 1236 | 1034 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.96 |
| 131 | <i>Solanum nigrum</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.94 |
| 132 | <i>Solanum tomentosum</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 0000 | 1236 | 1203 | 0000 | 1236 | 1203 | 0.50 |
| 133 | <i>Teucrium africanum</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 134 | <i>Tropaeolum majus</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1.00 |
| 135 | <i>Tulbaghia violacea</i> | 1236 | 1236 | 1236 | 1203 | 1236 | 1203 | 1236 | 1236 | 1034 | 1236 | 1236 | 0.81 |
| 136 | <i>Tylecodon cacalioides</i> | 1203 | 1203 | 1236 | 0000 | 1236 | 1203 | 1236 | 1203 | 1203 | 1236 | 1203 | 0.61 |
| 137 | <i>Tylecodon paniculatus</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.98 |
| 138 | <i>Urtica urens</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.89 |
| 139 | <i>Vachellia karroo</i> | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 0.88 |
| 140 | <i>Viscum capense</i> | 1236 | 1236 | 1236 | 1203 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.85 |
| 141 | <i>Viscum continuum</i> | 1236 | 1236 | 1236 | 1203 | 1236 | 0000 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.85 |
| 142 | <i>Withania somnifera</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| 143 | <i>Zantedeschia aethiopica</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 0.85 |
| 144 | <i>Zingiber officinale</i> | 1236 | 1236 | 1236 | 1236 | 1236 | 1203 | 1236 | 1236 | 1236 | 1236 | 1236 | 0.83 |
| 145 | <i>Zygophyllum foetidum</i> | 1236 | 1236 | 1203 | 1203 | 1203 | 1203 | 1203 | 1236 | 1236 | 1236 | 1236 | 0.70 |
| 146 | <i>Zygophyllum morgsana</i> | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0000 | 0.00 |
| EKI | | 0.57 | 0.59 | 0.60 | 0.47 | 0.68 | 0.38 | 0.58 | 0.60 | 0.49 | 0.62 | 0.55 | 0.54 |
| Average EKI for adults | | 0.56 | | | | | | | | | | | |
| Average EKI | | 0.53 | | | | | | | | | | | |

(43, 4), *Aloe ferox* (41, 5), *Lessertia frutescens* subsp. *frutescens* (41, 5), *Bulbine frutescens* (40, 6), *Schinus molle* (39, 7), *Chironia baccifera* (37, 8), *Boophone disticha* (36, 9), *Pentzia incana* (36, 9) and *Urtica urens* (35, 10).

In Table 3, the most important species are listed against the ailments (or groups of related ailments) for which they are used. The most common indications recorded at Barrydale were: *unspecified medicinal uses* (35 species used, 136 anecdotes, ranked 1); *sores, abrasions, blisters, boils, corns, warts, open callus, inflamed moles, cracked feet, open plantar wart* (“soolvrat”) and *whitlow fingers* (18, 126, 2); *pain, inflammation, arthritis, rheumatism* (topical use - as ointment, poultice, compress or wash) (15, 79, 3); *high blood pressure* (17, 78, 4); *colds* (14, 69, 5); *backache* (14, 51, 6); *toothache and sore gums* (10, 47, 7); *diabetes* (13, 46, 8); *tonic* (general health) (20, 45, 9) and *stomach-ache* (indigestion, cramps, stomach discomfort) (10, 43, 10).

In Table 4, the results of the formal interviews and quantification are presented in the form of a matrix of participants vs species. The Ethnobotanical Knowledge Index (EKI) values ranged from 0.68 for the most knowledgeable participant (Jan “Jockey” Plaatjies, age: 63) to 0.04 (Raymond Classen, age: 63). The average EKI value for the three different age groups were 0.38 for the senior citizens (age 60 and above), 0.52 for the adults (age range between 20 and 59) and 0.53 for the children between the ages of 13 and 19. The average EKI value for all Barrydale participants was 0.43 (Fig. 2).

The most important medicinal plants in Barrydale, according to their Species Popularity Index (SPI) values were *Vachellia karroo* (SPI value of 1.00, rank 1), *Lessertia frutescens* subsp. *frutescens* (0.98, 2), *Ruta graveolens* (0.91, 3), *Agave americana* (0.90, 4), *Conyza scabrifolia* (0.90, 4), *Olea europaea* subsp. *cuspidata* (0.90, 4), *Artemisia absinthium* (0.88, 5), *Elytropappus rhinocerotis* (0.86, 6), *Helichrysum odoratissimum* (0.86, 6), *Pegolettia baccharidifolia* (0.86, 6), *Aloe ferox* (0.84, 7), *Artemisia afra* (0.84, 7), *Camna indica* (0.83, 8), *Carpobrotus edulis* (0.83, 8), *Viscum capense* (0.81, 9), *Osteopermum calendulaceum* (0.79, 10), *Psidium guajava* (0.79, 10) and *Punica granatum* (0.79, 10). It is interesting to note the similarities and differences between the ranks of species according to the number of medicinal anecdotes and the calculated SPI values. In Barrydale, the five most highly ranked species according to the number of anecdotes (*Artemisia afra*, *Pegolettia baccharidifolia*, *Artemisia absinthium*, *Carpobrotus edulis*, *Aloe ferox* and *Lessertia frutescens*) were all amongst the highly ranked species according to the SPI values. The six species with lower ranks according to the number

of anecdotes (*Bulbine frutescens*, *Schinus molle*, *Chironia baccifera*, *Boophone disticha*, *Pentzia incana* and *Urtica urens*) were not amongst the 10 most important species according to the SPI values.

3.2. Zoar

A total of 122 plant species and 1119 anecdotes were recorded (Table 2), of which 97 species were represented in the flip-file (Table 4). The medicinal plants with the highest numbers of anecdotes in Zoar were *Lessertia frutescens* subsp. *frutescens* (37 anecdotes, rank 1), *Aloe ferox* (30, 2), *Bulbine frutescens* (30, 2), *Helichrysum odoratissimum* (28, 3), *Pegolettia baccharidifolia* (28, 3), *Carpobrotus edulis* (27, 4), *Centaurea benedicta* (27, 4), *Vachellia karroo* (25, 5), *Galenia africana* (25, 5), *Leonotis leonurus* (25, 5), *Leonotis ocymifolia* (25, 5), *Artemisia afra* (24, 6), *Ruta graveolens* (23, 7), *Melanthus comosus* (22, 8), *Chironia baccifera* (21, 9), *Dodonaea viscosa* (19, 10), *Portulacaria afra* (19, 10) and *Urtica urens* (19, 10).

The EKI values ranged from 0.60 for the most knowledgeable participant (Elisabet “Tannie Elise, Lissie” Herandien, age: 65) to 0.15 (Alisa “Suster Allie” Jantjies, age: 57). The average EKI value for the two different age groups were 0.42 for the senior citizens (age 60 and above) and 0.38 for the adults (age range between 20 and 59 (Fig. 2). The average EKI for the whole town is 0.40.

The most common indications recorded at Zoar based on the total number of use-records for the ailment were *diabetes* (27 species used, 75 anecdotes, ranked 1); *sores, abrasions, blisters, boils, corns, warts, open callus, inflamed moles, cracked feet, open plantar wart* (“soolvrat”), *whitlow fingers, abscess* (22, 69, 2); *high blood pressure* (28, 66, 3); *psychological conditions* (magic medicine - “paljas”) (18, 47, 4); *colds* (20, 46, 5); *stomach ailments* (unspecified) (19, 41, 6); *backache* (19, 39, 7); *pain, inflammation, arthritis, rheumatism* (topical use - as ointment, poultice, compress or wash) (19, 36, 8); *tonic* (general health) (17, 36, 8); *stomach-ache* (indigestion, cramps) (19, 35, 9) and *kidney ailments* (diuretic, kidney stones) (25, 33, 10).

The most popular medicinal plants in Zoar according to their SPI values are *Vachellia karroo* (SPI value of 1.00, rank 1), *Lessertia frutescens* subsp. *frutescens* (0.98, 2), *Ruta graveolens* (0.91, 3), *Agave americana* (0.90, 4), *Conyza scabrifolia* (0.90, 4), *Olea europaea* subsp. *cuspidata* (0.90, 4), *Artemisia absinthium* (0.88, 5), *Elytropappus rhinocerotis* (0.86, 6), *Helichrysum odoratissimum* (0.86, 6), *Pegolettia baccharidifolia* (0.86, 6), *Aloe ferox* (0.84, 7), *Artemisia afra* (0.84, 7),

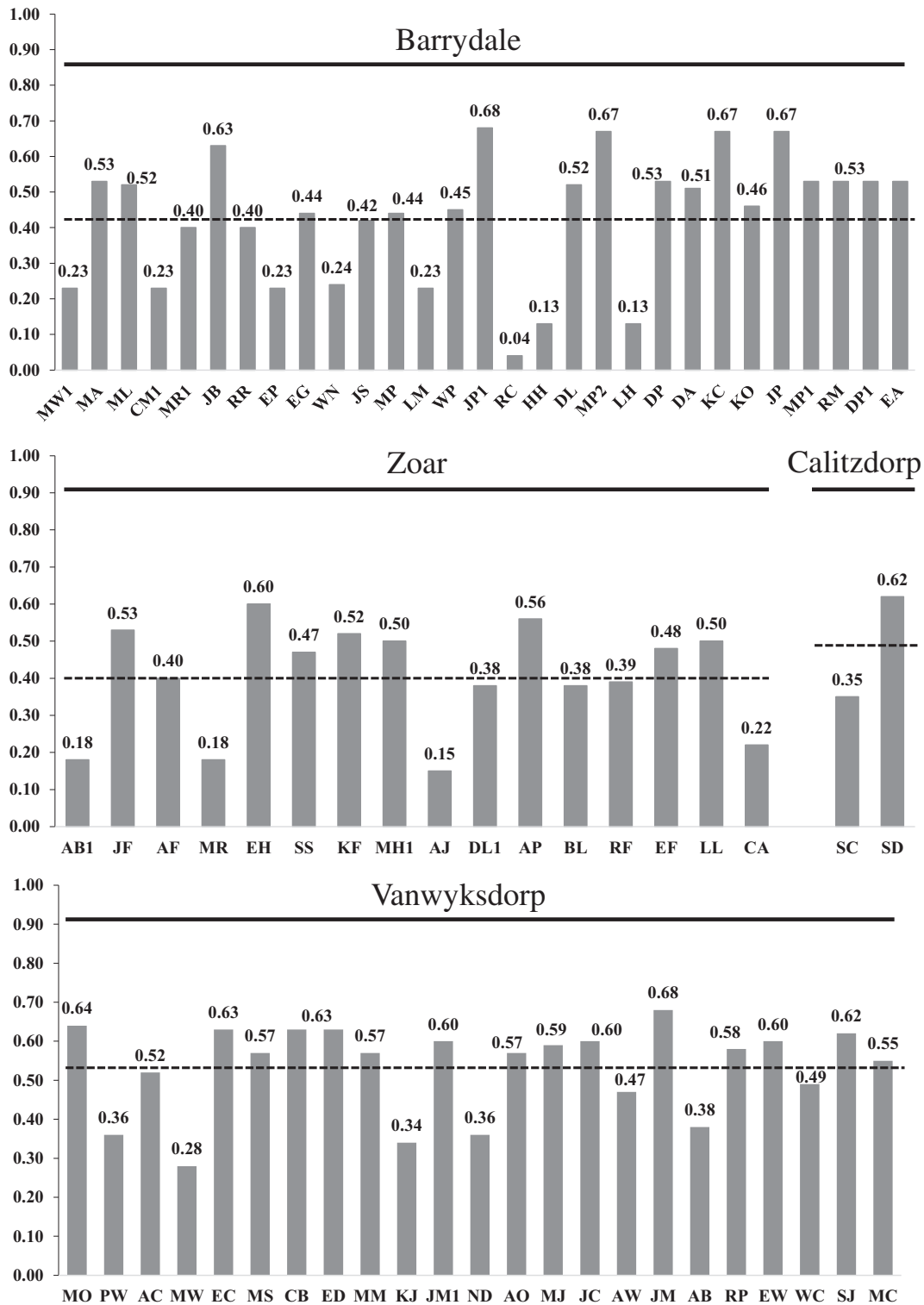


Fig. 2. Ethnobotanical Knowledge Index (EKI) values of 70 participants from four villages in Kannaland (western Little Karoo, South Africa). The dotted lines show the average EKI values for each of the villages; abbreviations used for participant names are shown in Table 1.

Canna indica (0.83, 8), *Carpobrotus edulis* (0.83, 8), *Viscum capense* (0.81, 9), *Osteopermum calendulaceum* (0.79, 10), *Psidium guajava* (0.79, 10) and *Punica granatum* (0.79, 10).

3.3. Calitzdorp

The highest number of medicinal plant species (146) was recorded in Calitzdorp, despite the low number of research participants

(Table 1). The main source of information was the book by De Jager (2010), enriched by a lengthy and detailed interview to clarify the original source of the information, which was mainly from the late Hans Arends, a farm worker. During the interview we were also able to distinguish species with recorded local medicinal uses from those with recorded uses elsewhere. The Calitzdorp data was further enriched by informal interviews with four participants and unpublished historical notes from Elizabeth Maria Van Staden (Table 1).

The medicinal plants with the highest numbers of anecdotes in Calitzdorp were *Chironia baccifera* (20 anecdotes, rank 1), *Lessertia frutescens* subsp. *frutescens* (20, 1), *Cissampelos capensis* (18, 2), *Dodonaea viscosa* (15, 3), *Artemisia afra* (14, 4), *Cotyledon orbiculata* (13, 5), *Ballota africana* (12, 6), *Bulbine frutescens* (12, 6), *Mentha longifolia* (12, 6), *Carpobrotus deliciosus* (11, 7), *Aloe ferox* (10, 8), *Datura stramonium* (10, 8), *Leonotis leonurus* (10, 8), *Melianthus comosus* (10, 8), *Stachys aethiopica* (8, 9), *Cadaba aphylla* (7, 10) and *Helichrysum cymosum* (7, 10).

The EKI values could only be calculated for two participants, namely Stephanus Johannes (“Fanie, Klaasie”) Claasen who scored 0.35 and Salomie De Jager who scored 0.62. The most common indications recorded at Calitzdorp, based on the total number of use-records for each ailment, were *stomach ailments* (unspecified) (26 species used, 34 anecdotes, ranked 1); *sores, abrasions, blisters, boils, corns, warts, open callus, inflamed moles, cracked feet, open plantar wart* (“soolvrat”), *whitlow fingers and abscess* (18, 25, 2); *fever* (17, 23, 3); *backache* (15, 20, 4); urinary ailments (bladder health, urinary tract infections) (16, 19, 5); *diabetes* (14, 16, 6); *influenza* (11, 14, 7); *kidney ailments* (diuretic, kidney stones, infection) (10, 13, 8); *chest ailments* (unspecified) (11, 12, 9); *colds* (10, 12, 9) and *pain, inflammation, arthritis, rheumatism* (topical use - as ointment, poultice, compress or wash) (9, 11, 10).

Due to the low number of participants involved in the Matrix Method for Calitzdorp, the SPI values are not very informative but the data in Table 4 nevertheless give a reasonable idea of which species are the most important or popular at this locality.

3.4. Vanwyksdorp

A total of 108 species (out of the 146 species included in the flip-file) was identified by participants as having medicinal uses. An additional six medicinal plant species that were not included in the flip-file, were recorded in Vanwyksdorp during this study (Table 2), namely *Aloe microstigma*, *Diospyros lycioides*, *Pelargonium grossularioides*, *Portulaca oleracea*, *Viscum rotundifolium* and *Exomis microphylla*. A total of 2105 anecdotes for the 108 medicinal plant species were documented.

The top 10 medicinal plants with the most anecdotes in Vanwyksdorp were *Helichrysum odoratissimum* (61 anecdotes, rank 1), *Lessertia frutescens* subsp. *frutescens* (60, 2), *Artemisia afra* (59, 3), *Conyza scabrida* (52, 4), *Dodonaea viscosa* (50, 5), *Ruta graveolens* (50, 5), *Solanum retrofractum* (50, 5), *Bulbine frutescens* (45, 6), *Schinus molle* (45, 6), *Opuntia ficus-indica* (42, 7), *Portulacaria afra* (42, 7), *Punica granatum* (42, 7), *Parmelia* species (41, 8), *Aloe ferox* (38, 9), *Melianthus comosus* (38, 9) and *Elytropappus rhinocerotis* (37, 10).

Due to the isolation of Vanwyksdorp from public health facilities such as clinics and hospitals, medicinal plants are still widely used as supportive treatment for many self-terminating and chronic ailments, including tuberculosis, diabetes and high blood pressure. In Table 3, a total of 85 different ailments are listed for Vanwyksdorp, arranged alphabetically but ranked according to the total number of anecdotes recorded (giving 43 ranks). The most common indications are: *sores and other skin conditions* (22 species used, 122 anecdotes, ranked 1); *cancer* (22, 103, 2); *colds* (17, 99, 3); *stomach ailments* (unspecified) (21, 93, 4); *backache* (15, 89, 5); *pain, inflammation, arthritis* (topical use) (13, 72, 6); *ringworm and various conditions of the hair and scalp* (14, 70, 7); *unspecified medicinal uses* (22, 70, 7); *diabetes* (11, 62, 8); *oral thrush* (4, 60, 9) and *wounds and cuts* (16, 59, 10).

The EKI values ranged from 0.86 for the most knowledgeable participant (Jacoba “Mammie” Makriga) to 0.34 (Maria “Miem” Van Wyk). The average EKI for the senior citizens were 0.51, for adults 0.56 (age range from 20 to 59) and for all participants 0.53.

The most popular useful plants in Vanwyksdorp according to their SPI values are *Artemisia afra* (SPI value of 1.00, rank 1), *Punica granatum* (0.96, 2), *Tropaeolum majus* (0.96, 2), *Mesembryanthemum junceum* (0.94, 3), *Agave americana* (0.93, 4), *Aloe ferox* (0.93, 4), *Lessertia frutescens* subsp. *frutescens* (0.93, 4), *Searsia undulata* (0.93, 4),

Tylecodon paniculatus (0.93, 4), *Helichrysum odoratissimum* (0.92, 5), *Mentha spicata* (0.91, 6), *Searsia lancea* (0.91, 6), *Schinus molle* (0.91, 6), *Solanum retrofractum* (0.90, 7), *Ruta graveolens* (0.89, 8), *Vachellia karroo* (0.88, 9), *Gonialoe variegata* (0.87, 10), *Foeniculum vulgare* (0.87, 10) and *Urtica urens* (0.87, 10).

3.5. Kannaland as a whole

In total, 196 medicinal plant species have been recorded (Table 4) and of these, quantitative data were obtained for 146 species. New species records for Kannaland came to 53 (27% of the total for Kannaland), of which 30 are indigenous, 19 are naturalized aliens and four are cultivated aliens. The relatively large number of aliens shows that the local medicinal system is not stable but subject to noteworthy changes, even in recent years. Some of the aliens are early introductions by Dutch settlers (e.g. *Ruta graveolens*, *Opuntia ficus-indica*, *Psidium guajava*, *Schinus molle* and *Artemisia absinthium*) and have become an integral part of Khoi-San and Cape Dutch medicine (Pappe, 1847; Van Wyk, 2008). A total of 5300 anecdotes were documented during the survey (Table 5) of which 3323 (63%) appear to be newly recorded for Kannaland. The study also revealed a total of 664 vernacular names, with 136 (20%) newly recorded for Kannaland and a further 151 (23%) being variants of well-known vernacular names.

A total of 69 out of the 196 medicinal plant species recorded are used in all four villages. This list provides a new insight into the most popular and widely used medicinal plants of Kannaland and can be considered as a fairly accurate *materia medica* for the region. These species, listed by their average SPI values (recalculated for all 70 participants), are *Lessertia frutescens* subsp. *frutescens* (0.97), *Vachellia karroo* (0.97), *Artemisia afra* (0.91), *Aloe ferox* (0.90), *Pegolettia baccharidifolia* (0.90), *Ruta graveolens* (0.88), *Portulacaria afra* (0.86), *Conyza scabrida* (0.84), *Melianthus comosus* (0.84), *Oxalis pes-caprae* (0.84), *Viscum capense* (0.82), *Dodonaea viscosa* (0.81), *Mentha longifolia* (0.79), *Chironia baccifera* (0.78), *Pentzia incana* (0.78), *Galenia africana* (0.77), *Opuntia ficus-indica* (0.77), *Psidium guajava* (0.76), *Schinus molle* (0.76), *Helichrysum odoratissimum* (0.75), *Euphorbia mauritanica* (0.74), *Artemisia absinthium* (0.73), *Leonotis leonurus* (0.73), *Euclea undulata* (0.72), *Solanum retrofractum* (0.71), *Cadaba aphylla* (0.70), *Malva parviflora* (0.70), *Punica granatum* (0.70), *Searsia undulata* (0.69), *Tulbaghia violacea* (0.69), *Zantedeschia aethiopica* (0.68), *Elytropappus rhinocerotis* (0.68), *Datura stramonium* (0.67), *Urtica urens* (0.66), *Agathosma* spp. (0.65), *Hoodia grandis* (0.65), *Parmelia* spp. (0.64), *Cissampelos capensis* (0.63), *Nicotiana glauca* (0.63), *Euryops tenuissimus* (0.62), *Nymania capensis* (0.62), *Canna indica* (0.61), *Cyclopia intermedia* (0.61), *Salvia microphylla* (0.61), *Ballota africana* (0.60), *Foeniculum vulgare* (0.59), *Osteospermum calendulaceum* (0.59), *Bulbine frutescens* (0.58), *Centaurea benedicta* (0.58), *Cotyledon orbiculata* (0.57), *Gonialoe variegata* (0.57), *Polygonum aviculare* (0.57), *Adromischus triflorus* (0.56), *Galium tomentosum* (0.56), *Ricinus communis* (0.56), *Viscum continuum* (0.55), *Tropaeolum majus* (0.51), *Chrysocoma ciliata* (0.47), *Mesembryanthemum tortuosum* (0.47), *Boophone disticha* (0.46), *Mentha spicata* (0.45), *Aptosimum indivisum* (0.43), *Carpobrotus deliciosus* (0.41), *Salix mucronata* (0.41), *Gomphocarpus fruticosus* (0.34), *Augea capensis* (0.32), *Salvia chamelaeagnea* (0.28), *Gunnera perpensa* (0.25) and *Portulaca oleracea* (not in the Matrix). An examination of average SPI values for the 69 shared species confirmed the expectation that these plants are widely used in Kannaland and that they should therefore have a higher average value when compared with the 133 species that are not shared. This is indeed the case; the respective average SPI values are 0.65 for the shared species and only 0.28 for the species that are not shared.

3.6. Homogeneity of indigenous knowledge

The wide scope and exhaustiveness of the ethnobotanical data presented here allow for a closer examination and comparison of the four

Table 5

Summary of comparative ethnobotanical survey data as recorded in four villages in Kannaland (western Little Karoo, South Africa). The Homogeneity Index (HI) values are given in square brackets. Data from Nortje and Van Wyk (2015) were used to compare the HI values of Kannaland with those of a similar study in the Kamiesberg, Namaqualand, South Africa.

| | Barrydale | Zoar | Calitzdorp | Vanwyksdorp | Kannaland |
|---|---|--|---|---|--------------------|
| No of participants | 29 | 16 (+4) | 2 (+4) | 23 | 78 |
| No of anecdotes | 1586 | 1119 | 490 | 2105 | 5300 |
| No of newly recorded anecdotes | 982 | 792 | 221 | 1328 | 3323 |
| No of anecdotes unique to each village | 9 | 24 | 14 | 19 | – |
| No of medicinal plant species | 113 | 122 | 146 | 108 | 196 |
| No of newly recorded medicinal plant species | 29 | 37 | 27 | 26 | 53 |
| No of species unique to each village | 15 | 18 | 31 | 6 | – |
| No of species shared between villages [HI] | BZ: 84 [0.43] BC: 88 [0.45] BV: 82 [0.42] BZC: 74 [0.38] BZV: 74 [0.38] BCV: 77 [0.39] | ZB: 84 [0.43] ZC: 93 [0.47] ZV: 86 [0.44] ZBC: 74 [0.38] ZCV: 80 [0.41] ZBV: 74 [0.38] | CB: 88 [0.45] CZ: 93 [0.47] CV: 96 [0.49] CBZ: 74 [0.38] CZV: 80 [0.41] CBV: 77 [0.39] | VB: 82 [0.42] VZ: 86 [0.44] VC: 96 [0.49] VBZ: 74 [0.38] VZC: 80 [0.41] VCB: 77 [0.39] | BZCV: 69 [0.35] |
| No of vernacular names | 229 | 284 | 224 | 290 | 664 |
| No of vernacular names unique to each village | 90 | 123 | 93 | 150 | – |
| No of vernacular names shared between villages | BZ: 108 [0.16] BC: 82 [0.12] BV: 103 [0.16] BZC: 64 [0.10] BZV: 77 [0.12] BCV: 61 [0.09] | ZB: 108 [0.16] ZC: 99 [0.15] ZV: 103 [0.16] ZBC: 4 [0.10] ZCV: 63 [0.09] ZBV: 77 [0.12] | CB: 82 [0.12] CZ: 99 [0.15] CV: 79 [0.12] CBZ: 4 [0.10] CZV: 63 [0.09] CBV: 61 [0.09] | VB: 103 [0.16] VZ: 103 [0.16] VC: 79 [0.12] VBZ: 77 [0.12] VZC: 63 [0.09] VCB: 61 [0.09] | BZCV: 53 [0.08] |
| No of newly recorded vernacular names | 24 | 47 | 11 | 48 | 136 |
| No of newly recorded vernacular names unique to each village | 23 | 39 | 10 | 47 | – |
| No of newly recorded vernacular names shared between villages | BZ: 4 [0.03] BC: 3 [0.02] BV: 6 [0.04] BZC: 1 [0.01] BZV: 1 [0.01] BCV: 1 [0.01] | ZB: 4 [0.03] ZC: 4 [0.03] ZV: 4 [0.03] ZBC: 1 [0.01] ZCV: 1 [0.01] ZBV: 1 [0.01] | CB: 3 [0.02] CZ: 4 [0.03] CV: 2 [0.01] CBZ: 1 [0.01] CZV: 1 [0.01] CBV: 1 [0.01] | VB: 6 [0.04] VZ: 4 [0.03] VC: 2 [0.01] VBZ: 1 [0.01] VZC: 1 [0.01] VCB: 1 [0.01] | BZCV: 0 [0.00] |
| No of variations of vernacular names | 34 | 49 | 18 | 61 | 151 |
| No of variations of vernacular names unique to each village | 21 | 33 | 9 | 56 | – |
| No of variations of vernacular names shared between villages | BZ: 14 [0.09] BC: 7 [0.05] BV: 11 [0.07] BZC: 7 [0.05] BZV: 8 [0.05] BCV: 5 [0.03] | ZB: 14 [0.09] ZC: 13 [0.09] ZV: 14 [0.09] ZBC: 7 [0.05] ZCV: 6 [0.04] ZBV: 8 [0.05] | CB: 7 [0.05] CZ: 13 [0.09] CV: 8 [0.05] CBZ: 7 [0.05] CZV: 6 [0.04] CBV: 5 [0.03] | VB: 11 [0.07] VZ: 14 [0.09] VC: 8 [0.05] VBZ: 8 [0.05] VZC: 6 [0.04] VCB: 5 [0.03] | BZCV: 5 [0.03] |
| No of ailments recorded | 75 | 97 | 85 | 92 | 120 |
| No of ailments unique to each village | 6 | 8 | 4 | 7 | – |
| No of ailments shared between villages | BZ: 65 [0.54] BC: 61 [0.51] BV: 66 [0.55] BZC: 58 [0.48] BZV: 62 [0.52] BCV: 58 [0.48] | ZB: 65 [0.54] ZC: 73 [0.61] ZV: 82 [0.68] ZBC: 58 [0.48] ZCV: 68 [0.57] ZBV: 62 [0.52] | CB: 61 [0.51] CZ: 73 [0.61] CV: 72 [0.60] CBZ: 58 [0.48] CZV: 68 [0.57] CBV: 58 [0.48] | VB: 66 [0.55] VZ: 82 [0.68] VC: 72 [0.60] VBZ: 62 [0.52] VZC: 68 [0.57] VCB: 58 [0.48] | BZCV: 56 [0.47] |
| | Nourivier | Leliefontein | Kamieskroon | Paulshoek | Kamiesberg |
| No of medicinal plant species | 57 | 88 | 45 | 80 | 101 |
| No of species shared between villages [HI] | NL: 51 [0.50] NK: 32 [0.32] NP: 54 [0.53] NLK: 31 [0.31] NLP: 50 [0.50] NKP: 32 [0.32] | LN: 51 [0.50] LK: 41 [0.41] LP: 71 [0.71] LNK: 31 [0.31] LNP: 50 [0.50] LKP: 38 [0.38] | KN: 32 [0.32] KL: 41 [0.41] KP: 40 [0.40] KNL: 31 [0.31] KNP: 32 [0.32] KLP: 38 [0.38] | PN: 54 [0.53] PL: 71 [0.71] PK: 40 [0.40] PNL: 50 [0.50] PNK: 32 [0.32] PLK: 38 [0.38] | NLKP: 31 [0.31] |
| No of vernacular names | 107 | 173 | 109 | 199 | 343 |
| No of vernacular names unique to each village | 28 | 64 | 35 | 87 | – |
| No of vernacular names shared between villages [HI] | NL: 68 [0.20] NK: 46 [0.13] NP: 65 [0.19] NLK: 42 [0.12] NLP: 57 [0.17] NKP: 40 [0.12] | LN: 68 [0.20] LK: 61 [0.18] LP: 95 [0.28] LNK: 42 [0.12] LNP: 57 [0.17] LKP: 55 [0.16] | KN: 46 [0.13] KL: 61 [0.18] KP: 65 [0.19] KNL: 42 [0.12] KNP: 40 [0.12] KLP: 55 [0.16] | PN: 65 [0.19] PL: 95 [0.28] PK: 65 [0.19] PNL: 57 [0.17] PNK: 40 [0.12] PLK: 55 [0.16] | NLKP: 39 [0.11] |

villages included in this study. The comparative data are summarised in Table 5. Medicinal plant species that are apparently restricted to a single village include, for Barrydale, *Cliffortia strobilifera*, *Eucalyptus* spp., *Ficus cordata*, *Lasiosiphon deserticola*, *Lavandula dentata*, *Lepidium africanum*, *Lycium oxycarpum*, *Melianthus major*, *Muraltia spinosa*, *Pelargonium sidioides*, *Petroselinum crispum*, *Quercus robur*, *Tanacetum parthenium*, *Tulbaghia capensis*; for Zoar, *Asparagus capensis*, *Asparagus densiflorus*, *Brunsvigia josephinae*, *Carpobrotus mellei*, *Jacobaea maritima*,

Cliffortia odorata, *Crassula* spp., *Felicia* spp., *Garuleum bipinnatum*, *Grewia robusta*, *Helichrysum crispum*, *Hermannia salvifolia*, *Nicotiana tabacum*, *Notobubon tenuifolium*, *Osteospermum moniliferum*, *Searsia laevigata*, *Senecio radicans*, *Tarchonanthus littoralis*, *Zinnia peruviana*; for Calitzdorp, *Asparagus africanus*, *Berula thunbergii*, *Blepharis capensis*, *Cichorium intybus*, *Cissampelos torulosa*, *Commelina africana*, *Crassula muscosa*, *Cynanchum viminale*, *Cysticapnos vesicaria*, *Drimys robusta*, *Erioccephalus punctulatus*, *Erioccephalus* spp., *Eucalyptus globulus*, *Glottiphyllum*

depressum, *Glycyrrhiza glabra*, *Helichrysum cymosum*, *Hibiscus pusillus*, *Hypoxis hemerocallidea*, *Kedrostis capensis*, *Knowltonia vesicatoria*, *Nemesia fruticans*, *Pelargonium peltatum*, *Pentzia dentata*, *Polygala leptophylla*, *Salvia runcinata*, *Stachys aethiopica*, *Teucrium africanum*, *Tribulus terrestris*, *Typha capensis*, *Veltheimia capensis*, *Withania somnifera*, *Zygophyllum morgsana*, and for Vanwyksdorp, *Anacampseros papyracea*, *Aptosimum procumbens*, *Diosma hirsuta*, *Otholobium candicans*, *Schotia afra* and *Zygophyllum foetidum*. The accuracy of medicinal use information based on a single use-record (from a single participant) can be questioned and should perhaps be excluded from the data. However, we have included all data in Table 2 (and Table 4) because of the possibility that similar uses may have been recorded in other studies (as is indeed the case for several of them).

The data in Table 5 revealed a surprisingly low numbers of medicinal plant species (69) that are shared by the four villages in Kannaland. Similarly, the numbers of shared vernacular names are also relatively low (53), as are the number of shared ailments (56). Since the villages are within close proximity (see Fig. 1), the expectation was that indigenous knowledge about the best or most effective treatments for particular ailments will readily be shared between villages. This does not appear to be the case. The non-homogeneity is also evident in the large numbers of species and vernacular names that were recorded only in one of the four villages, i.e., species and names unique to each of the villages (Table 5). There are 15 species, 90 vernacular names and 23 newly recorded vernacular names unique to Barrydale; the corresponding numbers for the other towns are 18 species, 123 names and 39 newly recorded names unique to Zoar, 31 species, 93 names and 10 newly recorded names unique to Calitzdorp and 6 species, 150 names and 47 newly recorded names unique to Vanwyksdorp. Also noteworthy are the numerous differences in therapeutic uses of the same species between villages, as given in Table 2. Local availability may explain some of the variation but the differences in uses and vernacular names probably reflect local preferences and the individuality of the four communities.

We here propose, for the first time, a simple quantitative index to measure and compare the similarities and differences between villages. The index can also be used to compare regions and cultures, as long as high quality comparative data are available. The index, here called the Homogeneity Index (HI), is calculated by dividing the total number of shared species (or shared vernacular names) by the combined total of all the species recorded for the shared villages or regions. The value will be zero (0.00) if there are no shared species, and 1.00 if all species are shared. In Kannaland, the 69 shared species divided by 196 (the total number of species recorded) gives an HI value of 0.35. This low value is unexpected, but we could not find any similar comparisons in the literature. The HI values (Table 5) are also exceptionally low for shared vernacular names (0.08), shared newly recorded vernacular names (0.00), shared vernacular name variations (0.03) and even for shared ailment categories (0.47). Similarly, the HI values of the various combinations of towns are very low (Table 5). For example, these are 0.43 for Barrydale and Zoar, 0.45 for Barrydale and Calitzdorp, 0.42 for Barrydale and Vanwyksdorp, 0.38 for Barrydale, Zoar and Calitzdorp, 0.38 for Barrydale, Zoar and Vanwyksdorp, 0.39 for Barrydale, Calitzdorp and Vanwyksdorp, 0.47 for Zoar and Calitzdorp, 0.44 for Zoar and Vanwyksdorp, 0.41 for Zoar, Calitzdorp and Vanwyksdorp and 0.49 for Calitzdorp and Vanwyksdorp.

In order to find a benchmark, and to take the comparison a step further, we calculated the HI values of villages in the Kamiesberg (Namaqualand, South Africa), based on the extensive data provided by Nortje (2011) and Nortje and Van Wyk (2015). The results are presented in Table 5. Of the total of 101 medicinal plant species recorded in the Kamiesberg, 31 are shared between the four villages (Kamieskroon, Nourivier, Leliefontein and Paulshoek). Despite the lower number of study participants (24 of which 16 took part in the Matrix Method), the HI values appear to be similar and highly informative. Roughly one third of the recorded species are shared between all

four villages in both studies. What makes this comparison particularly interesting is that it compares two similar but widely separated study sites. Both are situated in the semi-arid Succulent Karoo biome and both have substantial areas covered in Renosterveld (i.e. the Fynbos biome).

However, when the four villages of the Kamiesberg are compared, much higher HI values are evident. The HI values for shared species are generally above 0.5 for the Kamiesberg but below 0.5 for Kannaland. For vernacular names, the difference is even more pronounced. The HI values for Kannaland vary between 0.09 and 0.16, while they are between 0.12 and 0.28 for the Kamiesberg. Since the village of Kamieskroon is situated some 20 km west of the Kamiesberg, the HI values for both shared species and shared vernacular names are noticeably lower than values for the other three villages that are all situated in the Kamiesberg proper. Contrary to expectation, the same is not true for Vanwyksdorp, which is similarly removed or isolated from the other three Kannaland villages. Despite the rich knowledge recorded at Vanwyksdorp, the HI values are similar to those calculated for the other three villages. The similarities between villages in terms of the ailments recorded are relatively high (generally above 0.5). This is not surprising, as it is likely that people of all villages suffer from similar common ailments that are treated with medicinal plants.

In general, the low HI values support the idea that the contemporary medicinal plant system of the Succulent Karoo Biome is dynamic and adaptive, and that noteworthy differences in plant use may rapidly develop in different villages. This concept also explains the relatively large number of alien plant species (naturalised exotics and garden ornamentals) that are used in both regions. The alternative hypothesis, namely that the medicinal system is of Khoisan origin and therefore ancient and stable, is not supported by these results.

4. Conclusions

The aim of this study was to provide answers to three questions:

4.1. *What proportion of the indigenous knowledge about the medicinal plants of the Little Karoo/Kannaland has already been systematically documented? How many species, medicinal uses and vernacular names have previously been recorded?*

Although ethnobotanical papers in scientific journals are lacking for Kannaland, there are several popular publications for the Little Karoo as a whole, which collectively recorded a total of 247 medicinal plant species and 2199 medicinal anecdotes for Little Karoo plants, of which only 190 species and 1032 anecdotes are strictly relevant to the Little Karoo. The remaining ones are general medicinal anecdotes quoted by Rood (1994) and De Jager (2010) from the general literature for southern Africa – these 57 species therefore have no Little Karoo use records. Despite the apparent rich documentation in popular literature, our study has revealed, for Kannaland alone, a total of 196 medicinal species, 3323 new medicinal anecdotes (63%), 53 newly recorded species records (27%), 136 newly recorded vernacular names (20%) and 151 variations of existing vernacular names (23%). It is therefore clear that a substantial part of the indigenous knowledge has hitherto remained unrecorded.

4.2. *Has a greater wealth of indigenous knowledge been preserved in relatively isolated communities than in communities that have easy access to pharmacies and clinics?*

In this study, Vanwyksdorp represents a relatively isolated village when compared to Barrydale, Zoar and Calitzdorp. Although the HI values for Vanwyksdorp are only marginally higher, the data nevertheless support the idea that isolation leads to a richer diversity (or a greater persistence) of ethnobotanical knowledge. This is not only reflected in the higher average EKI values for Vanwyksdorp (0.53, compared to 0.43 for Barrydale, 0.40 for Zoar and 0.49 for Calitzdorp),

but also in the total number of anecdotes recorded (2105, compared to 1586 for Barrydale, 1119 for Zoar and 490 for Calitzdorp) and practically all statistics related to vernacular names (Table 5). A similar pattern is observed in the Kamiesberg, where the data for the relatively isolated Paulshoek is much richer than for Leliefontein, Nourivier and Kamieskroon.

4.3. *Is the indigenous knowledge about medicinal plants evenly distributed amongst communities in the Little Karoo/Kannaland or are there noteworthy differences in the species that are used, their use categories and vernacular names?*

The data clearly show remarkable non-homogeneity between villages. Each village had several medicinal plant species and vernacular names that were not recorded in any of the other villages. The new Homogeneity Index that is proposed in this paper revealed that the index values for shared species and shared vernacular names in Kannaland are consistently below 0.5. As can be expected, the HI values for shared use categories are somewhat higher (above 0.5). A similar trend of non-homogeneity in a comparable but geographically separated rural Khoisan area (the Kamiesberg) is evident, but here the HI values are higher for shared species and shared vernacular names (often above 0.5). Fascinating comparisons can be made between villages, cultures and regions across the world, provided that suitable high quality data become available.

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