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## A REPORT ON THE ETHNOBOTANY OF THE NYINDU IN THE EASTERN PART OF THE FORMER ZAIRE

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**ABSTRACT** This is a report on the ethnobotanical study that was carried out on traditional use of wild plants among the Nyindu, slash-and-burn agriculturalists living in the eastern part of the former Zaire. Data on 412 plants including scientific names, vernacular names, observations, uses, and name etymology were obtained and listed in the Appendices. This preliminary report includes almost full inventory of plant utilization in a village life of the Nyindu and will contribute to a further comparative ethnobotanical study on man-plant relationships in tropical Africa.

**Key Words:** Ethnobotany; Plant utilization; Popularity of plant; Nyindu; Former Zaire.

### INTRODUCTION

The study of the relationships between man and plants has developed since the end of nineteenth century under the rubric of ethnobotany (Harshberger, 1896; Barrau, 1971; Martin, 1970), and has become one of the major subjects of "ethnoscience" (Conklin, 1954; Sturtvant, 1964). In the studies of ethnoscience, structural analyses of folk-botanical classification from the linguistic anthropological viewpoint have long been principal topics (cf. Conklin, 1962; Berlin et al., 1968; 1973). Gradually, interests have increased on the practical roles of plants in the ecology of local people. In fact, the knowledge on and recognition of plants by a local population is neither static nor apart from the entire spectrum of human activities (Tanno, 1981; Yamada, 1984b; Terashima et al., 1991; 1992; Ichikawa, 1987). The comparative viewpoint on ethnobotany, especially on plant utilization, is also important for the understanding of human global adaptation to the floral environment, as well as for that of historical reconstruction of a tribal culture (Yamada, 1984a; Terashima et al., 1988).

An ethnobotanical and ethnological field study was conducted for 5 months from October 1977 to February 1978 among the Nyindu people in the eastern part of the former Zaire. Only a part of the results from this field trip was published in 1984 (Yamada, 1984b). This paper deals with the whole information collected during 1977-78 on the utilization of plants, mainly of wild plants by the Nyindu. I believe this paper will provide an overview of plant utilization by the Nyindu that will contribute to future studies of comparative ethnobotany.

## THE SETTING

### I. Environmental Characteristics of the Nyindu Territory

The territory of the Nyindu is bound by the River Ulindi in the north, west and south, and by the River Kilungutwe, a tributary of the River Ulindi, in the east. It covers an area of approximately 1,023 km<sup>2</sup>, extending over the whole area of Luindi Subdistrict of Mwenga District in the eastern part of the former Zaire. It comprises a plateau on the western side of the Eastern Rift Valley with elevations above sea level varying from approximately 1,200 m to 3,000 m above sea level. The numerous tributaries of the River Ulindi, including the Kilungutwe and the Zokwe, have eroded the mountains and formed an extremely varied topography. The main field site where I stayed is Kilimbwe village, at an altitude of around 1,300-1,400 m above sea level.

The climate of the Nyindu territory is the moist montane climate type (Tsuchiya et al., 1972: 90-91). There is little seasonal change in temperature but daily fluctuations are more significant. Mean annual rainfall amounts to 1,314 mm. The dry season lasts for about 4 months, May-August, and the wet season for 8 months, September-April (Tsuchiya et al., 1972). In general, Nyindu territory exhibits these climatic features, but real variations result from topographical differences.

Nyindu territory belongs to the mountainous area in the African vegetation zone (Kingdon, 1971:22), but its vegetation is more diversified owing to the complicated natural features. Precise records on the vegetation of the Nyindu territory are lacking. However, based both on my observations and on the descriptions in eastern Zaire and eastern Africa by others (Lind & Morrison, 1974; Shaller, 1963; Casimir, 1975; Goodall, 1977; Évrard, 1968), the major vegetation of the study area can be summarized as follows.

The areas with elevations above sea level between 1,200 m and 1,400 m correspond to the transitional zone between the tropical rain forest and the montane forest. However, most such areas show signs of secondary succession caused by shifting cultivation. In areas where human pressure is high, abandoned fields often revert to *Imperata* grassland and elephant grass thickets. But where human pressure is low, the reversion is often to secondary forests. The dominant tree species are *Maesa lanceolata*, *Dichaetanthera corymbosa*, *Macaranga spinosa*, *Harungana* sp., *Trema orientalis*, and *Vernonia* sp. Tree vines such as *Alcornea cordifolia*, and herbs such as *Aframomum baumannii* and *Costus* sp. comprise the understory vegetation.

In areas higher than 1,400 m above sea level, moist montane forests begin to appear. The dominant tree species are *Podocarpus* sp., *Lobelia gibbenoa*, *Agauria salicifolia*, *Sapium ellipticum*, *Myrica salicifolia*, *Neoboutonia manni*, *Albizia* sp., *Polyscias fulva*, *Carapa procera*, and *Ensete verticosum*. Plant species such as *Cyathea* sp., *Psychotria* sp., *Lasianthus kilimandscharicus*, and *Urera hypselodendron* form the understory. Alpine bamboo forest exists in sub-alpine areas, higher than 2,100 m above sea level. It is composed of only alpine bamboo, *Arundinaria alpina*.

The fauna of Nyindu territory is composed mostly of forest species. The major mammals are buffalo (*Syncerus caffer*), bongo (*Boocercus euryceros*), bush pig

(*Potamochoerus porcus*), bushbuck (*Tragelaphus scriptus*), duiker (*Cephalophus* spp.), genet (*Genetta* sp.), tree pangolin (*Manis tricuspis*), giant rat (*Cricetomys emini*) and squirrel. There are also forest primates such as the gorilla (*Gorilla gorilla beringei*), chimpanzee (*Pan troglodytes troglodytes*) and monkeys (*Cercopithecus* spp.). All these mammals are hunted by the Nyindu.

## II. Cultural Background of the Nyindu

The ethnic origins of the Nyindu are not recorded. However, the Nyindu are considered a mixture of aboriginal groups (of M'minje and Lenge origin, but mixed with pigmies) and immigrant offshoots of the Lega and the Furiiru-Vira (Biebuyck, 1973: 20-22). Biebuyck also notes that the Nyindu have the closest connections with the Lega culture among the groups adjoining the Lega people.

The linguistic classification of the Nyindu language is also indefinite. Van Bulck (1948: 228-235) classifies the Nyindu language in the Lac Kivu subgroup of the Young Bantu Group of the North-Eastern Bantu (Section B). Namely, he considers the Nyindu language the same group as the languages spoken by the Shi, the Hunde, the Have, the Tembo and the Ruanda-Urundi, and different from the Lega language. On the other hand, Vansina (1965: 106) includes the Nyindu language in the Maniema group, which is the same group as the Lega language.

Nyindu oral tradition on tribal origin claims that the descendants of their first king ruled over neighboring peoples, such as the Shi, Hunde, Furiiru and Vira. On the other hand, among the Nyindu who profess to belong to the *Kabila ya Banyindu* (Nyindu group), some belong to the same clans as those of the Lega, such as the Batumba, Balambo, and Banyemganga. In addition, the houses of the Nyindu show influences from those of the Lega and the Bembe (Yamada, 1984b). Thus, the Nyindu have close cultural and historical relationships not only with the Lega, but also with the Shi and the Bembe.

According to the population census data in 1970 (Saint Moulin, 1976), the total population of Luindi Subdistrict is 14,920. The total population of the Nyindu was estimated at about 15,000 in 1977. The population density of Luindi district in 1977 was estimated at 14.6/km<sup>2</sup>, which indicates that population density of Nyindu territory was relatively high compared with those in other parts of Zaire.

The principal subsistence activity of the Nyindu is slash-and-burn agriculture. The Nyindu grow almost 40 distinct crops, mostly in small quantities. In 1977 the main crops were cassava (*Manihot utilisima* Phol.), maize (*Zea mays* L.), kidney bean (*Phaseolus vulgaris* L.), and banana (*Musa paradisiaca* L. var *sapientum* O. Kuntze). However, the most traditional crops, *chakula ya asili*, of the Nyindu were considered to include finger millet (*Eleusine coracana* Gaertn.), sorghum (*Sorghum bicolor* Moench), and sweet potato (*Ipomoea batatas* Lam.), supplemented with banana, yam (*Dioscorea* spp.) and taro (*Colocasia* spp.).

Other subsistence activities are the hunting of mammals and birds, and fishing in rivers and streams. Major hunting techniques include communal net hunting with dogs, spear hunting, and trapping. There is a rich variety of trapping techniques, including spring traps, gravity traps, birdlime traps, pits, and traps with baits. Fishing methods include rod fishing, scoop net fishing, and basket traps set in dams

and wires, fish poison, scoop nets and scoop baskets.

## METHODS OF THE RESEARCH

The information on each plant was collected as follows. First, two male informants (aged 70 and 47) were chosen to collect information systematically. They were both Nyindu men, having good knowledge on plants and their utilization, but were not special herbalists, *mufumo*. I went around with either of the informants, in the village, in the field, and in the bush and forest, and collected plant specimens that were considered by them as "useful" or "having some special meaning." I also obtained information on each plant on the very spot. Back in the village, additional information was obtained from the informants and any other persons in the village before the specimens were dried. Also, I occasionally collected specimens alone, whose information I gathered upon returning to the village (e.g., vernacular names, usage, etc.).

Further, I recorded when and how plants were used in the context of daily life through participatory observation in the everyday life of the Nyindu (e.g., living in a traditional Nyindu house and eating together with them). Thus, I recorded quantitative data on plant utilization. I also interviewed 10 more villagers (5 men and 5 women) on plants to analyze how the plant knowledge varied among Kilimbwe villagers. I made inquiries mainly using Kingwana (the Zairian dialect of Swahili), and collected Kinyindu vocabulary when necessary.

## RESULTS AND DISCUSSION

The number of specimens thus collected amounted to 440, for each of which the information on vernacular name, habitat, usage, and etymology was obtained. Some species were collected more than once, thus the collection included estimated 390 botanical species in total. Moreover, some species had more than one vernacular name, while several species had the same name. Here, if a plant species has several vernacular names, then the plant is numbered repeatedly for each vernacular name. Therefore, plants presented in Appendix 1 are numbered from 1 to 412. Appendix 1 describes data for each plant for the botanical identification: specimen number, vernacular name, etymology and familiarity, characteristic features, use and frequency of use.

The dried specimens that were collected in this area were sent to the Royal Botanic Gardens, Kew, England, where they were identified by Professor J. P. M. Brenan, the Director of the Royal Botanic Gardens with the help of Dr. P. S. Green. The ferns were identified by Professor K. Iwatsuki, Department of Botany, Faculty of Science, Kyoto University. Although the material conditions were far from favorable, most being sterile without fruits and flowers, some were determined at species level, others at generic, or family level.

## I. Botanical Information

The results of the identification for 390 species were: 326 spp. identified at species or at least genus level, 23 spp. identified only at family level, 41 spp. unidentified. Identified species belonged to 96 different families, and 226 different genera.

## II. Vernacular Names and the Popularity of Plants

I recorded 310 vernacular names for 390 species. Sufficient information to analyze Nyindu plant classification was not obtained in the field. Shown in Appendix 3, vernacular names mostly corresponded one-to-one to botanical species. Several examples of vernacular names correspond to more than one botanical species; and few are over-differentiated.

Concerning 297 out of 310 vernacular names, I interviewed 10 more individuals (5 males and 5 females) for their knowledge on plants in order to analyze the Nyindu familiarity with and the differentiation of plants. The interviews were conducted on each plant first by suggesting a vernacular name and then having them freely proffer what they knew about the plant type. Since the interviews were conducted without showing plant specimens, the validity of an informant's identification of a plant under discussion might be questioned. However, since it was obvious that many plants were used frequently in everyday life, I regarded their familiarity with plant names as a proof of their ability to identify them.

The amount of information on plants known to an individual, namely, the familiarity of each person with plant names, is summarized in Fig. 1. The number of vernacular names that a person knew varied from 93 to 292. The average number of vernacular names of plants known to a person was around 177.

The number of persons that knew each plant name can be regarded as an index of the popularity of a plant. The results of the popularity of a plant were: 47 plant names were known by 12 persons; 28 plants names by 11 persons; 14 plants names

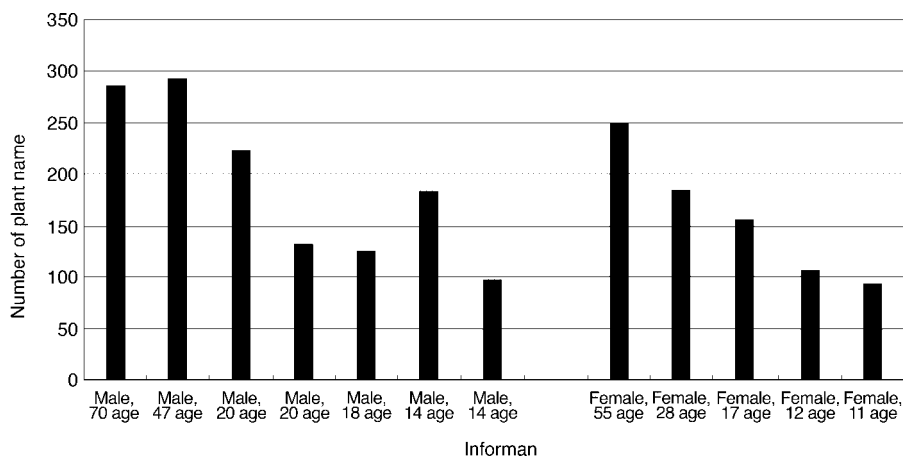


Fig. 1. Familiarity with plant names of each person.

by 10 persons; 22 plant names by 9 persons; 24 plant names by 8 persons; 27 plants names by 7 persons; 29 plant names by 6 persons; 27 plant names by 5 persons; 25 plant names by 4 persons; 21 plant names by 3 persons; 27 plant names by 2 persons; 6 plant names only by one person. About 64% (191 of 297 plant names) were known by more than 6 persons.

The degree of popularity of each plant name (DOP) was graded into 4 levels according to the number of persons who knew the plant. The level of DOP 1 indicates plants known by more than 9 persons; DOP 2 by 6-8 persons; DOP 3 by 3-5 persons; and DOP4 by one or two persons. The number of plants included in each level of popularity was 143 species for DOP1, 103 species for DOP2, 88 species for DOP3 and 36 species for DOP4.

In Appendix 3, the degree of popularity is shown for each vernacular name. 246 out of 370 species (about 66%) are known by more than 6 persons, which shows that most Nyindu know many plants.

### III. Observations

In Appendix 1, brief descriptions are given for each plant on life forms, habitat, local abundance, and other botanical features. Concerning life forms of 412 plants, the specimens are classified as follows: 121 trees; 181 herbs including 47 herbaceous vines or creepers; 25 grasses; 35 shrubs; 33 woody vine; 15 ferns, one moss, and one parasitic plant. Out of 412 plants 196 grow in the forests: 75 in primary forest and fully matured secondary forest, 83 in the young secondary forest and 38 principally in the riverine forest. 216 plant are of open vegetation: among them 163 grows on roadside and in the village and house yard, 8 in the grassland, 25 around swidden field, 5 in the swamp, and 15 in the secondary bush.

Each Nyindu knew well where to go to collect some plant. The Nyindu generally classified their environment into four categories: *mwingini* (settlement), *ndalo* (swidden), *mushuka* (fallow land), and *mujito* (forest). The *mushuka*, the secondary vegetation of abandoned fields, includes various stages of vegetation, ranging from grassland with saplings and small shrubs to a young secondary forest. The *mujito* designates a primary or a fully matured secondary forest, where Nyindu hunt and bury the dead, and even where in the past young Nyindu men went through the circumcision rite unseen by other villagers. The word *mujito*, denoting the impenetrable forest for Nyindu women, connotes a place where they hardly ever enter. Judging the habitat of plants from this ethno-topography, the number of plants growing in *mwingini* can be estimated at 163; in *ndalo*, at 25; in *mushuka*, at 111; and in *mujito*, at 113.

Moreover, as is shown in Table 1, plants with a higher degree of popularity (DOP1) are mostly found in the house yard, village and roadside, and secondary forest. As for construction materials, I have shown in another paper that the Nyindu tended to use those plants that grow in *mushuka*, and that the greater the degree of familiarity (popularity, in this paper) of a plant type, the more often it is used (Yamada, 1984b: 96).

Generally speaking, most of plants that the Nyindu were familiar with are of the settlement and secondary vegetation. The Nyindu exploit plant resources from areas

where they usually engage in their daily subsistence activities.

#### IV. Use

Table 2 shows that the alphabet indicates the use category, while the number shows the plant part category that is utilized. Both categories follow the classification system of the Aflora database (AFCOM, 1988). In Appendix 1, each usage in the data entry is headed by at least one "usage category." Several plant uses are indicated by a combination with an alphabet and a slash, for example, by (A/), in case there is no information on any plant parts used for that purpose.

The quality of information on each usage is graded into six levels either by observation or by inquiry and indicated in Appendix 1. The frequency of observation in use is classified into 3 level: OBS1 for plants commonly used and frequently observed; OBS2, for plants occasionally observed; OBS3, for plants rarely observed and not commonly used. Similarly, the recognition of plant usages is classified into 3 level: IFM1 for plant usages extremely common and known by many; IFM2 for plant usages generally known by several persons; IFM3, for plant usages known only by specialists. The variety of utilization was 607 cases in all. Of 607 cases 145 were level IFM1, 178 were IFM2, and 284 were IFM3. Among these cases, some were actually observed, 43 at OBS1, 25 at OBS2, and 1 at OBS3.

**Table 1.** Habitat and the degree of popularity (DOP) of plants.

Habitat	No. of Plants (spp.)	No. of Plants with DOP1 (spp.)
Primary forest	75	13 (9.1%)
Riverine forest	38	8 (5.6%)
Secondary forest	83	41 (28.7%)
House yard, village, and roadside	163	59 (41.2%)
Swidden fields	25	10 (7.0%)
Secondary bush	15	5 (3.5%)
Grassland	8	6 (4.2%)
Swamp	5	1 (0.7%)
Total	412	143

Note: % = (number of plant species with DOP1 in each category of habitat) ÷ (number of plant species with DOP1) × 100

**Table 2.** Usage and plant part categories following Aflora (AFCOM, 1988).

Usage	Part
A: Medical	0 Whole, or unspecified part
B: Food and drink	1 Fruit, seed
C: Material culture	2 Flower, flower bud
D: Ritual and magic	3 Leaf
E: Poison	4 Stem(herb), stalk
F: Narcotics, seasonings	5 Root, tuber
G: Oral traditions, indicators of natural phenomena	6 Bark, skin
	7 Vine-stem, liana
H: Used by men in agriculture and hunting, such as fodder, trap bait	8 Sap, juice, resin, gum
	9 Trunk, wood, pith
I: Used by wild animals	x Other parts
J: Others	



**Table 3.** The plant used for each usage category (spp.)

A: 227	B: 45	C: 196	D: 46	E: 6	F: 0	G: 6	H: 14	I: 19	J: 122
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The number of plants classified into each usage category is shown in Table 3. Plants utilized in medicinal purposes surpass in number, and next are the plants utilized for various material cultures. Of 227 species used for medicine, 38 were used magico-medicinally. Although I could only obtain a little information on Nyindu religion and medicine during my field study, it can be suggested that medicine is closely connected with religious rituals in the Nyindu culture.

The variety of usages shows that the Nyindu fully utilize plants for any aspects of their daily life. Further, more than half (around 53%) of the whole knowledge on the utilization of plants is commonly held by the Nyindu. The plant environment is indispensable to support their life.

## V. Name Etymology

Only a few vernacular names are shown with their literal meanings and etymologies. It is only a preliminary study on name etymology, and further etymological and lexicographical studies on names will be needed for clarifying the Nyindu view of plants.

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 Usage categories
 

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- A: Medicines; medicines for ordinary medical treatments
  - B: Food and drink; general food, material for alcoholic drinks
  - C: Material culture
  - D: Magico-religious and ritual
  - E: Poisons; arrow-poisons, fish-poisons, ordeal-poisons
  - F: Narcotics, seasonings
  - G: Oral tradition, indicators; songs, sayings, aphorisms, legends, myths, the indicators of natural phenomenon
  - H: Indirect; fodder, honey plants
  - I: Wild animals; those plants that serve as food for wild animals, or that have special meaning to them
  - /: Others
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 Plant part categories
 

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- 0: Whole, or unspecified
  - 1: Fruit, berry, seed, kernel, nut
  - 2: Flowers, flower bud
  - 3: Leaf
  - 4: Herbaceous stem or stalk
  - 5: Root, tuber
  - 6: Bark, skin
  - 7: Vine-stem
  - 8: Sap, resin, gum
  - 9: Trunk, branch, twig, wood, pith
  - X: Others
  - /: Unknown
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 Usage information level
 

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- DOP level: Degree of popularity of each plant
    - DOP 1: Degree of popularity, known by more than 9 persons
    - DOP 2: Degree of popularity, known by 6-8 persons
    - DOP 3: Degree of popularity, known by 3-5 persons
    - DOP 4: Degree of popularity, known by 1-2 persons
  - IFM level: Usage not confirmed by direct observations
    - IFM 1: Usage informed by many people or usage that seems to be quite common
    - IFM 2: Usage informed by several persons, or usage that seems to be fairly common
    - IFM 3: Usage informed by restricted persons, or usage that seems to be unusual
  - OBS level: Usage confirmed by direct observations
    - OBS 1: Usage observed frequently
    - OBS 2: Usage observed sometimes
    - OBS 3: Usage observed rarely, or that seems to be very restricted
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**Appendix 1.** Ethnobotanical data of the Nyindu.**ACANTHACEAE****No. 1** *Acanthus* sp. (AFN0069)  
*itoobu* (DOP2)

Observations: An herb found commonly on the roadside; sharp thorns on leaf edges.

Use: (A3) The leaf is used as medicine for pains in the knee; cut a little around the painful part of the knee, then rub on it the juice extracted from smashed leaves; (IFM2).

(J0) It has to be weeded in swidden fields since its thorn painfully sticks people; (IFM3).

**No. 2** *Asystasia gangetica* (L.) T. ANDERS. (AFN0062)  
*jologoshi* (DOP1)

Observations: An herb found on the roadside.

Use: (A0) Used as medicine for headaches together with *nihasha* (No. 72) and *bombwe* (No. 373; No. 374); (IFM2).

(J1) The spike easily sticks to clothes; (IFM1).

Name etymology: The whole meaning is “sticking to clothes.”

**No. 3** *Asystasia gangetica* (L.) T. ANDERS. (AFN0129)  
*ningologoshi mwanamke* (DOP1)

Observations: An herb commonly found in the house yard and on the roadside.

Use: (A0) Medicine for a headache; burn this herb into ashes together with herbs of *lubenzi lukono* (No. 321) and *nihasha* (No. 72), chicken’s head and its blood, cut a little around the head of a patient, and rub the ashes into the cut; (IFM2).

(J0) The category of *ningologoshi* is divided into 2 kinds; one is a female type and the other is a male type; male one has a long spike, and female one a shorter one; the spike of a male type easily sticks to clothes; (IFM2).

Name etymology: *Mwanamke* means female and the whole name signifies “a female *ningologoshi*.” The term *ningologoshi* is

considered to be synonymous with the term *jologoshi*.

**No. 4** *Asystasia gangetica* (L.) T. ANDERS. (AFN0155)  
*ningologoshi* (DOP1)

Observations: An herb commonly found in the house yard.

Use: (A0), (J0); same as No. 3.

**No. 5** *Brillantaisia eminii* LINDAU (AFN0261)  
Unknown

Observations: An herb growing on the roadside and in the secondary bush.

Use: (B2) The flower is sweet and eaten by children; (IFM2).

**No. 6** *Brillantaisia* sp. (AFN0079)  
*nalgundu* (DOP1)

Observations: An herb found in the village site.

Use: (A3) The decoction of leaves is used as an enema for various medicinal purposes; for a fever, an abdominal gurgling, a baby’s ailment and cleaning the afterbirth; (IFM1).

**No. 7** *Dicliptera umbellata* (VAHL) JUSS. (AFN0228)  
Unknown

Observations: An herb found in swidden fields.

Use: (A0) One informant claimed that he knew neither the name nor usage of the herb, but that he once saw an old man using the herb for a medicinal purpose; (IFM3).

**No. 8** *Justicia striata* (KLOTZSCH) BULLOCK (AFN0260)  
Unknown

Observations: An herb growing on the roadside.

Use: No use.

**No. 9** *Mimulopsis arborescens* C.B.CL. (AFN0199)  
*lubola* (DOP4)

Observations: A medium-sized tree growing in the riverine forest.

Use: (J0) No special usage, but women say that they don't cut down the tree even for firewood; (IFM3).

**No. 10** Unidentified (AFN0159)  
*binduula* (DOP2)

Observations: An herb often planted in the house yard. It was introduced from Kasika area to plant.

Use: (A0) Medicine used as a hematinic, *dawa ya kuongeza damu* (literally, medicine for increasing the blood). Pound the herb and add water to it, then the color of the liquid turns into red, and the liquid is taken by a patient. The liquid is also a medicine for menstrual disorder, *mgonjwa ya mwezi* (literally, an illness of the month); (IFM2; OBS1).

(A0) Medicine used when the color of eyes turning green, *mgonjwa ya vijani* (literally, an illness of greens). The illness is very serious and even 4 days' lasting makes the patient die; the red juice of the herb is used first to wash eyes, then to give an enema and to take; (IFM2).

**No. 11** Unidentified, (AFN0427)  
*lushumbia* (DOP3)

Observations: An herb.

Use: (A3 D3) Used as a love magic, *dawa ya kupendeza*; when going to the market for sale, if one pounds the leaves and rubs the body with them, then he can sell the goods well; (IFM1).

Name etymology: The whole meaning is "a medicine for being loved."

### AGAVACEAE

**No. 12** *Dracaena fragrans* (L.) KER-GAWL. (AFN0191)  
*muhaatihaati* (DOP1)

Observations: A shrub planted on the roadside and in swidden fields.

Use: (C0) Planted as a fence around the house yard, the field and the market place; (OBS1).

(D0) When the dead is buried on the

ground, it is planted by two at the head side and by two at the foot side respectively beside his graveyard; the place where it grows is the sign of a graveyard, and people never cultivate the place for a field; (OBS1).

**No. 13** *Dracaena laxissima* ENGL. (AFN0213)

*lugengya* (DOP1)

Observations: A woody vine growing in the secondary forest.

Use: (C7) A vine is used for the laths of a house; (IFM1). A vine is also used to make panniers; is used for making a bed; is used to make a fish trap, *mugono*; (IFM3).

### AMARANTHACEAE

**No. 14** *Achyranthes aspera* L. (AFN0063)  
*jologoshi* (DOP1)

Observations: An herb commonly found in the house yard.

Use: (J1) Spikes of this herb cause pain in the leg when sticking; (IFM3).

**No. 15** *Achyranthes aspera* L. (AFN0171)  
*jologoshi njooshi* (DOP2)

Observations: An herb frequently found in the house yard.

Use: (A0) Medicine for a headache; (IFM2).

Name etymology: *Njooshi* means male, and the whole meaning is "male (type of) *jologoshi*." The one whose leaves are larger and more hairy is considered male. The usage is the same for both male and female kinds.

**No. 16** *Achyranthes aspera* L. (AFN0177)  
*jologoshi ngazi* (DOP1)

Observations: An herb frequently found in the house yard.

Use: (A0) Medicine for a headache; (IFM2).

(J0) Since the herb has slender leaves and less hair, it is considered a female variety; (IFM3).

Name etymology: *Ngazi* means female and the whole meaning is "female *jologoshi*."

*Jologoshi* that has slender leaves and less hair is considered as a female variety.

**No. 17** *Amaranthus viridis* L. (AFN0024)  
*nboga* (DOP1)

Observations: An herb commonly found in village precincts.

Use: (B3) A leaf is good in taste and eaten as a side dish; (IFM1; OBS1).

(J0) It belongs to a category of *lengalenga* called in Kingwana, and is eaten more often than other kinds of *lengalenga*; (IFM1).

**No. 18** *Amaranthus viridis* L. (AFN0023; AFN0160)

*kijele* (DOP1)

Observations: A semi-domesticated herb commonly planted in the house yard and in swidden fields.

Use: (B3) Leaves are eaten as vegetables; (IFM1; OBS1).

(J0) This belongs to a category of *nboga*, which is called as *lengalenga* in Kingwana; (IFM1).

**No. 19** *Amaranthus viridis* L. (AFN0008)  
*nboga; kijele* (DOP1)

Observations: An herb commonly found in the house yard.

Use: (B3) Leaves are eaten as a side dish for *ugali* (porridge); (IFM1; OBS1).

(J3) Leaves are also sold in the market as vegetables; (IFM3).

(J0) *Nboga* is a general name for vegetables; *kijele* is a specific name for this specimen; (IFM1).

**No. 20** *Celosia trigyna* L. (AFN0130)  
*kalyabungu* (DOP3)

Observations: An herb found in the house yard.

Use: (A0) Medicine for an illness of *vitambo*; a kind of swelling that occurs especially in case a wife doesn't give birth to a baby normally and her husband hence gets a swelling on his leg. Burn the whole herb into ashes, cut the swelling part of a leg, and rub ashes there; (IFM3).

(B3) Leaves are edible; (IFM2).

**No. 21** *Cyathula uncinulata* (SCHRAD.) SCHINZ (AFN0169)

*igguwato* (DOP4)

Observations: An herb found in the house yard.

Use: (A3 D3) Used by men as a philter, *dawa ya mapendo* (literally, medicine for love); burn the dried leaves into ashes, put ashes into banana wine and give it to a woman whom he loves; (IFM3).

(J1) The seeds easily stick to clothes; (IFM3).

(J0) This herb and *lukongwa* (No. 92) are considered as the same plant; the former is the name for a flower, and the latter is the name for a vine; (IFM3).

**No. 22** *Pupalia lappacea* (L.) JUSS. (AFN0119)

Unknown

Observations: An herb found in the house yard.

Use: (A0 D0) It is a medicine introduced by the Bembe; when there occur some quarrels between friends, they don't take food together; if they eat the herb, then they can take food together as before; it is used for reconciliation; (IFM3).

**No. 23** *Crinum* sp. (AFN0003)  
*ilanga linguba* (DOP2)

Observations: An herb planted in the house yard.

Use: (A0 D0) The herb is a charm for preventing a house from thunderbolt; if it is planted beside a house, then lightning may not attack the house; people also say it is *dawa ya laalo*, a medicine of thunder; (IFM1).

Name etymology: A lexeme *guba* means "thunder," and the whole meaning is "*ilanga* for thunder."

**No. 24** *Crinum* sp. (AFN0004)  
*ilanga* (DOP1)

Observations: An herb growing in the village precincts.

Use: (A3) Medicine for a coughing; pound the leaves and soak them in the water, then drink the liquid; (IFM2). Medicine for a wound; pound the leaves and apply them to the wound; (IFM3).

**No. 25** *Crinum* sp. (AFN0005)  
*ilanga* (DOP1)

Observations: An herb found in the village site.

Use: (A3) Medicine used as an emetic when eating poisonous food; if a patient chews the leaves, then he can vomit all the eaten food, and recovers; (IFM3).

**No. 26** *Crinum* sp. (AFN0006)  
*ilanga* (DOP1)

Observations: An herb growing in the village site.

Use: (A1 A3) Medicine for a dysentery, *kuhara damu* (literally, bloody stool); pound the leaves together with its floral rachis, and drink its juice; (IFM1).

### APOCYNACEAE

**No. 27** *Ancylobotrys petersiana* (KL.)  
PIERRE? (AFN0400)  
*kagatta* (DOP4)

Observations: A woody vine growing only in primary montane forests.

Use: (B1) The fruit is edible; (IFM3).  
(C8) People can obtain gum from the sap; (IFM3).

**No. 28** *Landolphia owariensis* P. BEAUV.  
(AFN0218)  
*mushange* (DOP2)

Observations: A woody vine found in riverine forests.

Use: (B1) The fruit is edible and called *mafu*; (IFM1).

(J8) Formerly about in 1945, people collected the sap for selling to the Belgians; the sap was used to make a rubber; (IFM1). The sap is used as birdlime, *bulembo*; the word *bulembo* is used to mean either birdlime itself or sap that can be used for birdlime; (IFM2).

(J0) People said Belgians made the plantations of this vine near the Lake Tanganyika; (IFM3).

**No. 29** *Tabernaemontana johnstonii* (STAPF.)  
M. PICHEN (AFN0074; AFN0390)  
*bangeluguma* (DOP4)

Observations: A tree of ca 7-10m in height commonly found along the riverside and in secondary forests; with milky sap and opposite leaves that are elliptical, entire, and ca. 30cm long.

Use: (A8) The sap is used for an enema, *kuinamisha*, and for wounds, *kilonda*; (IFM3).

(C9) The trunk is used for making combs and spoons, construction, and firewood; (IFM3).

(J0) People don't know whether the sap contains poison or not, but some say that they feel pains in the eyes when its sap entering the eyes; (IFM3)

**No. 30** *Tabernaemontana penduliflora* K.  
SCHUM.? (AFN0087)  
*muhohe* (DOP1)

Observations: A tall tree growing in secondary forests.

Use: (A8) Medicine for an illness of *maladie*, the weakness of the body; the sap is used together with that of *kabelangwa* (No. 147) for an enema; (IFM3).

(C9) The trunk is made into a small blackboard for school children, since the wood is so soft that letters written on it can be easily erased; (IFM1). The trunk is used as a house post and firewood; (IFM1).

(E8) The sap is made into birdlime; (IFM3).

### ARACEAE

**No. 31** *Amorphophallus* sp. (AFN0409)  
*kifunyukya kabile* (DOP4)

Observations: An herb growing in riverine forests.

Use: (A5) Medicine for an abdominal ailment; boil the root in the water and use the liquid as an enema; (IFM2).

(J0) It grows generally in the Legaland; (IFM3).

**No. 32** *Culcasia* cf. *angolensis* WELW. ex  
SCHOTT. (AFN0299)

Unknown

Observations: A creeper found in primary forests.

Use: (C3) Leaves are used to wrap a fish



when cooking it on the fire; (IFM3).

**No. 33** Unidentified (AFN0373)

*kijombo* (DOP1)

Observations: An herb growing in riverine forests.

Use: (A3) Medicine for baby's abdominal pain; pound the sheath and use the liquid as an enema; (IFM3).

(C1) The seeds are used for playing a game called as *shoolo*; (IFM2).

(C3) The leaves are used for thatching a hut in a swidden field; (IFM3).

(I1) The fruit is eaten by monkeys; some says it is a wild banana (IFM3).

### ARALIACEAE

**No. 34** *Polyscias fulva* (HIERN) HARMS (AFN0286)

*lungo* (DOP1)

Observations: A tree growing in primary forests and secondary forests.

Use: (A6) Medicine for an illness of *maladie*, weakness of the body; take *bui*, porridge like food, made of maize flour and the decoction of its bark; (IFM3).

(C9) The wood is used for a house post; (IFM3). When growing large, the wood is sawn into boards for use; (IFM3). The trunk is hollowed to make a beehive, *mujinga*; (IFM3).

**No. 35** *Schefflera abyssinica* (HOCHST. ex A. RICH.) HARMS (AFN0071)

*kinjuuze* (DOP2)

Observations: A tree found in riverine forests.

Use: (I1) The bird called *mukuji* comes to eat fruits, and people place a trap with birdlime near its fruit to catch birds; some waits for birds under the tree at the season of bearing fruits; (IFM1; OBS2).

**No. 36** *Schefflera barteri* (SEEM.) HARMS (AFN0370)

*kihodotta* (DOP3)

Observations: A woody vine found in riverine forests.

Use: (C7) Young vine is hollowed inside to

make a straw, *musiho*; (IFM3).

(J0) Some informant commented that *kihodotta* is a Kinyindu name, and it is called *katobolamitete* (No. 93) in Kilega; (IFM3).

### ASCLEPIADACEAE

**No. 37** *Tylophora sylvatica* DECNE. (AFN0266)

*kanalusheke* (DOP3)

Observations: An herbaceous vine found on the roadside.

Use: (A3) Medicine for a sty in the eye; put the juice of a leaf into the eye; (IFM2).

**No. 38** Unidentified (AFN0413)

*kanalusheke* (DOP3)

Observations: An herbaceous vine growing in grassland.

Use: (C4) Used to make a fish net called as *kasila*; split the herbaceous stem into two, take out the fiber inside, and weave the net with this fiber; (IFM1).

**No. 39** Unidentified (AFN0377)

*bulondo* (DOP3)

Observations: A woody vine found in primary forests and secondary forests; leaves opposite, with milky sap, oblong shaped, acuminate, cuneate at base, and 6-7cm long.

Use: (C7) Vines are used as a lashing for the construction of a house and other purposes; (IFM3).

(A/) Medicine for a bone-fracture, *kubunjika*; (IFM3).

### ASPIDIACEAE

**No. 40** *Tectaria* sp. (AFN0998)

*kilelele* (DOP1)

Observations: A fern found on the roadside.

Use: (C0) Ferns are spread on the ground for sleeping when people camp in the forest; (IFM3).

### BALSAMINACEAE

**No. 41** *Impatiens burtoni* HOOK. f.



(AFN0056)  
*isheewa* (DOP2)

Observations: An herb found on the roadside.

Use: (B3) Edible herb; leaves are cooked as a better side dish for cooked plantain bananas; (IFM1).

**No. 42** *Impatiens niarniamensis* GILG (AFN0315; AFN0316)  
*itondo* (DOP3)

Observations: An herb commonly growing as undergrowth in riverine forests.

Use: (B3) Edible herb; leaves are often cooked with *nboga nene* (No. 284) of bitter taste; (IFM1).

(J0) Some says that it is the same as *isheewa* (No. 41); (IFM3).

### BARRINGTONIACEAE

**No. 43** *Barringtonia racemosa* (L.) ROXB. (AFN0319)  
*mulyanyama* (DOP3)

Observations: A tree found in primary montane forests.

Use: (A6 D6) Medicine for *wazimu* (a state of being mad or hallucinated). The state is considered to be possessed by an evil spirit, then a witch doctor, *mufumu*, puts the pounded bark in the water, and washes the patient's head with the liquid; (IFM2).

(J3) If someone goes to the market for selling goods with its leaves on his body, then nobody comes to him because of their bad odor; (IFM3).

(J9) It is forbidden to use the wood for construction; (IFM3).

### BASELLACEAE

**No. 44** *Basella alba* L. (AFN0098)  
*ndelama* (DOP1)

Observations: An herbaceous creeper found common on the roadside.

Use: (B3) The leaf is edible; is eaten frequently as a side dish for *ugali* (porridge); (IFM1; OBS1).

### BEGONIACEAE

**No. 45** *Begonia eminii* WARB. (AFN0038)  
*kashukalabitale* (DOP3)

Observations: A shrub growing in secondary forests.

Use: (A3) Leaves are eaten raw as a medicine for abdominal pains; the leaves are also taken as medicine for *kizunguzungu*, possession by an evil spirit, after cooked together with the seeds of *kokoliko* (a cultivated species of Cucurbitaceae); (IFM2).

(C3) Leaves are used to clean an anklet, *bitale*; (IFM2).

Name etymology: The name means "to clean by rubbing an *bitale*"; *bitale* is a traditional anklet made of iron.

**No. 46** *Begonia meyeri-johannis* ENGL. (AFN0374)  
*kishindimakeke* (DOP3)

Observations: An herb growing in riverine forests.

Use: (A3) Medicine for a snakebite; chew the leaves and apply them to the snakebite; (IFM3).

**No. 47** *Begonia oxyloba* WELW. (AFN0306)  
*kishindimakeke* (DOP3)

Observations: An herb found in primary forests.

Use: (A3) Leaves are used when one is bitten by a snake; chew the leaves and then suck the part where a snake bites; (IFM3). Medicine for spirit-possession, *kizunguzungu*; eat the raw leaves; or pound the leaves and drink the extract; (IFM3).

(C3) The leaves are used to clean anklets called *bitale*; (IFM3).

(J0) Two different kinds are included in this folk category; one is this specimen and the other is one that is red in color. Both are used similarly; (IFM3).

### BIGNONIACEAE

**No. 48** *Markhamia* sp. (AFN0364)  
*mubungubungu* (DOP3)

Observations: A tree growing in secondary forests.

Use: (A1 D1) Medicine used for an illness

of irregular menstruation, *dawa ya mwanamke* (literally, medicine for women); the fruit is split into 2 parts, and taken out its content; then one part is placed under the bed, while the other is placed on the bed; (IFM3).

(A6) Medicine used for an illness of belly, *banga*; the symptoms of an illness of *banga* include pains in the belly, less appetite, and further feeling pains in the belly even when lying down; the bark is boiled in the water and its decoction is used as an enema; (IFM3).

(C9) Used for firewood; (IFM2).

**No. 49** *Spathodea campanulata* P. BEAUV. (AFN0190)

*kishalashala* (DOP2)

Observations: A tall tree found rarely in the village precincts.

Use: (A2) The flower is used for an illness of *kizunguzungu*, possession by a spirit; boil flowers in a pot, make patient's head exposed to the vapor from the pot, and wash his head by the decoction; (IFM3).

(C9) The wood is used for a house post and the shaft of a gun; (IFM3).

(H9) A kind of mushroom grows on the trunk; (IFM3).

(IX) The bird named as *mijejegete* flies to sip the nectar; (IFM3).

### BOMBACACEAE

**No. 50** *Ceiba pentandra* (L.) GAERTN. (AFN0337)

*pamba* (DOP1)

Observations: A tree planted in the village site

Use: (A1) Cotton taken out from the fruits is used for cleaning wounds; (IFM2).

(C9) Wood is used for firewood; the board sawn from the trunk is used for making a door; (IFM3).

(J0) It is introduced by Belgians to the territory of the Nyindu; (IFM3).

### BORAGINACEAE

**No. 51** *Cynoglossum lanceolatum* FORSK. (AFN0267)

*luibia* (DOP4)

Observations: An herb found in village site.

Use: (A3 D3) Medicine for a bad-delivery, *alizala mbaya*; the state occurs when a woman gets pregnant before menarche and delivers a baby; then a medicine doctor, *mganga*, boils the leaves in the water, pours the boiled water between the feet of her husband who stands outside; after doing this, husband can enter the house where his wife has born her baby; (IFM3).

### CACTACEAE

**No. 52** *Rhipsalis baccifera* (J. S. MILL.) STEARN (AFN0420)

*luhinda* (DOP3)

Observations: A parasitic plant found in primary forests.

Use: (A3) Medicine for an illness of *tesa*; when a husband can not make his wife pregnant, the man is considered to be weak and to suffer from an ill of *tesa*; pound the leaves, put the extract in local wine and drink it; (IFM3).

### CAPPARIDACEAE

**No. 53** *Cleome rutidosperma* DC. (AFN0161)

*mushaka kanamafuji* (DOP3)

Observations: An herbaceous vine found in swidden fields.

Use: (B3) Leaves are edible; (IFM1).

(J0) It belongs to a category of *mushaka*; (IFM1).

### CARYOPHYLLACEAE

**No. 54** *Drymaria cordata* (L.) WILLD. (AFN0015; AFN0145)

*wafulo* (DOP3)

Observations: An herb (creeper) found in the house yard.

Use: (A3) Medicine for a cough; drink the juice of pounded leaves; (IFM1).

### CELASTRACEAE

**No. 55** *Hippocratea* sp. (AFN0445)

*lugubu*

Observations: A woody vine growing in primary forests.

Use: (C7) The vine is used for a lashing in house construction, *suka nyumba* (literally, to plait a house); is used for making panniers (*kitunga*) and baskets (*lungo* or *kitili*); the vine is also used for fixing the poles of a fence (*lupango*); (IFM3).

(J0) It is similarly used as a woody vine called *mukala*; (IFM3).

**No. 56** *Hippocratea* sp.? (AFN0422)*mukala* (DOP1)

Observations: A woody vine growing only in primary forests.

Use: (C7) Vine is split to use for a lashing in house construction and in making a fence; (IFM2). Vine is split to make baskets and panniers; (IFM1; OBS1).

(J0) The vine is very good for a lashing, however, since it grows in a primary forest far from the village, it is seldom used for a lashing in house construction. The category of *mukala* has three varieties: *mukala* itself, *lugubu* and *kigushu*; (IFMF3).

**CHENOPODIACEAE****No. 57** *Chenopodium ambrosioides* L. (AFN0014)*bembe* (DOP2)

Observations: An herb found in the village.

Use: (A3) The leaves are used as a medicine for an evil spirit of the dead, *dawa ya mzimu*; when a child is possessed by an evil spirit, which often occurs in the night, the body of the child is stroked by its leaves; (IFM2). Also, a medicine for the abdomen; the juice of leaves is taken with banana juice; (IFM1).

(A3 D3) Since the leaves are odorous, they are placed at the entrance of a house to prevent an evil spirit, *sertani*, entering a house; (IFM3).

**No. 58** *Chenopodium procerum* HOCHST. ex MOQ. (AFN0371)*mugundozimu* (DOP2)

Observations: An herb found in the house

yard.

Use: (A3) Medicine for an abdominal pain, *tumbu anakata*; crumple the leaves and drink the extract; (IFM2).

(A3 D3) Medicine for spirit-possession, *kupanda wazimu*; pound the leaves and make the patient wash his body with the extract; (IFM2). Also used for a magic of the sun, *dawa ya juu* (literally, medicine for the sun); pound leaves, mix them with red clay called *kula*, and place the mixture on the *ubula*, the stems of millet; *ubula* means the stalk or stem of grain-bearing grasses, especially of *mtama* (sorghum); (IFM3).

**No. 59** *Chenopodium* sp. (AFN0067)

Unknown

Observations: An herb growing on the roadside and in the village site.

Use: (A0) Medicine for an eye ailment; decoct the whole herb in the water, and wash the eye with the decoction; the usage as a medicine is the same as that of *mifunda* (No. 176); (IFM3).

**COMMELINACEAE****No. 60** *Aneilema spekei* C.B.CL. (AFN0331)  
*miteeja* (DOP1)

Observations: An herb growing in swidden fields.

Use: (A2 D2) Used for taking away a spot, *ishongo*, in the eyes; crumple the flower and drop it in the pot, reciting a spell to make the spot take away; (IFM3).

**No. 61** *Aneilema umbrosum* (VAHL) KUNTH. var. *umbrosum* (AFN0060)  
*miteeja* (DOP1)

Observations: An herb found on the roadside.

Use: The usage is the same as No. 66.

**No. 62** *Palisota schweinfurthii* C.B.CL. (AFN0123)*idotobani* (DOP2)

Observations: An herb found in secondary forests.

Use: (A3) Young leaves are pounded and mixed with the powder of stone, *chumbi ya*

*majiwe*; the powder is licked for a heart illness; for pains in the body, the powder is applied after cutting the ached part; for itching the powder is rubbed; (IFM3).

(C3) The leaves are used to wrap fishes for cooking on the fire; (IFM2).

**No. 63** *Palisota* sp.? (AFN0089)  
*idotobani* (DOP2)

Observations: An herb growing commonly as undergrowth in secondary forests.

Use: (A0) Medicine for an ache in the belly; the decoction of the whole herb is given as an enema to the patient; (IFM2). Medicine for a heart illness; pound the herb with stone powder of *chumbi ya majiwe* and drink its juice; (IFM3).

(C3) The leaves are used to wrap fishes for cooking on the fire; (IFM2).

**No. 64** *Polyspatha paniculata* BENTH.  
(AFN0305)  
*miteeja* (DOP1)

Observations: An herb growing in primary forests.

Use: (A3) Medicine for an abdominal pain; pound the leaves with those of *gumba* (No. 375), and drink their juice; (IFM2).

**No. 65** *Stanfieldiella imperforata* (C.B.CL.)  
BRENAN var. *imperforata* (AFN0324)  
*miteeja* (DOP1)

Observations: An herb growing in primary forests.

Use: (A3) Medicine for an abdominal pain; used as the same as No. 66; (IFM3).

**No. 66** Unidentified (AFN0043)  
*miteeja*; *muteeja* (sing.) (DOP1)

Observations: An herb growing in secondary forests.

Use: (A3) Medicine for an abdominal pain and a pain in the back; pound the leaves with an another herb, and drink the extract; (IFM2).

(C8) The sap is used for a glue; (IFM1).

(J0) People say when it grows in a field, it prevents crops from growing well due to its prolific quality; even when weeded out from a field, people should throw it far

away from the field; (IFM1).

## COMPOSITAE

**No. 67** *Adenostemma perrotteti* DC.  
(AFN0065)

*kishindaboga* (DOP1)

Observations: An herb commonly found in the house yard.

Use: (A3) When a woman feels pains in the abdomen after the delivery, pound the leaves, soak them in the water and drink the liquid; an abdominal pain after delivery is called *kasisita*; (IFM3). Medicine for a pain in the eye; pound the leaves and pour the extract to the eye; for a toothache, pound the leaves and put them on the tooth; (IFM1).

**No. 68** *Adenostemma* sp. (AFN0438)  
*kishindaboga ya maji* (DOP1)

Observations: herb found in the village.

Use: (A3) Medicine for an abdominal pain; pound the leaves and drink the extract; (IFM3).

(J0) It belongs to the same group, *kabila*, as No. 67; (IFM3).

Name etymology: *Maji* means water and *kishindaboga* is the name of No. 67; the whole meaning is “*kishindaboga* with water.”

**No. 69** *Ageratum conyzoides* L. (AFN0025;  
AFN0148)

*mukulaushigi*; *mukulauduf* (DOP2)

Observations: An herb growing in the house yard and village site.

Use: (A3) Medicine for *mulaha*, a large swelling in the leg or hand due to wounds; pound the leaves and apply the extract to the affected parts; (IFM3). If a wife is not doing well after a childbirth, her husband usually gets a swelling in his leg; in such a case, burn leaves into ashes, cut a little the swelling part of her husband's leg and rub the ashes onto it; (IFM3). It is also used when a childbirth is delayed; pound leaves, soak them in the water and make the mother drink the liquid; (IFM3). Used for a postnatal woman; make her drink the juice

of pounded leaves and apply the residue to her body; (IFM3).

**No. 70** *Aspilia cf. africana* (PERS.) C.D. ADAMS (AFN0102)  
*kijinya mulilo* (DOP2).

Observations: An herb found on the roadside.

Use: (A3) Medicine for a the and a burn; pound leaves, warm them a little bit and apply them to the affected part; (IFM1).

Name etymology: *Mulilo* means fire.

**No. 71** *Bidens pilosa* L. (AFN0026)  
*kashisha mukongolo* (DOP1)

Observations: An herb growing in the village site.

Use: (A0) Medicine for an abdominal pain, *dawa ya tumbu*; pound the herb and drink its juice; (IFM2).

(B1) Seeds are used like tea; seeds are boiled in the water and drink the liquid mixed with honey; (IFM1).

(J1) The seeds easily stick to one's clothes; (IFM1).

**No. 72** *Bidens pilosa* L. (AFN0147)  
*nihasha* (DOP2)

Observations: An herb found in the house yard.

Use: (A3) Medicine for a dysentery, *mukungulu*; pound the leaf with rock salt, make it into small pills, wrap these with a leaf one by one, pound the wrappings again a little bit to make them soft, and give these one by one 4 times to both the patient and his family; (IFM3).

(A0) Medicine for a headache; burn the herb together with *ningologoshi* (No. 4), *lubenji lukono* (No. 321), and chicken's head and blood into ashes, make cuts on the head, and then rub them in the cuts of the head; (IFM3).

(D2) The flower is put on the hair for the hope to play a ball game better; (IFM3).

**No. 73** *Cirsium* sp. (AFN0068)  
*shomoolo* (DOP4)

Observations: An herb found abundantly in swidden fields.

Use: (A3) Medicine for wounds; pound the leaf and apply its juice to the wound; (IFM2).

(J0) Since the leaf has a sharp thorny serration, people weed the herb from the fields when young; (IFM3).

**No. 74** *Crassocephalum bumbense* S. MOORE (AFN0314)

*lusheeli lushoshi* (DOP2)

Observations: An herb found in secondary forests.

Use: (A0) Medicine for pains on the back, *mgongo*; pound the herb, warm it a little on the fire, and use its juice as an enema; the juice of pounded herb is red in color; (IFM1).

(J0) It is a male kind of *lusheeli*; (IFM2).

Name etymology: *Lushoshi* means male, and the whole name signifies "a male *lusheeli*."

**No. 75** *Crassocephalum crepidioides* (BENTH.) S. MOORE (AFN0077)

*kagiji* (DOP2)

Observations: An herb growing commonly in the village precincts.

Use: (B1) The fruits are eaten with the leaves of *ndelama* (No. 44); (IFM1).

(A4) The stem, after peeled off its skin, is cut into pieces, and taken as a medicine for pains, *kuumizwa*; (IFM2).

**No. 76** *Crassocephalum mannii* (HOOK. f.) MILNE-REDH. (AFN0352)

*mutagala* (DOP2)

Observations: A short tree found in swidden fields.

Use: (A3) The leaves are pounded to squeeze the juice; the juice is poured on safari ants for driving them away from the house; (IFM1).

(A3) The juice extracted from its leaves is taken to cause vomiting when people eat poisonous food; (IFM2)

**No. 77** *Crassocephalum mannii* (HOOK. f.) MILNE-REDH. (AFN0380)

*katamyia* (DOP3)

Observations: A small shrub planted in the

house yard.

Use: (A3) When an illness is serious, the patient is examined by sniffing the crumpled leaves; if he sneezes, he is said to recover from an illness; (IFM3).

(A3 A5) Medicine for *mukungulu*, malaria; an illness of *mukungulu* shows the symptoms of fever, shivering and feeling cold; leaves and root are pounded, pour the extract through the nose; then the patient may vomit and is given food; (IFM3).

(A3 D3) Medicine for *mimba ya changa*; when a woman gets pregnant after the sexual intercourse with many men, the leaves are given to her to cause her vomiting to determine a real father; the leaves cause one vomit when eaten; (IFM3).

**No. 78** *Crassocephalum rubens* (JUSS. ex JACQ.) S. MOORE (AFN0137)  
*mushuwalindi*; *kagiji* (DOP2)

Observations: An herb found in the house yard.

Use: (A3) Medicine for *musonga*, pains in the chest or the shoulders; pound the leaves, apply them to the ached parts, and drink the juice of pounded leaves as well; (IFM3).

(B3) The leaf is edible, usually cooked with the leaf of *ndelama* (No. 44); (IFM2).

**No. 79** *Crassocephalum vitellinum* (BENTH.) S. MOORE (AFN0101; AFN0128)  
*ndondowile* (DOP1)

Observations: An herb found on the roadside and in the village site.

Use: (A3) Medicine used when taking poison, *kula sumu*; usually to take poison is considered to occur due to a sorcery; pound the leaves together with those of *kabubu* (No. 224) and eat them; (IFM3). Medicine for a swelling in the leg, *kibimba*; burn the leaves with those of a cultivated yam, *musanga*, into ashes; cut a little the swelling part, and rub the ashes onto it; (IFM3). Medicine for an illness of *kiha*, the tendon of a leg getting tight; boil the leaves with the barks of *mulandamoni* (No. 315; cf. No. 303) and *mububanguba* (No. 212), and massage the affected parts with boiled leaves; (IFM3).

**No. 80** *Dichrocephala chrysanthemifolia* (BLUME) DC. (AFN0156)  
*boza* (DOP2)

Observations: An herb found in the house yard.

Use: (A3) Same as No. 89.

**No. 81** *Emilia* sp. (AFN0358)  
*lulimi luguma* (DOP1)

Observations: An herb found in common on the roadside.

Use: (A3) Medicine for an abdominal ailment and a headache; for an abdominal ailment, pound the leaves with those of *mushombo* (No. 166) and *gumba* (No. 375), and drink the extract; for a headache, pound the leaves, cut the head a little and wash it with the extract; (IFM2).

(C3) The leaf is used as toilet paper; (IFM2).

Name etymology: The whole name means "the leaves are separate one by one."

**No. 82** *Galinsoga ciliata* (RAF.) BLAKE (AFN0108; AFN0164; AFN0157)  
*kangabubala* (DOP1)

Observations: An herb found in common on the roadside, in the house yards, and in swidden fields.

Use: (B3) In case of the shortage of vegetables, people cook and eat the leaves; (IFM1).

(I3) The leaves are used to feed a hamster (*ndende*), a pig or a rabbit (*sungulu*); (IFM2).

(A3) Medicine for an abdominal ailment; cook the leaves together with chicken meat to eat; (IFM3).

(A/ D/) It is used as a medicine by the Bembe; they use it for swearing the friendship or brotherhood; (IFM3).

**No. 83** *Galinsoga ciliata* (RAF.) BLAKE (AFN0143)  
*mwaanya*; *kangabubala*

Observations: A creeper found in the house yard.

Use: (A3) Medicine for something wrong in the body; cook the leaves with chicken meat, and make the patient and all his fam-



ily eat them; (IFM3).

(J0) One informant said that once one woman, who was a *mlozi* (witch doctor) but became a *mganga* (medicine doctor) by throwing all the medicine of *mlozi*, came to the village, and taught him the medicinal usage of this herb; (IFM3).

**No. 84** *Gynura ruwenzoriensis* S. MOORE (AFN0345)

*kilelama* (DOP1)

Observations: An herb found in common in the secondary bush.

Use: (A3) Medicine for woman's and baby's abdominal pain; pound the leaves, soak them in the water and use the liquid as an enema; (IFM1). Medicine for a pregnant woman; pound the leaves, warm the extract a little and use it as an enema; (IFM2).

(J3) The leaves become slimy like *ndelama* (No. 44) leaf when pounded; (IFM2).

**No. 85** *Gynura ruwenzoriensis* S. MOORE (AFN0386)

*meejinbwefwe* (DOP3)

Observations: An herb found in common in the secondary bush.

Use: (A3) Medicine for a pain in the body feeling like having wounds; rub the leaves, soak them in the water and bathe with the liquid before sleeping; (IFM3).

(A0 D0) Used as *kiho*, a medicine for the field; when cultivating a field for the first time, place the whole herb together with *luwambala bahasha* (No. 262) in the center of a field, then pray for a good harvest; it was done formerly; (IFM3).

**No. 86** *Melanthera scandens* (SCHUM. & THONN.) ROBERTY (AFN0106)

*kashukameno* (DOP3)

Observations: An herb found abundantly on the roadside.

Use: (C3) The leaves are used to clean one's teeth since they are rough with setae; (IFM2).

Name etymology: *Kashuka* means cleaning and *meno* means teeth; the whole name means "cleaning one's teeth."

**No. 87** *Spilanthes acmella* L. (AFN0138)  
*kienda* (DOP1)

Observations: An herb found in the village site.

Use: (A3) Medicine for a toothache; pound the leaf and put it on an ached tooth with salt. Or pound the leaves with those of *miteeja* (No. 60, 61, 64-66), and burn the leaves of *ligungu* (unidentified) into ashes; mix the roasted bananas with these extract and ashes, and eat them; (IFM1). Medicine for a diarrhea; pound the leaves until soft, then eat them with salt little by little; (IFM3).

(A0) Medicine for *nbafu*, difficulty of breathing; burn the leaves with those of No. 322, whose vernacular name is unknown, to ashes, cut the chest a little and rub the powder into the cut; (IFM3).

**No. 88** *Tagetes minuta* L. (AFN0136)

Unknown

Observations: An herb introduced from Buryini and planted in the house yard.

Use: (A0) The herb is used for expelling safari aunts from a house; when safari aunts entering a house, pound the herb to scatter it inside the house so that safari aunts may go out; (IFM3).

(J0) One informant said, "In Mwenga district it grows many, and I have brought some from there to plant in the garden"; (IFM3)

**No. 89** *Vernonia cinerea* (L.) LESS. (AFN0154)

*boza* (DOP2)

Observations: An herb found in the house yard.

Use: (A3) Medicine for a belly pain; leaves are pounded and soaked into the water; then the liquid is taken by a patient; (IFM1). Medicine for a headache; the juice taken from leaves is applied in the eyes; (IFM3).

(A3 D3) Medicine for an illness of *mwenda wazimu* (literally, gone to be mad), possession by an evil spirit; leaves are pounded, the squeeze of them is firstly taken, then used to wash the patient's head, and lastly used as an enema. An illness of *mwenda*

*wazimu* is considered to occur in the belly, and to spread to the head; a local doctor explained that the cause of the illness was the bursting of blood in the head; (IFM3).

**No. 90** *Vernonia guineensis* BENTH. (AFN0334)

*kalingalinga* (DOP2)

Observations: An herb growing in common on the roadside.

Use: (A0) Medicine for the wound of child's head; pound the herb, and squeeze its juice to pour over the wounded parts; (IFM3). Medicine for child's belly-ache; squeeze the juice of an herb, and use it as an enema; (IFM3).

**No. 91** *Vernonia* sp. (AFN0340; AFN0341) *muhobu* (DOP2)

Observations: A shrub growing in the secondary bush.

Use: (C3) Leaves are used for toilet paper and a napkin; (IFM2).

(C9) The trunk is used as firewood and a house post; (IFM2).

(D3) Used for a ritual of the twins; when twins are born, leaves and lion's hide are placed under the bed of babies; (IFM3).

**No. 92** Unidentified (AFN0054)

*lukongwa* (DOP3)

Observations: A woody vine growing in the secondary forest.

Use: (C7) Vine is used for a lashing in house construction; (IFM3).

(HX) Since bees come to collect its nectar, people set a beehive, *mujinga*, near the tree; the season of collecting honey is from June to July; (IFM2).

**No. 93** Unidentified (AFN0114)

*katobolamitete* (DOP1)

Observations: A shrub found on the roadside.

Use: (A3) Used for many medicinal purposes: for a headache, ear ailment, possession by an evil spirit, abdominal pain and toothache; pound the leaves, and use the extract for giving an enema, sniffing or applying; (IFM1).

## CONNARACEAE

**No. 94** *Agelaea dewevrei* DE WILD. & TH. DR. (AFN0285)

*kabukusingo* (DOP3)

Observations: A scrambling shrub growing in the secondary forest.

Use: (C9) People tear the wood to make carrying baskets, *vitunga*; (IFM2). The wood is used to make the rim of a fish trap, *mibango ya mugono*; (IFM3). The wood is used for the laths, *lujiji*, of a house; (IFM3).

**No. 95** *Agelaea dewevrei* DE WILD. & TH. DUR. (AFN0030)

*kalembekalutonga* (DOP3)

Observations: A scrambling shrub growing in the secondary forest.

Use: (C9) Wood is used for the laths of a house; (IFM3).

(J9) People apply birdlime onto the branches to catch birds; (IFM3).

Name etymology: The whole name means "the tree on which people birdlime."

**No. 96** *Byrsocarpus coccineus* SCHUM. & THONN. (AFN0388)

Unknown

Observations: A tree growing in the secondary forest.

Use: No usage; informant knew neither its vernacular name nor its usage.

## CONVOLVULACEAE

**No. 97** *Hewittia sublobata* (L.f.) O. KTZE. (AFN0180)

*mulandila* (DOP2)

Observations: An herbaceous vine found in the house yard.

Use: (A3) Medicine for a dysentery, *mgongo* (cf. No.113); pound the leaves and used the juice for giving an enema or for taking; (IFM2).

**No. 98** *Ipomoea involucreta* P. BEAUV. (AFN0265)

Unknown

Observations: An herbaceous vine growing on the roadside.



Use: (A3) Medicine for an eye ailment; apply the juice of a leaf into the eye; (IFM3).

### CRASSULACEAE

**No. 99** *Kalanchoe* sp. (AFN0181)  
*luneka* (DOP2)

Observations: A subshrub found in the house yard.

Use: (A3) Medicine for an ear ailment; when pus is coming out from the ear, warm the leaves on the fire to make them ooze out the sap, and use the sap to apply inside the ear; (IFM3)

(J0) In this category there are two different kinds; since the herb is juicy, the sap comes out from a leaf easily when one warm it on the fire; (IFM2).

### CRUCIFERAE

**No. 100** *Cardamine trichocarpa* HOCHST.  
ex A. RICH. (AFN0168)

*mushaaka mushoojo* (DOP1)

Observations: An herbaceous vine growing in the swidden field.

Use: (B3) Leaves are often eaten after being cooked with the leaves of kidney beans, *mahalagi*; (IFM1).

(J0) It belongs to a category of *mushaaka*; (IFM1).

Name etymology: *Mushaaka* means "food."

### CUCURBITACEAE

**No. 101** *Cogniauxia trilobata* COGN.  
(AFN0290; AFN0332)

*walenga* (DOP2)

Observations: An herbaceous vine growing on the roadside.

Use: (A5) Medicine for *changa* (cf. No. 228); pound the root to extract its juice, and drink the juice; (IFM3). Medicine for *mwenda wazimu*, spirit possession; pound the root, and drink its juice; (IFM3).

(J0) It bears fruits like a *kokoliko* (a cultivated species), but the fruit is inedible; (IFM3).

**No. 102** *Oreosyce africana* HOOK. f.  
(AFN0061)

*kaboela mashole* (DOP4)

Observations: An herbaceous vine found in the village site.

Use: (A3) The leaf is used as medicine for a burning, *dawa ya kulungula*; leaves are pounded, then the juice is extracted and applied to the burned part; (IFM3).

**No. 103** *Oreosyce africana* HOOK. f.  
(AFN0240)

*kaguguma* (DOP4)

Observations: An herbaceous vine growing in the house yard.

Use: (A0) Used as an anthelmintic for *teenya*, intestinal worms; the juice extracted from pounded herbs is made warm beside the fire first, then in the sun, and used as an enema; (IFM3).

### CUPRESSACEAE

**No. 104** *Juniperus* sp. (AFN0336)

*shindano* (DOP1)

Observations: A tree planted on the roadside.

Use: (C9) The wood is used for firewood and constructing a house; is sawn into boards for use when growing large; (IFM2). (J0) Introduced by Belgians; (IFM2).

**No. 105** *Juniperus* sp. (AFN0335)

*shindano* (DOP1)

Observations: A tree planted on the roadside.

Use: (A3) Leaves are put in a basket for storing kidney beans to keep insects away; (IFM1).

(C9) Used for firewood, rafters and house posts; (IFM2). When growing large, the wood is sawn into boards for use; (IFM1).

(J0) Introduced into the Nyindu Territory by Belgians; (IFM2).

**No. 106** *Juniperus* sp. (AFN0443)

*shindano* (DOP1)

Observations: A tree planted in the house yard.

Use: (A3) Leaves have a special scent and

are placed in a basket of kidney beans for keeping insects away; (IFM1).

(C9) The wood is sawn into boards for use; is used for rafters, pillars and firewood; (IFM2).

(J0) All the conifers planted by Belgians are named as *shindano*; (IMF3).

## CYATHEACEAE

**No. 107** *Cyathea manniana* Hook (AFN0032)

*kishiembe* (DOP1)

Observations: A tree fern found in the primary forest and the secondary forest.

Use: (C9) The trunk of a tree is used for a house post; (IFM1). The wood is used for firewood; (IFM2).

## CYPERACEAE

**No. 108** *Cyperus divulsus* RIDL. subsp. *africanus* HOOPER. (AFN0134)

*mushenge* (DOP2)

Observations: A grass found in the house yard.

Use: (A5) The usage is quite the same as that of No. 113.

**No. 109** *Cyperus renschii* BOECK. (AFN0412)

*mugugu* (DOP4)

Observations: A grass growing in the swamp or on the riverside.

Use: (C3) The leaves are used only for thatching a field hut; (IFM3).

**No. 110** *Cyperus tenuiculmis* BOECK. (AFN0152)

*mushenge* (DOP2)

Observations: A grass found in the house yard.

Use: (A5) The usage is no difference with that of No. 113.

**No. 111** *Cyperus* sp.? (AFN0212)

*mugugu* (DOP4)

Observations: A grass growing in the swamp.

Use: (C3) The leaves are used for thatching

the roof of a house after being dried for a few days; (IFM3).

(J0) It is a different kind from the one used for making a *mulako* (mat); (IMF3).

**No. 112** *Cyperus* sp.? (AFN0296)

*ishaasha* (DOP1)

Observations: A grass growing in common in the grassland.

Use: (C3) The leaves are dried and used to make a mat, *mulako*, or a bag, *ndala*; (IFM1; OBS1).

**No. 113** *Kyllinga elatior* KUNTH (AFN0132; AFN0140)

*mushenge* (DOP2)

Observations: A grass found in the house yard and on the roadside.

Use: (A5) Medicine for a pain in the lower back, *malali ya mgongo*; two different types in this category of illness; one is just a pain in the lower back and the other is a pain accompanied by a dysentery. This is used for the latter; burn the root with a chicken's hucklebone into ashes, cut a little the ached part and then rub the ashes into a cut; (IFM3).

**No. 114** *Kyllinga erecta* SCHUMACH. & THONN. var. *intricata* C.B.CL. (AFN0139)

*mushenge; shenge* (DOP2)

Observations: A grass found in the house yard and on the roadside.

Use: (A5) The usage is the same as No. 113.

**No. 115** *Mariscus* cf. *longibracteatus* CHERM. (AFN0184)

*shenge; mushenge* (DOP2)

Observations: A grass found in the house yard and on the roadside.

Use: (A5) The usage is the same as that of No. 113.

**No. 116** *Scleria melanomphala* KUNTH (AFN0262)

*lukelababubi* (DOP1)

Observations: A grass growing in the secondary bush.

Use: (A3) Medicine used for a pregnant

woman when she feels her baby move much in the womb; it is considered a symptom of miscarriage; cut the leaves into pieces, boil them in the water, and give her warmed decoction; (IFM3). Also, medicine for *kasisita*; a state that a woman feels strong pains in the abdomen just after the delivery; cook the leaves with salt and *ndelama* (No. 44) leaves, and make her eat them; (IFM3).

(J3) The leaves are too sharp to cut one's body; (IFM1).

### DENNSTAEDTIACEAE

**No. 117** *Microlepia speluncae* (L.) MOORE (AFN0241)

*kilele* (DOP1)

Observations: A fern found in the house yard and banana garden.

Use: (B3) The shoot is edible; wrap it with a banana leaf, roast and eat it; (IFM2).

(J0) One kind of *kilele* which grows especially in a banana garden; the category of *kilele* includes 3 members, but only one which grows in a banana field is edible; (IFM2). It only has a general name, no specific name in Kinyindu; (IFM3).

**No. 118** *Pteridium aquilinum* (L.) KUHN. (AFN0105; AFN0253)

*kishilu* (DOP1)

Observations: A fern on the roadside.

Use: (C0) Put the ferns in the torn basket for a temporary repair; when soaking cassava tubers in the water to remove the toxicity, people put the tubers with the ferns in a basket and place the basket in the river; (OBS1).

### DILLENIAACEAE

**No. 119** *Tetracera* sp. (AFN0226)

*shiembe* (DOP2)

Observations: A woody vine growing in the secondary forest and the primary forest.

Use: (A8) The sap is used as an enema when a child feels an abdominal pain; (IFM1).

(B8) The vine contains much drinkable

water; (IFM3).

(C7) The vine is used as a lashing in house construction and in making a rack for drying cassavas; (IFM3).

### DIOSCOREACEAE

**No. 120** *Dioscorea bulbifera* L. (AFN0330)

*ituggu* (DOP3)

Observations: An herbaceous vine growing in swidden fields.

Use: (B5) The tuber is edible; some says that people ate the tuber only formerly; (IFM2).

**No. 121** *Dioscorea bulbifera* L. (AFN0376)

*kungumangu* (DOP3)

Observations: An herbaceous vine growing on the roadside.

Use: (A5) Medicine for an illness of *mwanamimba* (pain under the navel), or *banga* in Kinyindu; after boiling the rhizome in the water, use the decoction as an enema; (IFM3).

(J5) The rhizome is inedible, but looks like that of edible yam *muhaama*; (IFM2).

**No. 122** *Dioscorea cayenensis* LAM. (AFN0204)

*muhaama* (DOP1)

Observations: An herbaceous vine found in the riverine forest.

Use: (B5) The tubers are not bitter in taste and can be eaten after cooked; (IFM1).

(J5) The tubers are dug in May-June; the tuber has many spines; (IFM1).

**No. 123** *Dioscorea cochleari-apiculata* DE WILD. (AFN0011)

*iliga* (DOP1)

Observations: An herbaceous vine planted in the house yard.

Use: (B5) The tuber is edible; (IFM1).

(J0) The tuber is considered a traditional food, *chakula ya asili*; (IFM1).

**No. 124** *Dioscorea cochleari-apiculata* DE WILD. (AFN0351)

*ishaliga* (DOP1)

Observations: An herbaceous vine found in

the swidden field.

Use: (A5) The tuber is used as a medicine for boils; wash the boil again and again with the juice extracted from pounded tuber, then apply oils to them; (IFM1).

(B5) The tuber is edible only after extracting out the poisonous substances; tuber is cut into pieces, boiled in the water, and soaked in the river for 4 or 5 days, then the poison can be extracted; (IFM1).

(J0) The tuber was a traditional food in famine; (IFM1).

**No. 125** *Dioscorea praehensilis* BENTH. (AFN0404)

Unknown

Observations: An herbaceous vine growing only in primary montane forest, 1680m above sea level.

Use: (J0) It looks like an edible yam, *muhama*, but has no vernacular name; (IFM3).

**No. 126** *Dioscorea sansibarensis* PAX (AFN0421)

*kitugutugu* (DOP4)

Observations: An herbaceous vine growing in the primary forest.

Use: (J5) Wild yam, inedible; (IFM3).

## ERICACEAE

**No. 127** *Agauria salicifolia* (COMM.) HOOK. f. ex OLIV. (AFN0120)

*kijoojoo* (DOP1)

Observations: A medium tree growing in common in the secondary forest.

Use: (A3) The leaves are used as a medicine for boils or pimples, i.e., *dawa ya upele*; the water mixed with pounded leaves is applied to the boils, then the whole body is felt very hot; but in two or three days the boils are cured; (IFM3).

(C9) The wood is used for firewood; (IFM1). The wood is also used for the pillar of a house; (OBS2).

(J3) The leaves are never eaten by goats; (IFM3).

## EUPHORBIACEAE

**No. 128** *Alchornea cordifolia* (SCHUM. & THONN.) MUELL. ARG. (AFN0041; AFN0249)

*lufuse*; *kifuse* (DOP1)

Observations: A woody vine growing in the secondary forest.

Use: (A7) Medicine for pains in the leg, *dawa ya migulu*; the decoction of the bark is rubbed onto the ached part; (IFM3).

(C7) Woody vine is used for firewood; (IFM1). The vine is used for the laths, *lujiji*, of a roof; (OBSI). The vine is used for the rim of a basket as well; (IFM2).

(I2) The fruit is eaten by birds named as *kabuka*; (IFM3).

**No. 129** *Alchornea hirtella* BENTH. f. *glabrata* (MUELL. ARG.) Pax & K. HOFFM (AFN0272)

*kahelele* (DOP2)

Observations: A shrub commonly growing in the secondary forest.

Use: (C9) The wood is used for the laths, *lujiji*, of a house; the wood is split into two or three to use as a rim in basketry; the wood is occasionally used for firewood; (IFM1).

(J0) Some says that it is too small to use for firewood; (IFM3).

**No. 130** *Antidesma laciniatum* MUELL. ARG. var. *membranaceum* (MUELL. ARG.) J. LEONARD (AFN0053)

*mugele gulungwe* (DOP2)

Observations: A shrub growing in the secondary forest.

Use: (C9) The trunk is used for a house post; (IFM3). Good for firewood; the wood can be made into charcoals; (IFM1).

Name etymology: The whole name means "a *mugele* tree growing in Lungwe forest."

**No. 131** *Bridelia micrantha* (HOCHST.) BAILL. (AFN0121)

*mugimbu* (DOP1)

Observations: A medium-size tree found in the secondary forest.

Use: (A6) Medicine for a diarrhea; the decoction of pounded bark is used as an enema; (IFM3). Medicine for a food poi-

soning; the decoction of the bark is taken to vomit the poison; (IFM3).

(C6) The bark is pounded to use for coloring a basket; (IFM2).

(C9) Wood is good for firewood; (IFM1).

**No. 132** *Bridelia stenocarpa* MUELL. ARG. (AFN0194)

*mugimbu* (DOP1)

Observations: A shrub found in common in the secondary forest.

Use: (C9) Wood is good for firewood; can be made into charcoals; (IFM1). The trunk is used for a house post; (OBS2).

**No. 133** *Euphorbia candelabrum* TREM. ex KOTSCHY (AFN0441)

*mubamba* (DOP3)

Observations: A tree planted in the house yard.

Use: (C0) It is planted around the house as a fence; (IFM2).

(E3) The leaves are pounded and used as fish poison; (IFM2).

(J3) It is said if they eat the leaves, they may die; (IFM2).

**No. 134** *Euphorbia tirucalli* L. (AFN0001) *katouza* (DOP1)

Observations: A tree found in common in the village site.

Use: (A6) Medicine for a coughing; the juice is squeezed from pounded bark and taken together with salt; (IFM3). Medicine for a headache; cut slightly from temple to temple around the head and apply the sap to a cut; (IFM3).

(E3) The leaves are pounded and used as fish poison; (IFM3).

(G8) The sap is poisonous and makes people blind when it enters their eyes; (IFM1).

**No. 135** *Macaranga schweinfurthii* PAX (AFN0042)

*mukoga* (DOP1)

Observations: A tall tree growing in common in the secondary forest.

Use: (C3) The leaves are very big and used to wrap the seeds of a crop for storing; (OBS2).

(C9) Used for firewood; (IFM1). The trunk is used for a pillar and a rafter; (OBS1).

**No. 136** *Macaranga spinosa* MUELL. ARG. (AFN0321)

*lugodoka* (DOP3)

Observations: A tall tree growing in the secondary forest.

Use: (A/) It is considered as a medicine of doctor, *dawa ya mganga*; (IFM3).

(C9) The wood is used for a house post; for firewood; (IFM3).

(I1) Since many birds come to eat its fruits, people set a trap on the branch; (IFM3).

(J0) It belongs to the category of *ishaasha*; (IFM3).

**No. 137** *Macaranga vermoesonii* DE WILD. (AFN0049)

*ishaasha* (DOP1)

Observations: A tall tree growing very commonly in the secondary forest and the primary forest.

Use: (C9) The wood is used for house posts and firewood; (OBS1).

**No. 138** *Macaranga vermoesonii* DE WILD. (AFN0281)

*katengetenge* (DOP1)

Observations: A tree growing in common in the secondary forest.

Use: (C9) The wood is used for firewood and house posts; (OBS1).

(I1) The bird named as *tumamba* comes to eat the fruits; (IFM2).

**No. 139** *Maesobotrya* cf. *floribunda* BENTH. (AFN0227)

*kijindama* (DOP1)

Observations: A medium tree growing abundantly in the secondary forest.

Use: (C9) The wood is used for the posts of a house; (OBS1).

(J9) The wood only burns to ashes and is not good for firewood; (IFM1).

(J1) Even a bird does not eat the fruits; (IFM3).

**No. 140** *Margaritaria discoidea* (BAILL.) WEBSTER (AFN0086)

*mugangu* (DOP1)

Observations: A tall tree growing in the secondary forest.

Use: (A5 A6) Medicine for a swelling in the leg; the root or bark is burned to ashes, which is rubbed onto the swelling of a leg after incised; (IFM3).

(C9) Good for firewood; it is often made into charcoals; (IFM1). The stem is used for a house post; (OBS1).

**No. 141** *Neoboutonia mannii* BENTH*kibubu* (DOP2)

Observations: A medium tree growing in the secondary forest.

Use: (C9) The wood is used only for firewood and house posts; (IFM1).

(J0) The tree that is only used for firewood and house construction is often mentioned as *hana kaji ingine* (lit., having no other works); (IMF3).

**No. 142** *N. glabrescens* PRAIN (AFN0294)*kibubu* (DOP2)

Observations: A medium tree growing in the secondary forest.

Use: (C9) The wood is used only for firewood and house posts; (IFM1).

(J0) The tree that is only used for firewood and house construction is often mentioned as *hana kaji ingine* (lit., having no other works); (IMF3).

**No. 143** *Phyllanthus niruri* L. (?)

(AFN0317)

*kamwaaga* (DOP2)

Observations: An herb growing on the roadside.

Use: (A0) Medicine for an abdominal pain, *tumbu inamimba*; pound the herb and drink the liquid; (IFM2).

**No. 144** *Phyllanthus nummulariifolius*

POIR. (AFN0263)

*kamwaaga* (DOP2)

Observations: An herb growing on the roadside.

Use: (A0) Medicine for abdominal pains or pains in the back; pound the herb, add water to it, and drink the liquid; (IFM2).

(J0) Children play with soap-like bubbles that are made by crumpling the leaves; (IFM2).

**No. 145** *Ricinus communis* L. (AFN0016)*igaja* (DOP1)

Observations: A tree planted in the house yard.

Use: (A1) The oil extracted from seeds is applied to pimples or boils, *upele*; (IFM1). The oil extracted from seeds is mixed with some other medicine and applied to the body in case of an illness of *kifafa*, a kind of epileptic fit; (IFM3).

(J1) The oil was traditionally used by the Bashi, and the Nyindu used to plant this to get oil for selling to the Bashi; (IFM2).

**No. 146** *Sapium ellipticum* (HOCHST.ex KRAUSS) PAX (AFN0045; AFN0125)*mukalakala* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (A6) Medicine for an abdominal pain; the bark is decocted for a long time from very early morning until its water reduces to the half quantity; then, the decoction is used as an enema in order to take all the bad substances out from the body; it is too strong a medicine to prescribe for children; (IFM3).

(C9) Used as firewood; (IFM1). The wood is used for house construction; but it can not be used as materials for a roof part, since it is easily damaged by worms; (IFM2).

(H9) A kind of edible mushroom grows on the rotten trunk; (IFM1).

(I1) Several kinds of bird like *tumamba*, a kind of dove, come to eat fruits from October to November; at that time people entrap it with birdlime; (IFM1).

**No. 147** *Tetrorchidium didymostemon* (BAILL.) PAX & K.HOFFM. (AFN0223)*kabelangwa* (DOP2)

Observations: A short tree growing in the riverine forest.

Use: (A8) Medicine for an illness of *maladie*, the weakness of the body, and the



constipation of child; the sap is warmed a little bit and used as an enema; (IFM2).

(C9 D9) When someone dies, the trunk is used as a pole to carry a coffin on the shoulders to the graveyard; a coffin is generally made of another kind of tree called *licheche*; (IFM1).

(J8) The sap is given to a cow with salt, in case she gives little milk; (IFM3).

(J3) They say that the leaves smell like feces; (IFM1).

**No. 148** *Tragia benthamii* BAK (AFN0231) *kaluuji* (DOP2)

Observations: An herbaceous vine growing in the swidden field.

Use: (J0) It causes one much itching when one touches it; if one scratches an itching part, then the part turns into a wound; it is better to wash and rub the body with oil when this herb touches one's body; (IFM1).

## FLACOURTIACEAE

**No. 149** Unidentified (AFN0309) *mushengele* (DOP2)

Observations: A short tree growing in the primary forest.

Use: (C9) Wood is used for firewood; (IFM3).

(CX) The thorn is used to remove *funza*, a parasite, in the foot; (IFM3).

(J9) The trunk is seldom used for construction materials because of many thorns on the trunk; (IFM3).

## GLEICHENIACEAE

**No. 150** *Dicranopteris linearis* (BURM. f.) UNDERW. (AFN0276) *mbalimbali* (DOP1)

Observations: A fern growing in the swidden field.

Use: (C4) The stem is used to make a *mugono*, a basket-typed trap for fishes; stems are plaited to make a local bed; (IFM1; OBS1).

## GRAMINEAE

**No. 151** *Andropogon gayanus* KUNTH (AFN0252)

*kadahya* (DOP1)

Observations: A grass growing abundantly in the secondary bush.

Use: (C3) Leaves are used for thatching a house; (OBS1). Leaves are always used to squeeze out the juice from a mixture of banana and water for making banana wine, *kashikishi*; (OBS1).

(J0) This grass is a kind of *bukkele*, which is a general name for thatching grasses; this grass is called *kadahya* when used in making banana wine, while it is called *bukkele* when used in thatching.

**No. 152** *Arthraxon micans* (NEES) HOCHST. (AFN0142)

*shaashu*; *shaasho* (DOP1)

Observations: A grass growing in the house yard.

Use: (C3) Leaves are dried and placed on the bed as a mattress; (IFM1).

**No. 153** *Coix lachryma-jobi* L. (AFN0440) *mabela* (DOP1)

Observations: A grass found in the house yard.

Use: (C1) Seeds are used to decorate a sack made of straw, and to make a necklace, *changa*, for a child; (IFM1).

**No. 154** *Cynodon dactylon* (L.) PERS. (AFN0150)

*kaasu* (DOP1)

Observations: A grass planted in the house yard.

Use: (J0) Planted in the garden for turf; (OBS2).

Name etymology: The name is a derivative from a French word 'gazon' (turf).

**No. 155** *Eleusine indica* (L.) GAERTN. (AFN0133)

*kibaafu* (DOP1)

Observations: A grass found in the house yard.

Use: (J0 D0) Formerly when dancing, women and children wore a ring made of this grass; (IFM3).

**No. 156** *Imperata cylindrica* (L.) P. BEAUV. (AFN0250)  
*mushobu* (DOP1)

Observations: A grass growing commonly in the grassland.

Use: (C3) Leaves are used for thatching a roof; (OBS1). Leaves are used for making banana wine; leaves are soaked in the mixture of banana and water, and banana juice is extracted squeezing the soaked leaves; (OBS1).

(J0) It belongs to a category of *kikkele*; (IFM2).

**No. 157** *Oplismenus* sp. (AFN0158)

*shaashu*; *shaasho* (DOP1)

Observations: A grass found in the house yard.

Use: (C3) Leaves are dried and placed on the bed as a mattress; (IFM1).

**No. 158** *Panicum trichocladum* HACK. ex SCHUM. (AFN0182)

*kifuze* (DOP1)

Observations: A grass growing abundantly in the village site and the secondary bush.

Use: (C3) The grass is used for thatching roughly the lower part of a beehive-type house, *mushonge*, in the first step of thatching; (OBS3).

(J0) It is troublesome to weed this grass in swidden fields; in the dry season the grass becomes very hard, and makes one's hand itching when one touches the grass; (IFM3).

**No. 159** *Pennisetum purpureum* SCHUM. (AFN0189)

*lusheke* (DOP1)

Observations: A tall perennial grass growing abundantly in the secondary bush.

Use: (C4) The stem is used for the stud and laths of a house; (OBS1). The stem is set up in a swidden field for the support of bean's vine climbing up; (OBS1).

(J0) Belgians taught to plant the grass in the fields in order to make the field soil fertile; (IFM1).

**No. 160** *Phragmites mauritianus* KUNTH

(AFN0313)

*kashikilonge* (DOP1)

Observations: A tall grass growing commonly in the swamp; it grows about 4m long.

Use: (C4) Stems are good materials used for the studs (*itete*), the laths (*lujiji*) and the partition (*kihoma*) of a house; the stem is also used as a straw to drink wine; (IFM1).

**No. 161** *Setaria megaphylla* (STEUD.) TH. DUR. & SCHINZ. (AFN0046)

*kishaani* (DOP1)

Observations: A grass growing abundantly in the grassland and village site.

Use: (C3) Leaves are used for thatching a roof; (IFM2). Leaves are also used to squeeze out banana juice, *mutobe*, from the mixture of ripen banana and water; *mutobe* is fermented into local wine called *kashikishi*; (OBS1).

(J0) It is troublesome weed for swidden fields; (IFM3).

**No. 162** *Setaria* sp. (AFN0360)

*kakobekobe* (DOP2)

Observations: A grass found commonly in the house yard and on the roadside.

Use: (A3 D3) Medicine for an ailment in the belly of a child; when a child isn't cured from a belly trouble by any medical treatment, people bury this herb together with the child's feces inside the house; then the child may recover; (IFM2).

**No. 163** *Sporobolus molleri* HACK. (AFN0135; AFN0151)

*lubumbulumbu* (DOP3)

Observations: A grass found in the house yard.

Use: (A3 D3) Medicine for pregnant women when they feel their baby in the womb abnormal. After cleaning leaves, pound them with the leaves of *nbatama* (No. 271) and make the patient to drink the extract; moreover stick the herb on the ground under her bed, then her embryo becomes better; (IFM3).

**No. 164** *Trichopteryx dregeana* NEES



(AFN0357)

*kadodokela* (DOP1)

Observations: A grass found commonly in swidden fields.

Use: (C3) Leaves are used for thatching a house; are bundled in a ring called *ngatta ya nyuki*, which is placed on one's head when carrying a pot or goods on the head; (OBS1).

**No. 165** Unidentified (AFN0437)

*kitoshalufu* (DOP1)

Observations: A grass planted in the house yard.

Use: (A3) Medicine for preventing safari aunts from entering a house; soak leaves in the water and sprinkle the water on the ground; (IFM1). Medicine for a fever; decoct its leaves like tea leaves, then drink the decoction mixed with sugar; (IFM2). Leaves are used to remove the smell of an animal from the body by applying crumpled leaves; (IFM2).

(J3) It was introduced to plant long time ago by the foreigners; (IFM3).

## GUTTIFERAE

**No. 166** *Harungana* sp. (AFN0104)

*mushombo* (DOP1)

Observations: A tree growing abundantly in the secondary forest.

Use: (A3) Medicine for a diarrhea; the sprouts are smashed, fried in the oil and eaten; (IFM3).

(C9) Wood is used for firewood; (IFM1). The trunk is used for a house post and a rafter; (OBS1).

**No. 167** *Lebrunia bishace* STANER (AFN0446)

*mushefu* (DOP3)

Observations: A tree growing in the primary montane forest.

Use: (A1) (C1) (C9) Usage is the same as No. 416.

**No. 168** Unidentified (AFN0410)

*kyoshosshi* (DOP3)

Observations: A tall tree growing in the pri-

mary forest

Use: (C9) The trunk is used for a house post; (IFM2). The wood is good for firewood; (IFM2). The trunk is sawn into board for use when growing large; (IFM3).

(H9) A kind of edible mushroom often grows on the trunk; (IFM3).

**No. 169** Unidentified (AFN0430)

Unknown

Observations: A tree found in the primary montane forest.

Use: (C9) The trunk can be used for constructing a house and for firewood; (IFM3). (G0) It is considered as a landmark by hunters when they gather in the forest for hunting; (IFM3).

**No. 170** Unidentified (AFN0398)

*mulungu* (DOP2)

Observations: A tree found in the primary montane forest.

Use: (A9) Medicine for a bone-fracture; the wood is burnt to ashes, and the ashes mixed with oil are applied to an ill part; (IFM3).

(C9) When growing big, the trunk is sawn into board; (IFM3). The trunk is used as a house post; (IFM3).

(J8) The sap is collected to make a glue; (IFM3).

## IRIDACEAE

**No. 171** *Anomatheca* sp. ? (AFN0429)

*kamwaaga* (DOP2)

Observations: An herb found in the swidden field.

Use: (A5) Used as an antitoxin; pound the tuber, burn it together with the leaves of *mubamba* (No. 133) and *namalimbwe* (unknown) into ashes, and lick the ashes; (IFM3).

(J0) The plant has the same vernacular name as those of Nos. 143 & 144, but belongs to another subcategory of *kamwaaga*; (IFM3).

## LABIATAE

**No. 172** *Coleus lutes* (GURKE) STANER

(AFN0035)

*kajele luwiji?* (DOP2)

Observations: A shrub found in the secondary forest.

Use: (A3) Medicine for *maladie mingi*; pound the leaves, warm them a little on the rack over the fire, and use the juice extracted from them as an enema; (IFM2).

**No. 173** *Coleus luteus* (GURNE) STANER (AFN0318)

*milonga* (DOP3)

Observations: A shrub found on the roadside.

Use: (A3) Medicine for feeling hot in the body, *kumukandola*; boiled the leaves in the water and rub the decoction in all over the body; (IFM3).

**No. 174** *Haumaniastrum* sp. (AFN0366)

Unknown

Observations: An herb found in the house yard.

Use: (A3) Medicine for an abdominal pain; pound the leaf and take its juice; (IFM3).

**No. 175** *Leocus africanus* (BAK. ex SC. ELLIOT) J.K. MORTON (AFN0347)

*nuhindohindo* (DOP3)

Observations: A subshrub growing in the secondary bush.

Use: (A3) Medicine for intestinal parasites; pound the leaves and drink the extract; it tastes bitter most; (IFM3).

(C9) The branch is used as a scraper when applying a medicine to patients; (IFM3).

**No. 176** *Leucas deflexa* HOOK. f. (AFN0066)

*mufunda* (DOP4)

Observations: An herb growing on the roadside.

Use: (A0) Medicine for an eye ailment; boiled the herb in the water, and wash the affected eye with the decoction; (IFM3).

**No. 177** *Ocinum gratissimum* L. (AFN0118) *mweni* (DOP2)

Observations: An herb growing in the house yard.

Use: (A3) Medicine used for the possession by an evil spirit; pound the leaves, rub them in patient's body, or apply the juice of leaves in his nose; (IFM3).

(A0 D0) If one places the herb inside his house, then an evil spirit never enter his house; (IFM3).

**No. 178** *Platostoma denticulatum* ROBYNS (AFN0186)

*nikunda*; *mikulaushigi* (DOP3)

Observations: An herb growing commonly in the house yard and on the roadside.

Use: (A0) Doctor's medicine, it is specially used for a diarrhea, *kuhala*; pound the herb and used its juice as an enema; (IFM3).

**No. 179** *Plectranthus albus* GURKE (AFN0039; AFN0097)

*ikanga* (DOP3)

Observations: An herb found in the secondary forest and on the roadside.

Use: (D0) If the herb is put on the road near a house in the evening, then evil spirits called *waloji* cannot enter a house; white powder and red powder are also poured turn by turn on the herb, and then place the herb on the road; (IFM3).

**No. 180** *Plectranthus decurrens* GURKE (AFN0367)

Unknown

Observations: An herb growing in the secondary forest.

Use: (A3 D3) The leaf is used when an evil called *masigo* catches one of the family members; soak the leaf in hot water, and sprinkle the water inside and outside of the house for purifying; (IFM3)

**No. 181** *Plectranthus* sp.? (AFN0362)

*bushalabila* (DOP3)

Observations: A shrub growing on the roadside.

Use: (A0) Medicine for a fever; the juice squeezed from a pounded herb is taken by a patient; (IFM2). Medicine for *kilonda ya tumbu*, wounds inside the belly; the juice of an herb is used as an enema; (IFM3).

**No. 182** Unidentified (AFN0013)*mushalapilo; mushalapila* (DOP1)

Observations: An herb found in the village site.

Use: (A3) Medicine used for various purposes; the medicine is called *muti bufumu* in Kinyindu; for a fever, apply the juice of pounded leaves to the nose; for an abdominal pain due to some parasite, pound the leaves, mix them with water and use the liquid as an enema; (IFM2).

**LAURACEAE?****No. 183** Unidentified (AFN0284)*ifugwe* (DOP1)

Observations: A tree growing in the secondary forest.

Use: (C9) The wood is used for making a mortar and a stool, and for firewood and a pillar; (OBS1; IFM1). The trunk is good for getting a board; (IFM3).

(G9) A kind of (edible) mushroom grows on the trunk; (IFM3).

**LEEACEAE****No. 184** *Leea guineensis* G. DON (AFN0124; AFN0210)*bulungo* (DOP2)

Observations: A short tree growing in the secondary bush.

Use: (A9) Medicine for a bone-fracture; the branch is stripped off its bark, is roasted and rubbed on the affected part with oil; then another branch is applied as a splint to the broken part; (IFM1).

(J9) Everybody says that people keep the branches in their house to use immediately whenever someone breaks his bone; (IFM1)

**LEGUMINOSAE****No. 185** *Albizia* sp. (AFN0222)*mushebeiye* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (C9) Wood is used for firewood; (IFM1). The trunk is also used as a house post; (OBS2). The trunk is used to make a

rack for drying cassavas; (IFM3).

(H9) An edible kind of mushroom grows on the trunk; (IFM2).

**No. 186** *Albizia* sp.? (AFN0070)*kashemelangwa* (DOP4)

Observations: A tree growing in the secondary bush.

Use: (A0 D0) It is said to be *dawa ya laadi*, medicine for a thunder; when they build a new settlement, it is planted together with a *mulondo* tree (No. 246) beside a house to prevent a thunderbolt; (IFM2).

(J0) It grows wild, but sometimes is planted for a ritual/magical use; (IFM2).

**No. 187** *Albizia* sp.? (AFN0220)*kahala* (DOP2)

Observations: A medium tree growing commonly in the secondary forest and/or the primary forest; leaves bipinnate, and leaflets ca. 5mm long.

Use: (C9) The wood is used for making fences or ladders, for house posts and firewood; (IFM1).

(H9) A kind of mushrooms comes out from the trunk of a dead tree; (IFM3).

(J9) It is said that the tree is vary hard to cut down for firewood; (IFM2).

**No. 188** *Arachis hypogaea* L. (AFN0165)*kabemba; kibusa* (DOP1)

Observations: An herb cultivated in swidden fields.

Use: (BI) Seed crop; cultivated in the field; (OBS1).

(J0) This is a recently introduced kind named as *kibusa*; the seed is bigger than other kinds of *kabemba*; (IFM1).

**No. 189** *Cassia floribunda* CAV. (AFN0255)

Unknown

Observations: An introduced shrub; planted in the village site.

Use: (C9) It is introduced by the Belgians and has no vernacular name: it is sometimes used to make a fence, *lupango*; (IFM3).

**No. 190** *Cassia* sp. (AFN0185)

## Unknown

Observations: An herb (creeper) found in the house yard.

Use: (A0 D0) Medicine used for a love magic, *dawa ya mapendo*; formerly, every morning before going for work to the Belgian home, people used this herb not to cause any troubles between themselves and their master. They put the herb together with some other herbs in a bottle, to which oil is also added, and they rub the bottle to their body every morning; sometime pound the herb with *kagalambwa* (Nos.218, 281, 326) and *shalaya fungwe* (No. 258), and drink their juice; (IFM3).

(J0) It belongs to a category of *kopa*; (IFM3).

**No. 191** *Desmodium adscendens* (SW.) DC. (AFN0131; AFN0057)  
*nbuza* (DOP3)

Observations: An herb (creeper) found in the house yard and on the roadside.

Use: (A0 D0) Medicine for making the weather sunny, *dawa ya juu*. Wrap the horn of a cow with this herb and place it on the shelf over the fire, *kahala*; take out some dried *nyaasi* (a general term for the grass) from a roof, and burn it on the fire to make the smoke reach the horn. After that the ashes of *nyaasi* are placed on the roof of a house; (IFM2).

(A0) Medicine for a headache, *dawa ya kichwa*; cut a little with a knife around the head from a temple to the back of the head, burn the herb with an animal skin of *mbogo* (buffalo) into ashes, then rub the ashes into the cuts; (IFM2).

**No. 192** *Erythrina sigmoidea* HUA (AFN0076)

*kigokwa; kigofwa* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (A6) Medicine for a heart dysfunction; the bark is pounded with salt, whose juice is taken by a patient; (IFM2).

(C9) The wood is used to make a mortar and a ladder; (IFM3).

(C0) It can easily take root and is planted as

a fence around the house; (IFM2).

**No. 193** *Flemingia macrophylla* (WILLD.) O. KTZE. (AFN0310)

*kabunafuka* (DOP2)

Observations: A shrub

Use: (A3) Medicine for an abdominal ailment and a fever; pound the leaves together with other medicinal herbs as *ifuza* (No. 360) and *kashoojiwa* (No. 313), and drink the extract; (IFM2).

**No. 194** *Indigofera atriceps* HOOK. f. subsp. *setosissima* (HARMS) GILLET (AFN0197)

*kamogemoge* (DOP3)

Observations: An herb growing in the grassland.

Use: Informant didn't know its usage exactly.

**No. 195** *Indigofera spicata* FORSK. (AFN0176)

*ngangu; mugangu* (DOP4)

Observations: An herb (creeper) found in the house yard.

Use: (A3) Medicine for a malaria, *maladie mingi*; if a patient drinks the juice of pounded leaves, he vomits as if all the wrong in the body is cleaned, then the illness is cured; (IFM2).

**No. 196** *Kotschyia africana* ENDL. var. *bequaertii* (DE WILD.) VERDC. (AFN0273)

*luwaji* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (C9) Wood is used for firewood; (IFM1). The trunk is also used for a pole to support the vine of yam or kidney bean; (IFM3).

(J9) The trunk is too soft to use for house construction; (IFM3).

(J0) Bees come near to this tree to make a new nest; (IFM3).

**No. 197** *Leucaena guatemalensis* BRITTON & ROSE (AFN0020)

*kusena; lusiena* (DOP4)

Observations: A medium tree growing in

the secondary forest.

Use: (C0) It was introduced by Belgians to plant in coffee plantations for the wind-break; (OBS2).

(C9) The wood is used for a house post; (OBS2). The wood is good for firewood; (IFM2).

**No. 198** *Mezoneuron angolense* OLIV. (AFN0230)

*malofwe* (DOP3)

Observations: A tree growing in the secondary forest.

Use: (J0) Since the tree has many thorn, it stands in people's way when they cut down trees and weed out grasses and herbs in fields; the tree is considered *kitu ya bule* (lit., a useless thing); (IFM2).

**No. 199** *Millettia dura* DUNN (AFN0107)  
*kashungutti* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (C9) The wood is used for house posts and firewood; is used for making the helve of an axe, *shoka*, the shaft of a hoe, *jembe* and a pounder; (OBS1).

**No. 200** *Millettia* sp. (AFN0288)  
*kabuligaa* (DOP2)

Observations: A tree growing in the secondary forest.

Use: (C9) The wood is used for a house post and for making a pounder; (IFM1). The wood is better for firewood; (IFM2).

(H9) A kind of edible worm called *buligaa* is collected for food from the trunk; (IFM1).

Name etymology: *Buligaa* is a name for a kind of edible worm and the whole meaning is "a tree where *buligaa* worms come into being."

**No. 201** *Millettia* sp.? (AFN0211)  
*kahotabishe* (DOP4)

Observations: A short climber-like tree found in the riverine forest.

Use: (C7) The vine is dried and made into a double or twice hoop. The hoop is used as a tool for not slipping when climbing up an

oil palm tree; the hoop is fastened to the arch of a right foot and to the knee of a left leg; (IFM2).

Name etymology: *Bishe* means "a broken branch."

**No. 202** *Mimosa invisa* MART. var. *inermis* ADELL (AFN0022)

*kopa* (DOP1)

Observations: An herb planted in the house yard.

Use: (A3 D3) Used as a philter, *dawa ya mapendo*; pound the leaves with other medicinal herbs, drink the juice, then become loved by anyone; (IFM3).

(J0) Introduced by the foreigners to plant between coffee trees; (IFM2).

(J3) Touch the leaves saying "kopa lala," then the leaves become put together; (IFM2).

**No. 203** *Mucuna poggei* TAUB. (AFN0196; AFN0353)

*nangungwa* (DOP1)

Observations: A woody vine growing in the grassland.

Use: (A5) Medicine for *mwanamimba*, a pain under the navel; pound the roots (*msisi*), boil it in the water, then use the decoction as an enema; (IFM3).

(J1) One feels itching much when being touched by the fruit; when the juice of a fruit goes into one's eye, the eye becomes harmed; (IFM1).

**No. 204** *Tephrosia vogelii* HOOK. f. (AFN0342)

*kabaka* (DOP1)

Observations: A subshrub growing commonly in the secondary forest.

Use: (E3) Leaves are pounded to use as fish poison; (IFM1).

(C9) The wood is used for a house post when no other wood is available; (IFM3).

(A3) People say that the leaf can be used for a purgative medicine, however, it is seldom used for a medicine of abdominal pains; (IFM3).

(J0) Belgians planted the trees in coffee plantations; (IFM3).

**No. 205** *Vigna luteola* (JACQ.) BENTH. (AFN0323)

*kishooma malenge* (DOP3)

Observations: An herbaceous vine.

Use: (A3) Medicine for an epidemic called *kijja*, which causes a dysentery; cook the leaves, drink the decoction and wash the eyes with it; or pound the leaves, use the extract as an enema for the patient, and make other people drink it; (IFM2).

**No. 206** *Vigna vexillata* (L.) BENTH. (AFN0110)

*muuvuguvugu* (DOP2)

Observations: An herbaceous vine growing on the roadside.

Use: (C7) The vine is used to tie up firewood in a bundle, but cannot be used for lashings in house construction; (IFM2).

Name etymology: *Muvuguvugu* means “those materials which can be used for lashings”; it is the general name for a cord.

## LILIACEAE

**No. 207** *Asparagus africanus* CHEV. (AFN0236)

*buwanga* (DOP4)

Observations: An herb growing in the primary forest.

Use: (A0) Medicine for a headache; the juice taken out from a pounded herb is poured into the nose; (IFM3).

(J0) The herb is put on the body as decoration at the wedding ceremony; (IFM3).

**No. 208** *Chlorophytum* aff. *sparsiflorum* BAK. (AFN0391)

*kilangalanga* (DOP3)

Observations: An herb primary growing in the montane forest.

Use: (J0) No usage; it is “*ilanga ya poli*,” i.e., *ilanga* (No. 25) herb in the forest; (IFM2).

**No. 209** *Gloriosa* sp.? (AFN0379)

*iliga ya kashishi* (DOP3)

Observations: An herbaceous vine growing on the roadside.

Use: (J2) It is dangerous to eat the bud

since it is poisonous; (IFM3).

**No. 210** *Gloriosa superba* L. (AFN0393)

*iliga ya kashishi* (DOP3)

Observations: An herbaceous vine growing on the roadside.

Use: (J2) The bud is poisonous; (IFM3).

## LOBERiaceae

**No. 211** *Loberia gibberroa* HAMSL. (AFN0283)

*mulumbu* (DOP2)

Observations: A short tree growing on the roadside.

Use: (A3) When a dog has many intestinal parasites, *teenya*, people burn a rat wrapped with this leaves and give it to the dog; (IFM2).

(A6) Medicine for intestinal worms, *nyoka ya teenya* (literally, snakes of parasites); the bark is pounded to squeeze the juice, the juice is used as an enema, then the patient takes meat soup; (IFM3).

## LOGANIACEAE

**No. 212** *Anthocleista* sp. (AFN0278)

*munbubanguba* (DOP1)

Observations: A tree growing in the primary forest and secondary forest.

Use: (A2) Medicine for pains in the bone, *mgonjwa ya kiha*; the leaves are burnt to ashes, then the ashes are mixed with oils and applied to an affected part; (IFM3). (C9) The trunk is used as a house post or a purlin; (OBS2).

(D) Used for a ritual of bearing twins; (IFM3).

**No. 213** *Nuxia congesta* R. BR. ex FRESSEN. (AFN0275)

*mugele* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (C9) The trunk is used for a house post; (OBS1). Wood is used for firewood and for making a pounder, *muhalo*; (IFM1).



**LORANTHACEAE**

**No. 214** *Loranthus* sp. (AFN0103)  
*nangolokolo* (DOP1)

Observations: A woody vine found on the roadside.

Use: (C1) The fruit is used to make birdlime, *bulembo*; cook the fruit in a pot with water; after cooked, soak it in the water for 2 days, take out the seed inside, and knead it until sticky; it becomes ready for birdlime; (IFM1).

Name etymology: The whole name signifies "a tree coming out from bird's droppings."

**No. 215** *Loranthus* sp. (AFN0372)  
*nangolokolo* (DOP1)

Observations: A shrub growing in the riverine forest.

Use: (A3) Medicine used when the blood is coming out from the breast of a postpartum woman; pound the leaves and use the extract as an enema; (IFM3).

(C1) The fruit is made into birdlime; (IFM1).

**LYCOPODIACEAE**

**No. 216** *Lycopodium cernuum* L.  
(AFN0238)  
*kagalambwa* (DOP2)

Observations: A fern growing in the swidden field.

Use: (A0) It is placed on the bed for keeping fleas, *tolotolo*, away from the bed; (IFM2).

(J0) It is one of the two kinds of *kagalambwa*; *kagalambwa* has 2 kinds; the other one is not used as a medicine for preventing fleas; (IFM2).

**No. 217** *Lycopodium clavatum* L.  
(AFN0346)  
*kabanbila wagoli* (DOP3)

Observations: An herb growing in the secondary bush.

Use: (A0) The herb is put on the bed like a mattress in order to keep insects away; (IFM2).

Name etymology: The word *wagoli* means chief's wife.

**MALVACEAE**

**No. 218** *Hibiscus macranthus* HOCHST.  
ex A. RICH. (AFN0381)  
*kifunga jiila kisoshi* (DOP1)

Observations: A shrub found in the house yard and the village sites.

Use: (C6) The bark is used as a lashing for any purpose; (IFM1).

(C9) The wood is used for the studs of a house, *kubalata nyumba*; (IFM2).

(A8) A young branch is split into two and the juicy inner part is applied to the wound, *kilonda*; (IFM3).

Name etymology: The word *jiila* means on the road, the word *-soshi* means male, and *ki* is a prefix meaning smallness. The whole name means "a small male *mufunga* shrub (No. 342) growing on the road."

**No. 219** *Hibiscus surattensis* L. (AFN0116)  
*ngoi*; *kanyalusheke* (DOP3)

Observations: An herb growing on the roadside.

Use: (A3) Medicine for a swelling, *kibimba*; grill the leaf, pound it and apply it to the affected part; (IFM2).

(C6) The fiber taken out from the bark is used to make a fishing net; (IFM2).

**No. 220** *Hibiscus surattensis* L. (AFN0244)  
*kinazo* (DOP3)

Observations: An herb found in the swidden field.

Use: (A3) Medicine for a swelling, *kibimba*; roast the leaf to make soft, apply it to the swelling; then the pus comes out and is cured; (IFM2).

**No. 221** *Pavonia urens* CAV. (AFN0187)  
*kifunga jiila* (DOP1)

Observations: A subshrub growing on the roadside.

Use: (A3) Medicine for the weakness of eyesight; boil the leaves in a little water and pat the eyes with this warmed leaf twice a day for 3 days; (IFM3).

(A5) Medicine for spirit-possession, *kifafa*; pound the root and drink the extract; (IFM3). Medicine for a wound; scrape the root, make it soft and apply it to the wound; (IFM3).

(J0) It belongs to a category of *kifunga jiila* with largest-sized leaves, and the leaves make us itching much; (IFM3).

**No. 222** *Sida rhombifolia* L. (AFN0174)  
*kabubu* (DOP2)

Observations: A small shrub growing on the roadside and village site.

Use: (C0) The whole part of plant is used in making the first step of the lath of a roof of cone-cylinder type house, *kishenge*; is used as a broom; (OBS1).

(A3) The leaves are pounded together with the leaves of *ndondowile* (No. 79), their juice is drunk as a medicine for removing food poison, *kula sumu*, and for abdominal pains; (IFM2).

**No. 223** *Urena lobata* L. (AFN0170)  
*kifunga jiila* (DOP1)

Observations: A subshrub growing in the house yard.

Use: (J0) The category of *kifunga jiila* is divided into 3 subcategories according to the leaf size; this is a subcategory with medium-sized leaves and of no use; (IFM3).

Name etymology: *Kifunga* signifies a small *mufunga* (No. 342), *jiila* means on the road, and the whole meaning is "a small *mufunga* shrub (N0. 342) on the road."

## MARANTHACEAE

**No. 224** *Thaumatococcus daniellii* (BENN.) BENTH. (AFN0444)  
*igungu*; *magungu* (pl.) (DOP1)

Observations: A big herb commonly growing in the primary forest. It grows very commonly in the primary forest around Kasika area.

Use: (C3) Leaves are used for thatching a roof and for wrapping; (OBS1).

(C4) Stems are used to braid a mat; (OBS1).

**No. 225** *Marattia fraxinea* J. SMITH (AFN0215)

*itonangwa* (DOP3)

Observations: A fern growing in the riverine forest.

Use: (A5) The root is used as a medicine for constipation, or a pain in the abdomen just below the navel; root is cut into pieces, boiled in the water, then the decoction is used as an enema; (IFM1).

## MELASTOMATACEAE

**No. 226** *Calvoa orientalis* TAUB. (AFN0433)

*kajele luwiji* (DOP2)

Observations: An herb found in the primary montane forest.

Use: (A3) Medicine for *maladie mingi*; pound the leaf, make it warm over the fire, and use its liquid as an enema; (IFM2).

(B3) The leaf is edible; usually eaten in the forest; (IFM2).

**No. 227** *Calvoa subquinquervia* DE WILD. (AFN0322)

*kajele kwi luwiji* (DOP2)

Observations: An herb found in the primary forest.

Use: (B3) The leaf is eaten after cooked when travelling in the forest; (IFM2).

(A3) Medicine for *maladie mingi*; pound the leaf, make it warm over the fire, and use its liquid as an enema; (IFM2).

**No. 228** *Dicellandra* sp. (AFN0082)

*tanganika musoshi* (DOP3)

Observations: An herb growing in the secondary forest.

Use: (A3) Medicine for *changa*; it is considered very bad that a husband has an sexual intercourse with other woman while his wife is pregnant, since they believe the baby may not be normally born; if such case occurs, the husband and wife should take some medicine called *dawa ya changa*; pound the leaf and take it with water, or eat the leaf as it is; (IFM3).

(J0) It belongs to a category of *tanganika*; this grows bigger and considered as a male



kind; (IFM3).

Name etymology: *Musoshi* means male.

**No. 229** *Dichaetanthera corymbosa* (COGN.) JACQ.-FEL. (AFN0096)  
*mudutuu* (DOP1)

Observations: A tall tree growing in the secondary forest.

Use: (A6) The bark is used together with *muhanga* (No. 253) and *nalgundu* (No. 5) as a medicine for abdominal pains and the swelling of a leg; (IFM3).

(C9) The trunk is used for firewood and a house post; (OBS1).

**No. 230** *Dissotis alata* A. & R. FERNANDES ? (AFN0349)  
*kaama* (DOP4)

Observations: An herb growing in the secondary bush.

Use: (A3) The leaves are used as a medicine for a bellyache; the leaves are pounded together with those of *gumba* (No. 391) and *lulimi luguma* (No. 81), soaked in the water, and then the liquid is taken; (IFM3).

**No. 231** *Guiyonia ciliata* HOOK. f. (AFN0044)

Unknown

Observations: An herb (creeper) growing in the secondary forest.

Use: No usage

**No. 232** *Melastomastrum segregatum* (BENTH.) A. & R. FERNANDES (AFN0999)  
*tanganika* (DOP3)

Observations: An herb growing on the roadside.

Use: A3 J0; same as No. 233.

**No. 233** *Tristemma leiocalyx* COGN. (AFN0036)  
*tanganika* (DOP3)

Observations: An herb growing on the roadside.

Use: (A3) Used as a medicine for *changa*, something wrong in the abdomen of a pregnant woman, and for *bitambo*, a swelling in the leg of a pregnant woman; for the latter the juice of pounded leaves is used as an

enema for both wife and husband; (IFM2).

(J0) The category of *tanganika* is divided into 2 different subcategories; (IFM3).

## MELIACEAE

**No. 234** *Carapa procera* DC.? (AFN0363)  
*mukwe* (DOP3)

Observations: A tall tree growing in the primary forest.

Use: (C9) The wood is used for making a spoon, *mwiko*; is also used as a house post; (IFM3).

(J1) The seeds are dried, pounded, boiled in the water; then the oil is extracted out of it, which is used for applying the body or hair as a cosmetic. The oil extracted out of its seeds is called *mafuta ya asili*, and was commonly used after taking a bath before the introduction of soap; (IFM2).

**No. 235** *Trichilia cf. rubescens* OLIV. (AFN0383)  
*ifundi* (DOP4)

Observations: A tall tree growing in the riverine forest.

Use: (C9) The wood is used for house posts and firewood; (IFM3).

## MENISPERMACEAE

**No. 236** *Cissampelos mucronata* A. RICH. (AFN0359)  
*kilibaata* (DOP2)

Observations: An herbaceous vine growing on the roadside.

Use: (A3 D3) Medicine for reconciling ones who are antagonistic with each other; pound the leaves, wash their body with the extract and drink it a little; (IFM3).

(A5 D5) Medicine for an illness of *kibimba*, a swelling in the leg; fasten the subterranean stem with a rope made of *ibondo* (No. 260; *Raphia* sp.), bite the stem and chant a spell spitting over the swelling; (IFM3).

(A/) Most people know that it is used as a medicine but have no exact knowledge on how to use; (IFM1).

**METEORACEAE**

**No. 237** *Pilotrichella* cf. *sordido-iridis* C.M. ex DUSEN. (AFN0055)

*lufuko* (DOP2)

Observations: A moss, an epiphyte growing in the secondary forest.

Use: (CO) The moss is used as toilet paper; used as a tinder when making a fire; (IFM2).

**MONIMIACEAE**

**No. 238** *Xymalos monospora* (HARV.) BAILL. ex WARB. (AFN0051)

*kakondameeju* (DOP 1)

Observations: A large tree growing commonly in the secondary forest.

Use: (C9) The wood is very good for making a spoon, *mwiko*; is used for a house post and firewood; (OBS1).

(J0) Some says it is not good for firewood; (IFM3).

**MORACEAE**

**No. 239** *Ficus asperifolia* MIQ. (AFN0203) *kalembe kalutonga* (DOP3)

Observations: A woody vine growing in the riverine forest.

Use: (C9) The vine is used for the laths of a house and the rim of a fish hand net; (IFM2).

(H8) Birdlime is made out of the sap; (IFM3).

**No. 240** *Ficus* cf. *conraui* WARB. (AFN0209)

*mushulushulu* (DOP3)

Observations: A tree growing in the riverine forest.

Use: (A6) Medicine for an abdominal pain due to constipation; the bark is boiled together with the branch of a tree *mumbukumbuku* (No. 405) in the water, and the decoction is used as an enema; (IFM3).

(C9) Wood is used for firewood; (IFM2). The trunk is used to make a fence and *kahala*, a rack for drying cassavas in the sun, but is never used for constructing a

house; (IFM2).

(I1) A kind of bird named *popo* comes to eat the fruits; (IFM3)

**No. 241** *Ficus exasperata* VAHL (AFN0254) *lukenga* (DOP1)

Observations: A tree growing in the secondary forest and the primary forest.

Use: (A6) Medicine used for an illness of heart, *dawa ya moyo*; decoct the bark together with the leaves of *nbatama* (No. 271) and *kimumu* (No. 312), and drink the liquid; (IFM3).

(C3) The hairy leaves are used for polishing board or ivory bracelets and washing plates; (IFM1).

(C9) Used for firewood; (IFM1). The wood is used for a house post; (IFM3). The wood is made into a tub named *lukenji* for making banana wine; (IFM1; OBS2).

**No. 242** *Ficus ovata* VAHL (AFN0009) *mukobe* (DOP2)

Observations: A tree found in the house yard.

Use: (C6) The bark is pounded until it becomes sticky, then it is used as birdlime; (IFM2).

(C9) Used for firewood; (IFM3).

(J0) The tree called *mulondolondo* (cf. *mulondo*; No. 243) is considered a similar kind, but has smaller leaves (IFM3).

**No. 243** *Ficus thonningii* BL. (AFN0012; AFN0040)

*mulondo* (DOP1)

Observations: A tree growing in the village site.

Use: (C6) The bark is beaten to make a bark cloth; (IFM1). The bark is pounded to make birdlime; (IFM1).

(J0) It is usually planted beside a house when a child is born; (IFM3).

**No. 244** *Ficus vallis-choudae* DEL. (AFN0233)

*kitobolo* (DOP1)

Observations: A tree growing in the primary forest and the secondary forest.

Use: (C9) Used for firewood; (IFM1). The

trunk is scooped out to make a tub for making banana wine; (IFM3).

(H9) A kind of edible worm named *tobolo* comes out on the trunk; (IFM1).

(I1) A kind of bird named *popo* comes to eat the fruits; (IFM3).

(J0) It is said that the soil of a place where this grows is fertile and good for cultivating crops; (IFM3).

(J9) Since the trunk is not straight, it is not good for the use as construction materials; (IFM3).

**No. 245** *Ficus* sp. (AFN0234)  
*idota* (DOP3)

Observations: A tree growing in the riverine forest.

Use: (C8) The sap is gathered and used to make birdlime; (IFM2).

(C9) Used for firewood; (IFM3).

(J9) Since the trunk is not straight and strong, it is not used in house construction; (IFM3).

**No. 246** *Ficus* sp. (AFN0312)  
*mouganjokka* (DOP1)

Observations: A medium tree in the secondary forest.

Use: (A6) Medicine for an illness of the heart; the bark is pounded together with leaves of *nbatama* (No. 271) and *kimumu* (No. 312); all are boiled in the water, then the decoction is taken; (IFM3).

(C3) The leaves are used for polishing the board; (IFM3).

(C9) Wood is good for firewood; (IFM1). The trunk is used for a house post; (IFM2). The trunk is hollowed to make a tub for making banana wine; (IFM3).

Name etymology: A word *jokka* means the snake; the whole meaning is "even a snake cannot go up the trunk"; the name is the metaphor of its smoothness.

**No. 247** *Ficus* sp. (AFN0407)  
*kamimbi* (DOP1)

Observations: A tree planted or growing wild in the house yard; it also grows wild in the forest.

Use: (A6) Used as a vermifuge; the bark is

pounded and cooked well in the water, then the decoction is taken in the morning; (IFM3).

(C6) The bark is made into a bark cloth; (IFM3).

(C9) The trunk is used for firewood; is stuck into the ground to make a fence, then it can take root naturally; (IFM2).

(I1) A kind of bird comes to eat fruits; (IFM3).

**No. 248** *Musanga cecropioides* R. BR.  
(AFN0048)  
*mushaki* (DOP2)

Observations: A tall tree growing in the secondary forest.

Use: (C9) The trunk is used as a house post; (IFM3). The trunk was used to make a shield for battle formerly; (IFM2).

(J9) The wood is not good for firewood, since it only burns to ashes; (IFM3).

Name etymology: The name means a shield for battle in Basile.

**No. 249** *Myrianthus* cf. *preussii* ENGLE.  
subsp. *seretii* (DE WILD.) DE RUI.  
(AFN0325)  
*kisike* (DOP1)

Observations: A tree growing in the primary montane forest.

Use: (A6) Medicine used for a swelling in the leg, *dawa ya mulonge*; the juice extracted from pounded bark is rubbed to the swelling; (IFM3).

(B1) The fruit is edible; (IFM1).

(C9) The wood is used for a house post; (IFM3). The wood is also used for firewood; (IFM1).

**MYRICACEAE**

**No. 250** *Myrica salicifolia* HOCHST. ex  
A. RICH. subsp. *mildbraedii* (ENGL.) POL-  
HILL (AFN0126; AFN0280)  
*kijiki* (DOP1)

Observations: A tree growing in the secondary forest.

Use: (A6) The bark is dried in the sun, pounded into the powder, then put in the nostrils of a seriously ill person; if the

patient doesn't sneeze, the doctor, *mganga*, diagnoses that he is dying and leaves him without any treatments; (IFM3). The decoction of the bark is also used for a gargle in case of toothache; (IFM3).

(C8) The powder of bark is mixed with water and used for coloring a flat basket, *lungo*; (IFM1).

(C9) The wood is used for firewood; (IFM1). The wood is used for a house post; (IFM1; OBS2).

### MYRSINACEAE

**No. 251** *Afrardisia* sp. (AFN0279)

*kakoma* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (C9) The wood is used for firewood and a house post; (OBS1).

(J0) *Kakoma* tree is considered the same kind as *muhamu* tree (No. 269), and an informant often mistook *kakoma* tree for *muhamu* tree; (IFM3).

**No. 252** *Embelia schimperi* VATKE (AFN0295)

*bukalagata* (DOP1)

Observations: A tree growing in the secondary forest.

Use: (A1) Medicine used as an anthelmintic for a parasite called *ligembe*; pound the fruits, soak them in the warm water, take the liquid before breakfast in the early morning; (IFM1).

**No. 253** *Maesa lanceolata* FORSK. (AFN0093; AFN0193; AFN0198)

*muhanga* (DOP1)

Observations: A short tree growing commonly in the secondary forest.

Use: (C9) Wood is good for firewood; (IFM1). Wood is good for a live coal; (IFM3). The trunk is used for a house post; (OBS2).

(A6) Medicine for an abdominal disorder; the bark is pounded and decocted with the bark of *mudutuu* (No.229), and the decoction is used as an enema; (IMF3).

(I1) A kind of bird comes to eat fruits;

(IFM3).

### MYRTACEAE

**No. 254** Unidentified. (AFN0271)

*kishuu* (DOP3)

Observations: A tree growing in the secondary forest and the primary forest.

Use: (C6) The bark is pounded into powder to use for coloring a basket; (IFM3).

(C9) The wood is used for a house post; for firewood; (IFM1).

### OLEANDRACEAE

**No. 255** *Nephrolepis undulata* (AFZ. ex SW.) J.SMITH (AFN0179)

Unknown

Observations: A fern growing in the house yard and on the roadside.

Use: (A3) Medicine for *wazimu*, an evil spirit; boil the leaf in the water mixed with chicken's blood, and give an enema to the patient with this liquid; (IFM3).

(J0) It belongs to a category of *kilele*; (IFM3).

### ORCHIDACEAE

**No. 256** *Anisopetalon alboviolaceum* (BENOIST) E. HUSSAIN (AFN0406)

Unknown

Observations: An herb growing in the primary montane forest.

Use: No usage.

**No. 257** *Eulophia* sp. (AFN0425)

*kalende* (DOP4)

Observations: An herb growing in the primary montane forest.

Use: (G5) People say not to eat the tuber since it is poisonous; (IFM2).

### OXALIDACEAE

**No. 258** *Biophytum sensitivum* (L.) DC. (AFN0100)

*shalaya fungwe*; *shalaya nunda* (DOP3)

Observations: An herb growing on the roadside.

Use: (A3 D3) Used at a ritual for twins-delivering, *dawa ya mapasha*; tie the herb around the head and body and dance during the ritual; a chief of the village did this ritual twice, since his wife was delivered of twins twice; (IFM2).

**No. 259** *Oxalis corniculata* L. (AFN0141) *kadiku* (DOP3)

Observations: An herb growing in the house yard.

Use: (A3) The leaf is used as a medicine for an ailment in the eyes; pound the leaves to squeeze juice, and pour the juice into the eyes before sleeping; (IFM3).

(A3 D3) The leaf is also used as a philter; if a man who puts the pounded leaf in his mouth speaks to a woman, then the woman never refuses his proposal; (IFM3).

(B3) The leaf is edible; (IFM3).

## PALMAE

**No. 260** *Raphia* sp. (AFN0188) *ibondo* (DOP1)

Observations: A tree often planted or protected in the forest.

Use: (B8) After cutting down a tree, the sap is collected from the trunk to make palm wine; (OBS1).

(C3) The epithelia of young leaves called *biku* are collected and dried to make a rope; (OBS1). Rachides are bundled to make a broom; (OBS1). Leafstalk is braided one by one to make a door; (OBS2).

(CX) Dried fibers out of sheaths are so strong that can be used to make traps and baskets; (OBS1).

**No. 261** *Sclerosperma mannii* WENDL. (AFN0500) *nbiji*

Observations: A tree growing in the primary forest; it grows not in Kilimbwe area but in Kasika area near Legaland.

Use: (C3) The leaves are used for thatching a roof; since it grows not in Kilimbwe area but in Kasika area near Legaland, leaves are usually brought from Kasika; (OBS2).

## PASSIFLORACEAE

**No. 262** *Adenia rumicifolia* ENGL. & HARMS var. *rumicifolia* (AFN0072) *luwambala bahasha* (DOP3)

Observations: An herbaceous vine growing on the riverside.

Use: (A4 D4) Medicine for the delivery of twins, *dawa ya mapasha*; when a woman is delivered of twins, she has to wear this herbaceous vine around her neck and shoulder, and her baby has to make sit on the ring made of the vine; (IFM1).

(A5) Medicine for *mwenda wazimu*, spirit-possession; pound the root to extract the juice, and drink the juice 3 times a day, or apply it to his body. An illness of *mwenda wazimu* is classified into 2 types; one is caused by a black magic of some evil minded, the other is actual madness; people consider that the latter type can never be cured; (IFM2).

Name etymology: *Luwambala* means "to get out of a difficulty or to save," and *bahasha* means "twins"; the whole meaning is "to save the delivery of twins."

**No. 263** *Efulensia montana* DE WILD. (AFN0403) *kigushu* (DOP3)

Observations: A woody vine growing in the primary forest and the secondary forest; leaves are alternate and palmately compound.

Use: (C7) The vine is used as a lashing for house construction; lashing for making an animal trap and for other purposes; (IFM1). The vine is torn into pieces and used for making a flat basket, *lungo*; (IFM2).

(J0) This belongs to a category of *mukala*; one said that a piece torn from the vine was too soft to make a flat basket, *lungo*; (IFM3).

## PHYTOLACCACEAE

**No. 264** *Phytolacca dodecandra* L'HERIT. (AFN0361) *luhokolo* (DOP1)

Observations: An herb growing on the

roadside.

Use: (A3) Used as an antitoxin; pound the leaves and used the extract as an enema; (IFM2).

(J3) Poisonous herb, and one can not drink the juice of leaves; (IFM2).

## PIPERACEAE

**No. 265** *Peperomia arabica* MIQ. (AFN0307)

*kajele luwiji* (DOP2)

Observations: An herb growing in the primary forest.

Use: (A3) Medicine for *maladie mingi*; use the juice of pounded leaves as an enema after making it warm; (IFM2).

(B3) The leaf is edible; (IFM2).

**No. 266** *Piper capense* L.f. (AFN0018; AFN0207)

*kashogu luwiji*; *kashungu luwiji* (DOP2)

Observations: A creeper growing on the roadside.

Use: (A0) Medicine for *mwanamke wazazi*; used for a postnatal woman in 3 or 4 days after the delivery to remove all the impurity from her abdomen or her body; pound well the herb, soak it in the water, and use the liquid as an enema; (IFM1).

(A3) Used as an enema twice to remove all the impurity from a postnatal woman after the delivery, after 2 or 3 days and after 6 or 7 days; cook the leaves in a pot with those of *bilabondo* (No. 268) and *lugundu* (undetermined); half portion is used for washing her body and the other half for giving an enema to her; (IFM1).

Name etymology: *Luwiji* signifies "vine."

**No. 267** *Piper guineense* SCHUM. & THONN. (AFN0028)

*bunjululu* (DOP1)

Observations: An herbaceous vine growing in the village site.

Use: (A0) Medicine for an illness of *mwanamimba*, pain under the navel; the decoction of an herb is used as an enema; (IFM3).

(A5) Used for an illness of the belly; the

juice taken from pounded roots is used as an enema; (IFM3).

(B1) The fruit is dried, pounded and used as a spice for food; (IFM1).

**No. 268** *Piper umbellatum* L. (AFN0019) *bilabondo* (DOP2)

Observations: A shrub growing on the roadside.

Use: (A3) Medicine for *mwanamke wazazi*; is used for a postnatal woman to free from dirt in the belly; the juice of pounded leaves is mixed with water and used as an enema; (IFM1). Medicine for a swelling; the juice of leaves is rubbed onto the affected part; (IFM2).

(A3 D3) Used as a philter, *dawa ya mapendo*; the juice of leaves is applied to the body with oils; (IFM3).

## PITTOSPORACEAE

**No. 269** *Pittosporum mannii* HOOK. f. subsp. *ripicola* (LEON.) CUF. (AFN0274)

*muhama* (DOP3)

Observations: A medium tree growing in the secondary forest and the primary forest.

Use: (C9) The trunk is used for a house post; (OBS1). Wood is used for firewood; (IFM2).

**No. 270** Unidentified (AFN0401)

*luggoji* (DOP3)

Observations: A tree growing in the primary forest.

Use: (C9) The wood is used for a house post; for firewood; (IFM3).

## PLANTAGINACEAE

**No. 271** *Plantago palmata* HOOK. f. (AFN0007; AFN0002)

*nbatama* (DOP2)

Observations: An herb growing in the village site.

Use: (A3) The leaves are used as a medicine; for a heart ailment, pound the leaves and drink their juice mixed with honey; for a pain in the joints, grill the leaf and apply it to the affected part; (IFM2).



**PODOCARPACEAE**

**No. 272** *Podocarpus* sp. (AFN0027)  
*mufumbo* (DOP2)

Observations: A tree planted in the village site.

Use: (C9) The trunk is sawn into board, which is used for house construction; (IFM2).

(J0) Belgians recommended the Nyindu to plant the tree for getting boards. At Mufuji area it grows naturally, and people use its wood for firewood; (IFM2).

**No. 273** *Podocarpus* sp. (AFN0402)  
*niitie* (DOP1)

Observations: A tall tree growing in the primary forest.

Use: (C6) The bark is used for coloring a basket into red; (IFM1).

(C9) Used for firewood; (IFM2). The wood is good for making charcoals used in smithery; (IFM3). The trunk is used as a house post; (IFM2).

**POLYGALACEAE**

**No. 274** *Polygala ruwenzoriensis* CHO-DAT. (AFN0348)

Unknown

Observations: An herb growing in the secondary forest.

Use: No usage; informant knew neither its vernacular name nor its usage.

**POLYGONACEAE**

**No. 275** *Polygonum salicifolium* BROUSS. ex WILLD. (AFN0115)

Unknown

Observations: An herb growing in the swamp.

Use: (A3) Used as a medicine when a baby grows 2-3 months old; burn the leaf with the feather of a black-colored chicken, put them in the water, and then give an enema to the baby with the liquid; it is to purify the belly of a baby; (IFM3).

**No. 276** *Polygonum setulosum* A. RICH.

(AFN0173)

Unknown

Observations: An herb growing in the house yard and the swamp.

Use: (A3) Used as a medicine when a 3-5 months old baby cries much due to abdominal pains; burn the leaf with the feather of chicken into ashes, put the ashes into the water, and then give an enema to the baby with this water; (IFM3).

(J0) It belongs to the same group as No. 275; (IFM3).

**No. 277** *Rumex abyssinicus* JACQ. (AFN0291)

*kilengelenge* (DOP2)

Observations: An herb growing on the roadside and in the swidden field.

Use: (A3) Medicine for a headache, *makungulu*; pound the leaves, mix them with little warm water, extract the juice, and drink a half cup of it; (IFM2).

(B3) Young leaves are edible; (OBS2).

**No. 278** *Rumex bequaertii* DE WILD. (AFN0064)

*mufumba* (DOP2)

Observations: An herb growing in the village site.

Use: (A3) Medicine for a swelling in the leg; pound the leaves and apply them to the affected parts; ((IFM1).

(A5) Medicine for an abdominal pain; pound the root, soak it in the water and drink the liquid; (IFM3).

(A5 D5) Medicine for *changa*; used when a woman gets pregnant after the sexual relations with different men; the root is grilled on the fire, and eaten by those men who have the relation with her for examining who is the father; (IFM3).

**No. 279** *Rumex usambarensis* (ENGL. ex DAMMER) DAMMER (AFN0416)

*kabumba luguttu* (DOP2)

Observations: An herb growing in the village site.

Use: (A3) The leaf is used as a medicine for an ear ailment, *dawa ya masikio*; after the



leaves are pounded, half portion of it is soaked in cold water and the other half is in hot water; each liquid is poured into the ear turn by turn; (IFM1).

### POLYPODIACEAE

**No. 280** *Drynaria laurentii* (CHRIST) HIERN. (AFN0354)

*kanbehe* (DOP3); *kagalambwa* (DOP2)

Observations: A fern growing in the secondary forest.

Use: (A3 D3) Used for a love magic; burn leaves into ashes, mix the ashes with oil, and rub it on the face or to the hand and the leg; (IFM3).

(C3) A leaf can be used as a paper for cigarettes; (IFM3).

**No. 281** *Microgramma owariensis* (DESV.) ALSTON (AFN0350)

*kanbehe* (DOP3); *kagalambwa* (DOP2)

Observations: A fern growing in the secondary forest.

Use: (A0) When a woman gets a menstrual disorder, especially a menorrhagia, she puts this fern on her body for 3 days; then she is considered to be well; medicine for an abdominal disorder; medicine for spirit-possession, *mwenda wazimu*; (IFM3).

(A0 D0) Used for a magic of causing a sunny day; (IFM2).

**No. 282** *Microsorium punctatum* (L.) COPEL. (AFN0088)

*ilanga mushuka* (DOP4)

Observations: A fern; epiphyte growing in the secondary forest.

Use: (A3) The leaf is used to cure one who is possessed by an evil spirit, *mwenda wazimu*; the one is called as *mtu anapanda mwendawazimu* or *mtu anapanda wazimu*; the leaves are boiled in the water and the decoction is used as an enema. If the patient can be cured by the application of this medicine, then people judge the illness is caused by *muloji*, a black magic; (IFM3).

**No. 283** *Microsorium scolopendrium* (BURM.f.) COPEL. (AFN0355)

*kanbehe* (DOP3)

Observations: A fern growing in the secondary forest.

Use: (A0 D0) Used for a magic of causing a sunny day; (IFM2).

### PORTULACACEAE

**No. 284** *Portulaca oleracea* L. (AFN0153)

*nboga nene*; *kaboga* (DOP2)

Observations: An herb (creeper) growing in the house yard.

Use: (A3) Medicine for an ailment in the heart; burn the leaves with salt and take them; (IFM3).

(B3) The leaf is a little bit bitter (*uchungu*) in taste but edible; (IFM1).

(J0) It belongs to a category of *nboga* (or *lengalenga*); the words of *nboga*, *lengalenga* and *kijele* are mostly used for the same meaning as vegetables; (IFM1).

### PRIMULACEAE

**No. 285** *Lysimachia ruhmeriana* VATKE (AFN0127)

*mulongwe* (DOP4)

Observations: An herb growing in the village precincts.

Use: (A1 A3) Medicine for an ailment in the heart; pound the seeds alone or with its leaves, and eat grilled bananas with the mixture of the juice and oil; (IFM3).

### PROTEACEAE

**No. 286** *Grevillea robusta* A. CUNN. (AFN0442)

*gelebeeliya* (DOP3)

Observations: A tree planted by Belgians on the roadside.

Use: (C9) The wood is good for sawing a board for any purpose; (IFM2). The wood is used for a house post; (IFM3).

### PTERIDACEAE

**No. 287** *Pteris prolifer* HIERN. (AFN0192; AFN0242)

*kilelele* (DOP1)

Observations: A fern growing in the grassland and village precincts.

Use: (C0) Ferns are used as a mattress when people camp in the forest; (IFM3). (J0) A kind of *kilele* with no usage; (IFM3).

### RANUNCULACEAE

**No. 288** *Thalictrum rhyncrocarpum* DILL. & RICH. (AFN0395)

Unknown

Observations: A shrub growing in the primary montane forest, 1560m above sea level

Use: (A3) Medicine for a pain in the chest; cut the chest a little, then rub there the ashes of burned leaves; (IFM3).

### ROSACEAE

**No. 289** *Magnistipula* sp. (AFN0432) *mulembwe* (DOP2)

Observations: A tree growing in the primary forest.

Use: (C9) The trunk is used to make a walking stick, the shaft of a spear, the pole of a spring trap; is used as a house post and firewood; (IFM2).

**No. 290** *Rubus pinnatus* WILLD. var. *afrotropicus* (ENGL.) C. E. GUST. (AFN0225; AFN0258)

*mugangafwe*; *mangeela* (DOP3)

Observations: A woody vine growing in the riverine forest and on the roadside.

Use: (A7) Medicine for coughing up blood, *kuhora damu*; burn the vine into ashes and make the patient lick the powder; (IFM3).

(B1) Fruits are edible and taste sweet; (IFM3).

(J0) It is also called *mushenge*; (IFM3).

### RUBIACEAE

**No. 291** *Canthium* sp. (AFN0424)

Unknown

Observations: A woody vine growing in the secondary forest.

Use: No usage.

**No. 292** *Cinchona ledgeriana* MOENS. (AFN0447)

*kankina* (DOP1)

Observations: A tree planted in fields.

Use: (C9) The wood is used for a house post; (OBS2).

(J6) The bark is stripped and sold in the market; (OBS2).

**No. 293** *Diodia sarmentosa* SW. (AFN0058) *chumumu* (DOP1)

Observations: An herb growing in the village precincts.

Use: (A0) Medicine for an illness of *tumbu kukata*, abdominal pains with gurgling, but without diarrhea; the juice of a pounded herb is taken or used as an enema. There are 3 kinds of bellyache, one is just feeling pains without diarrhea, another is feeling pains with gurgling but without diarrhea, and the third is feeling pains accompanied by diarrhea; (IFM1).

(A3) Medicine for a dysfunction of the heart; boil the leaves with the leaves of *nbatama* (No. 271), and drink the decoction with honey; (IFM2).

**No. 294** *Guttenbergia cordifolia* (BENTH.) S. MOORE (AFN0365)

*kahenekeelu* (DOP3)

Observations: An herb growing in the house yard.

Use: (A0 D0) Used to purify the pregnancy, if some woman becomes pregnant during a serious illness spreading in the village; the herb is boiled with other 2 herbs like tea leaves, then the decoction is used to wash the pregnant woman and her husband. When some woman becomes pregnant, it is dried, boiled in a pot in the communal hut; all the women and men in the settlements gather there to drink the decoction; if people don't do this, men cannot go hunting, trapping or fishing; (IFM3).

**No. 295** *Lasianthus kilimandscharicus* K. SCHUM. subsp. *kilimandscharicus* (AFN0384)

*kineke kilungwe* (DOP3)

Observations: A short tree growing in the

primary montane forest.

Use: (C9) The wood is used for firewood and a house post; (IFM2).

(A/) Used as a medicine; (IFM2).

(J0) It is also called *kitegamabole ya poli* (literally, *kitegamabole* in the forest), and is considered to belong to the same category as *kitegamabole*; (IFM3).

**No. 296** *Mitragyna rubrostipulosa* (K. SCHUM.) HAVIL. (AFN0338)  
*mukombwe* (DOP2)

Observations: A tree growing in the secondary forest and the primary forest.

Use: (A/) Used as a medicine for an enema; (IFM2).

(C9) The wood is good for firewood; charcoals can be made of it; (IFM2). The trunk is used for a house post and for making a fence; (IFM3). The trunk is also considered to be good for making a spoon, *mwiko*, but not good for making a pounder because of its heaviness; (IFM3).

(I1) The bird named *kamamba* (*tu-*), a kind of dove, comes to eat fruits; (IFM3).

**No. 297** *Morinda titanophylla* PETIT (AFN0217)  
*fulubili* (DOP4)

Observations: A tall tree in the primary forest and the secondary forest.

Use: (A3) The juice squeezed out from pounded leaves is taken for abdominal pains, *dawa ya tumbu*; (IFM3).

(C9) The trunk is used for firewood and house construction; (IFM3).

Name etymology: The word *fulubili* signifies a phallus.

**No. 298** *Mussaenda arcuata* POIR. (AFN0343; AFN0245)

Unknown

Observations: An herb growing in the secondary bush.

Use: (A3) Medicine for *buba*; a feeling of an itch under one's arms; pound the leaf and apply its juice there; (IFM3).

**No. 299** *Oxyanthus formosus* HOOK. f. (AFN0434)

*kalande* (DOP4)

Observations: A tree growing in the primary forest.

Use: (C9) The wood is used for a house post, firewood and the pole of a spring trap; (IFM3).

**No. 300** *Pseudosabicea arborea* (K. SCHUM.) N. HALLE. subsp. *bequaertii* (DE WILD) VERD. (AFN0397)

*teikya muttima* (DOP3)

Observations: A woody vine growing in the primary montane forest.

Use: (A3) Medicine for a cough and a heart ailment like hard breathing; for a cough, dry the leaf and use it for smoking; for a hard breathing, drink the juice of pounded leaves or use the dried leaf for smoking; (IFM1).

**No. 301** *Psychoria avakubiensis* DE WILD. (AFN0303)

Unknown

Observations: A short tree growing in the primary forest.

Use: (C9) The trunk is used as materials for house construction and for making the fence of an animal trap, *lugoggwe*; (IFM3).

**No. 302** *Psychotria bagshawei* PETIT (AFN0202)

*kineke* (DOP2)

Observations: A medium tree growing in the secondary forest.

Use: (C9) The wood is used for a house post; (IFM3). The wood is also used for firewood; (IFM1).

**No. 303** *Psychotria peduncularis* (SAL- ISB.) STEYERM. var. *peduncularis* (AFN0047)

*lubondo* (DOP1)

Observations: A tree growing in the secondary forest.

Use: (A6) Medicine for a cramp in one's legs, *dawa ya kiha*; decoct the scraped barks with the branch of *munbubanguba* (No. 212) and massage the cramped part with the decoction; (IFM3).

(C9) wood is used for firewood; (IFM1).

The wood is used for a house post; (OBS2).

**No. 304** *Psychotria peduncularis* (SAL-  
ISB.) STEYERM. var. *semlikiensis* (DE  
WILD.) VERDC. (AFN0034)  
*mujiji* (DOP4)

Observations: A subshrub found in the sec-  
ondary forest.

Use: (D0) It is stuck inside the house in  
order to prevent evil spirits of *walozi* from  
entering; (IFM3).

Name etymology: A lexeme *mujiji* means a  
root.

**No. 305** *Psychotria peduncularis* (SAL-  
ISB.) STEYERM. var. *semlikiensis* (DE  
WILD.) VERDC. (AFN0205; AFN0356)  
*ikuto* (DOP3)

Observations: A shrub growing in the river-  
ine forest and the secondary forest..

Use: (D9) The branch is attached to the lin-  
tel of a house as a charm against evil spirits  
of *walozi*; (IFM2).

(D0) The whole plant is placed at the door  
as a charm against evil spirits of *walozi*;  
(IFM2).

**No. 306** *Psychotria succulenta* (HIERN)  
PETIT (AFN0282)  
*kitegamabole* (DOP3)

Observations: A medium sized tree grow-  
ing in the secondary forest.

Use: (C9) The wood is used for a house  
post; (OBS2). The wood is used for making  
a spoon and for firewood; (IFM2).

**No. 307** *Psychotria* sp. (AFN0094)  
*kineke* (DOP2)

Observations: A medium tree growing in  
the secondary forest.

Use: (C9) The wood is used for a house  
post; (IFM3). The wood is used for fire-  
wood; (IFM1). The wood is used for a sup-  
port to which the vine of a yam can creep  
up; (IFM3).

(A/) Medicine used as an enema; (IFM3).

**No. 308** *Psychotria* sp.? (AFN0300)  
Unknown

Observations: A short tree growing in the

primary forest.

Use: (C9) The wood is used for a house  
post and for making the fence of an animal  
trap; (IFM3).

**No. 309** *Rubia cordifolia* L. subsp.  
*conotricha* (GANDOG.) VERDC. (AFN0229)  
*lumole* (DOP1)

Observations: An herbaceous vine growing  
in the riverine forest.

Use: (A0) Medicine for an itch; pound the  
herb, mix it with mud in the river and apply  
that to the itched part; (IFM2). Medicine for  
*lubando*, an illness of having purulence all  
over the body; pound the herb and apply it  
to the body; (IFM1).

**No. 310** *Sabicea dewevrei* DE WILD. &  
TH. DUR. (AFN0221)  
*kabuusha* (DOP4)

Observations: A woody vine growing in the  
riverine forest.

Use: (J1) The fruit is smashed with a finger,  
then its juice is used to decorate the fore-  
head with some figures; (IFM2).

**No. 311** *Sabicea venosa* BENTH.  
(AFN0090)  
*kabuusha* (DOP4)

Observations: An herbaceous vine growing  
in the secondary forest.

Use: (J1) Ripened fruits are soft and black  
in color, which are used to draw a figure as  
an ornament on the face, or the body; the  
figure is easily washed away; (IFM2).

**No. 312** *Spermacoce princeae* (K.  
SCHUM.) VERDC. var. *pubescens* (HEPP.)  
VERDC. (AFN0175)  
*kimumu, chumumu* (DOP1)

Observations: An herb growing in the  
house yard.

Use: (A0) Medicine for a pain in the heart;  
boil the herb together with *nbatama* (No.  
274) herb and honey, and drink the decoct-  
ion; (IFM2).

(A3) Medicine for a child's illness; when a  
child has loose bowels, pound the leaves,  
add water to them, put them in the sun to  
warm a bit, and use the liquid to give an

enema to the child; (IFM1).

**No. 313** *Virectaria major* (K.SCHUM.)  
VERDC. (AFN0075; AFN0339)  
*kashoojiwa* (DOP1)

Observations: A shrub growing on the roadside.

Use: (A3) Medicine for a diarrhea; pound the leaves, mix their juice with local wine, and drink it; (IFM2).

(A0) Medicine for an abdominal pain, *dawa ya tumbu*; pound the herb with the leaves of *ifubia* (No. 361) and drink the juice; (IFM3).

(I1) The bird with a long beak named *mujenjegete* comes to eat fruits; (IFM1).

(IX) The honeybee also comes to collect the nectar; (IFM3).

(J0) It grows many on the fallow land; it is hard work to cut the tree down for making a new field; (IFM3).

**No. 314** Unidentified (AFN0382)

*ibugga* (DOP2)

Observations: A small tree growing in the riverine forest.

Use: (C9) The wood is used for firewood and a pillar; is also used for making a walking stick, the shaft of a spear, and the pole of a trap; (IFM1).

**No. 315** Unidentified (AFN0050)

*mulandamoni*; *lubondo* (DOP1)

Observations: A tall tree growing in the secondary forest.

Use: (C9) Used for firewood; (IFM1). The trunk is used as a house post; (OBS2).

(J0) *Mulandamoni* is the name derived from Kibembe, and its name in Kinyindu is *lubondo* (cf. No. 303); (IFM3).

## RUTACEAE

**No. 316** *Zanthoxylum* sp. (AFN0405)

*kanyabumbu* (DOP2)

Observations: A medium tree growing in the primary forest.

Use: (C9) The wood is used for a house post; a large wood is often sawn into boards for use; (IFM3).

(A6) The bark is dried, pounded into powder and then taken as a medicine for an ailment in the heart or the abdomen; (IFM3).

(G0) There is a story, *mifaano*, on this plant. Whenever step-mother does not like her stepchild, it would be better for her to bring back the firewood of this tree, then the mother can know to be disliked by the step-child; the story shows the wood is not good for firewood; (IFM3).

(J0) They say the tree is abundant in the Legaland; the name of this tree is the same in Kilega; the stature of Maria at the missionary station in Kasika is carved with this tree; (IFM2).

## SAMBUCACEAE

**No. 317** *Sambucus canadensis* L.  
(AFN0256)

Unknown

Observations: A tree introduced to plant in the village precincts.

Use: (C0) It is introduced by the Belgians to plant; now people plant it as a fence around a banana field or around a house yard; (IFM3).

## SAPINDACEAE

**No. 318** *Allophylus kiwuensis* GILG.  
(AFN0368)

*kashekelela* (DOP2)

Observations: A tree commonly growing in the riverine forest.

Use: (C9) The wood is used for house posts and basket rims; (IFM1).

(H3) The edible worm named *kashekelela* feeds on the leaves; (IFM1).

**No. 319** *Allophylus* sp.? (AFN0304)

Unknown

Observations: A woody creeper; epiphyte growing in the primary forest.

Use: (A3) Medicine for a fever; crumple the leaf and apply it to the nose for sniffing; (IFM3).

## SCROPHULARIACEAE

**No. 320** *Alectra sessiliflora* (VAHL) O. KUNTZE (AFN0287)  
*mweenii*; *mweni* (DOP2)

Observations: An herb growing on the roadside

Use: (A0) Medicine for an abdominal pain; burn the herb into ashes; cut a little around the navel, and apply the ashes there; (IFM3).

**No. 321** *Alectra sessiliflora* (VAHL) O.KTZE. var. *senegalensis* (BENTH.) MELCH. (AFN0439)

*mubenji ulilugono*; *lubenji lukono* (DOP3)

Observations: An herb growing in the swidden field.

Use: (A3) Medicine for an abdominal pain, *tumbu anakata*; cut a little around the navel and rub well the ashes of burned leaves there. Medicine for a headache, cut a little around the head and rub the ashes of burned leaves there; (IFM2).

**No. 322** *Lindernia diffusa* (L.) WETTST. (AFN0146)

Unknown

Observations: An herb (creeper) growing in the house yard.

Use: (A0) Medicine for a pain in the navel and for a diarrhea; pound the herb, and use twice its juice as an enema; (IFM3).

(JO) It is a brother herb of *kienda* (Nos. 87, 324); (IFM3).

**No. 323** *Lindernia diffusa* (L.) WETTST.; *L. nummulariifolia* (D.DON) WETTST. (AFN0149)

Unknown

Observations: An herb (creeper) growing in the house yard.

Use: (A0) Medicine for an abdominal pain; pound the herb, add a little water to it, and use the juice as an enema; (IFM3).

**No. 324** *Veronica abyssinica* FRES. (AFN0178)

*kienda* (DOP1)

Observations: An herb growing in the

house yard.

Use: (A3) Medicine for toothache; pound the leaf and put it mixed with salt on an ached tooth; (IFM1). Medicine for a diarrhea; pound the leaves with salt, make them into small pills; swallow 4 pills, then diarrhea stops; (IFM3).

(JO) The specimen has the same vernacular name as No. 87; an informant said both are different only in their flower's color (IFM3).

## SELAGINELLACEAE

**No. 325** *Selaginella* sp. (AFN0037)

*kagalambwa* (DOP2)

Observations: A fern growing in the secondary forest.

Use: No usage

**No. 326** *Selaginella* sp. (AFN0243)

*kagalambwa* (DOP2)

Observations: An herb growing in the swidden field.

Use: (A0 D0) Used as *dawa ya juu*, medicine for the sun; when it rains continuously and people want to make the weather fine, they make a fetish made of a horn and other herbs, fasten it with this fern, and then put the fetish on the rack, *kahala*; (IFM3).

(JO) This is the other kind of *kagalambwa*; (IFM3)

## SMILACACEAE

**No. 327** *Smilax kraussiana* MEISN. (AFN0033)

*lushuuli* (DOP1)

Observations: A woody vine growing in the secondary forest.

Use: (C6) After taking out sharp thorns, the vine is split into two or three, and used to make a pannier, *kitunga*, and a fish-scoop basket, *kafumbu*; (IFM1; OBS1). The vine is split and used for a lashing in house construction; (IFM2).

## SOLANACEAE

**No. 328** *Physalis micrantha* L. (AFN0167)



*lunbuufu* (DOP1)

Observations: An herb growing in the swidden field.

Use: (A3) Medicine for a pain in the knee; rub the knee with pounded leaves; (IFM3). Medicine used to give an enema to a baby; *dawa ya kuinamisha*; (IFM2).

(B1) The fruit is a little bit bitter, but is edible; (IFM2).

(J0) It is a kind of *buufu* (No. 329), i.e., a wild *buufu*; (IFM2).

**No. 329** *Physalis peruviana* L. (AFN0166) *buufu* (DOP1)

Observations: An herb cultivated in the field or escaped from the swidden field.

Use: (B1) The fruit is edible; (IFM1).

(J0) Introduced by the Belgians; (IFM2).

**No. 330** *Solanum aculeastrum* DUNAL (AFN0078)*lutobotobo* (DOP1)

Observations: A short tree growing in the village precincts.

Use: (A1) Medicine for *kongolishu*, a tuberculosis; the symptoms of an illness include a severe coughing and spitting with blood; the fruit is roasted on the fire until it becomes soft, then the patient licks it with salt in his mouth. A different procedure for using as a medicine for *kongolishu* is like this: the fruit is roasted on a pan, pounded into powder; and take the powder together with salt; (IFM1).

**No. 331** *Solanum capsicoides* ALLIONI; *S. aculeatissimum* JACQ. (AFN0375) *bitaani* (DOP3)

Observations: An herb growing in the riverine forest.

Use: (A1) Medicine for an illness of *mwanamimba*, pains under the navel; the fruit is pounded or cut into two pieces and soaked in the water; then the liquid is used as an enema. An illness of *mwanamimba* is described as an ailment of the womb in the dictionary, however, informant explained a pain under the navel caused by a constipation or an anuria; (IFM3).

(JX) It has many thorns which stick in the

legs; (IFM3).

(J0) Some says the herb is also called *kilungulungu*; (IFM3).

**No. 332** *Solanum nigrum* L. (AFN0117) *milunda* (DOP1)

Observations: An herb growing in the village precincts.

Use: (B3) The leaves are eaten frequently as a side dish for *ugali* (porridge); (IFM1; OBS1).

**No. 333** *Solanum nigrum* L. (AFN0162) *shogoji kidowe* (DOP1)

Observations: An herb growing in swidden fields.

Use: (B3) The leaf is a little bit bigger and bitter, but edible; (IFM1).

(J0) It belongs to a category of *milunda*; (IFM1).

Name etymology: *Shogoji* is a general category for wild vegetables growing in the fields.

**No. 334** *Solanum nigrum* L. (AFN0163) *shogoji milunda* (DOP1)

Observations: An herb growing in swidden fields.

Use: (B3) Leaves are often cooked as a side dish for *ugali*; (IFM1; OBS1).

**No. 335** *Solanum terminale* FORSK. subsp. *sanaganum* (BITTER) HEINE (AFN0257)

Unknown

Observations: An herb, whose stem is rather woody, growing in the secondary bush and on the roadside.

Use: (C4) The herbaceous stem can be used as materials for *lujiji*, the horizontal element of a house frame, and for tying a fence; (IFM3).

**No. 336** *Solanum torvum* SW. (AFN0010) *kashongo* (DOP1)

Observations: An herb growing in the village site.

Use: (B1) The fruit is edible; (IFM1).

(J0) This is a kind that has smaller and bitter fruits; (IFM3).



**STERCULIACEAE****No. 337** Unidentified (AFN0084)*mugokwe* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (C9) The wood is hard and durable for 7 or 8 years; is good for the use as a house post; (OBS2). Used for firewood; (IFM1).

(I2) A kind of dove named *tumanba* comes to eat its fruits; (IFM2).

**No. 338** Unidentified (AFN0214)*mukombwe* (DOP2)

Observations: A tree growing in the secondary and primary forests.

Use: (C9) Used for firewood; (IFM2). The trunk is also used as materials in house construction; (IFM3).

**THELYPTERIDACEAE****No. 339** *Thelypteris* sp. (AFN0059)*kilelele* (DOP1)

Observations: A fern growing on the roadside.

Use: (C0) When people camp in the forest, they spread the ferns on the ground for their sleep; (IFM3).

**TILIACEAE****No. 340** *Triumfetta rhomboidea* JACQ. (AFN0172)*kifunga jiila* (DOP1)

Observations: A subshrub growing in the house yard.

Use: (C6) The bark is used for a lashing; (IFM2).

(J0) This belongs to a category of *kifunga jiila*, whose leaves are smallest in size; (IFM3).

**No. 341** *Triumfetta* sp. (AFN0083)*mufunga; lufunga* (DOP1)

Observations: A tree growing commonly in the secondary forest.

Use: (C6) The bark is used as a lashing in house construction; (OBS1). The bark is also used as a lashing in making a local bed

with bamboo, and making a local mat called *mulako*; (OBS2).

(C9) The stem stripped off its bark is hollowed and used as a pipe for gathering birdlime; is also used for making the partitions inside a house because of its bamboo-like qualities; (OBS2).

Name etymology: A lexeme *lufunga* means a cord.

**No. 342** *Triumfetta* sp. (AFN0247)*mufunga; lufunga* (DOP1)

Observations: A shrubby tree growing commonly in the secondary forest.

Use: (C3) The leaves are used for cleaning pots as a substitute for a brush; used for toilet paper; (IFM3).

(C6) The bark is used as a lashing in house construction, and in making a basket or a local mat, *mulako*; (IFM1).

(J0) The plant itself is called *mufunga* and the name *lufunga* is applied to its bark used for cords; (IFM3).

**No. 343** *Triumfetta* sp. (AFN0277)*wengwe* (DOP3)

Observations: A shrub growing in the secondary forest.

Use: (C6) The bark is used for a lashing in house construction and in making a local mat; (OBS1).

(C9) The stem is used for firewood; (IFM3). The stem, after stripped off its bark, is hollowed and used as a pipe for collecting birdlime; (IFM3).

Name etymology: The word *wengwe* is originated from Kibembe, which corresponds to the word *lufunga* in Kinyindu signifying a cord.

**No. 344** *Triumfetta* sp. (AFN0248)*gukkulima lufunga; lufunga* (DOP1)

Observations: A shrub growing commonly in the secondary forest.

Use: (C3) The leaf is used as a brush for cleaning pots; (IFM3).

(J0) It is a kind of smaller size; (IFM3).

Name etymology: *Gukkulima lufunga* means "a *lufunga* in young."

**No. 345** Unidentified (AFN0208)*muhingili* (DOP1)

Observations: A medium tree growing in the riverine forest.

Use: (C9) Wood is used for firewood; (IFM2).

(I1) A kind of bird named *kamamba* comes to eat the fruits; (IFM1).

(J9) The trunk is not used as construction materials, since it has bad odor and there are many other kinds of good trees around there; (IFM3).

**No. 346** Unidentified (AFN0328)*mushingo* (DOP2)

Observations: A tree growing in the primary forest.

Use: (C9) The trunk is used for a house post; (IFM2). The trunk is used for making fire sticks, *bushingo*; (IFM1; OBS2). Wood is good for firewood; the wood remains burning long as a live coal; (IFM2).

Name etymology: The name is derived from its use as sticks for making a fire, *bushingo*.

**ULMACEAE****No. 347** *Trema orientalis* (L.) BLUME

(AFN0293; AFN0414)

*nabafomeeka* (DOP2)

Observations: A tree growing in the secondary forest and the primary forest.

Use: (A9) Medicine for a bone-fracture; the branch is burnt into ashes, and the ashes are applied together with oil to the affected part; (IFM2).

(C9) Wood is used for firewood; (IFM1). The trunk is used as a house post; (IFM3).

(J0) One informant mentioned that *nabafomeeka* is the name in Kibembe and that Kinyindu name is *muefufwefu*; (IFM3)

**UMBELLIFERAE****No. 348** *Centella asiatica* (L.) URB.

(AFN0144)

*majikikiula* (DOP2)

Observations: An herb growing commonly in the house yard.

Use: (A3) Medicine for a pain in the ear. Pound the leaves and wrap them with a larger leaf; make it for twos; warm one bundle and make the other remain as it is; pour the juice of warm one first into the affected ear and then the juice of cool one; (IFM3).

**No. 349** *Hydrocotyle mannii* HOOK. f.

(AFN0081)

*majikikiula* (DOP2)

Observations: An herb growing in the village site.

Use: (A3) Medicine for a swelling, *kibimba*; boiled the leaves in the water until soft, then apply them to the affected part; the leaves are used for both *kibimba bule* (swelling only) and *kibimba kidonda* (swelling with a wound); (IFM3).

**No. 350** *Sanicula elata* BUCH.-HAM ex

D.DON (AFN0394)

Unknown

Observations: An herb growing in the primary montane forest.

Use: Informant knew neither its vernacular name nor its usage.

**URTICACEAE****No. 351** *Boehmeria platyphylla* D. DON

(AFN0195)

*ngamba kishuusha* (DOP1)

Observations: A shrub growing in the grassland.

Use: (A3) Used for a pain in the knees, *mgonjwa ya magotti*; old-aged women often suffer from the illness; apply the leaf to the affected parts; (IFM2). Medicine for a pain in the back of the hand, *bunogoshu lukaasho*; warm the hand by the steam of cooked leaves and rub their extract in the hand; (IFM2).

(B3) The leaf is edible, usually cooked with the leaf of *ndelama* (No. 44); (IFM1).

(J0) It belongs to a category of *kishuusha*; (IFM2).

**No. 352** *Laportea alatisipes* HOOK. f.

(AFN0298)

*kanyogwe* (DOP2)

Observations: An herb growing on the riverside.

Use: (A3) Medicine for a headache; burn the leaves with the skin of *mbogo* (buffalo) into ashes, cut some part of patient's head, and rub the ashes onto the part; (IFM3).

(B3) The leaf is edible; (IFM1).

(J0) The herb causes people itching; (IFM1).

**No. 353** *Laportea ovalifolia* (SCHUM. & THONN) CHEW (AFN0099; AFN0264)  
*kishuusha* (DOP1)

Observations: An herb growing on the roadside.

Use: (B3) Leaves are cooked with the leaves of *ndelama* (No. 44) for a side dish; (IFM1).

(J0) Since the leaf has many setae, the herb cause one itching or a swelling of the hand when one's hand touches it; (IFM2).

(C6) The fiber is taken out from the epidermis of its stem and made into a string for fishing; (IFM3).

**No. 354** *Urera cameroonensis* WEDD. (AFN0091)

*lugusha* (DOP1)

Observations: A woody vine growing in the secondary forest.

Use: (C6) The fiber is taken out from the bark, and used to weave a net that is made into a hand net, *wabu*, for catching fishes; (IFM1).

**No. 355** *Urera hypselodendron* (HOCHST.) WEDD. (AFN0369)

*mushambia* (DOP1)

Observations: A woody vine growing in the riverine forest.

Use: (B3) The leaves are edible, usually cooked with the leaves of *ndelama* (No. 44); (IFM1).

(C6) The fibers of bark are used for making a fish net, *kieshe*, for lashings and for a fishing line; the bark is dried, crumpled well, and the fiber is taken out of it; (IFM1).

(I3) The leaves are eaten by gorillas; (IFM3).

(J0) It is said this plant was planted many near the Lake Tanganyika by foreigners; (IFM2).

## VERBENACEAE

**No. 356** *Clerodendrum splendens* G. DON (AFN0329)

*ifubiya* (DOP2)

Observations: A herbaceous vine growing in the swidden field.

Use: (A0) The juice of a pounded herb is drunk for an illness of the belly; (IFM2). Medicine for a toothache; the herb is pounded and mixed with salt, then the mixture is placed on the ached tooth; (IFM3).

**No. 357** *Clerodendrum* sp. (AFN0085)

*ifubiya* (DOP2)

Observations: A herbaceous vine growing in the secondary forest.

Use: (A4) Used as a medicine for a pain in the heart; roast the herbaceous vine until soft, and lick it; (IFM2).

(A3) When feeling the whole body weak and dull, and feeling something bad in the belly, pound the leaf and take it with water; it tastes very bitter; (IFM3). When feeling pains in the back, the juice of pounded leaves is used as an enema; (IFM2).

**No. 358** *Clerodendrum* sp. (AFN0237)

*kiniangulu* (DOP3)

Observations: A subshrub growing in the house yard.

Use: (A3) Medicine for a heart illness; cut the leaves into pieces, boil them with the leaves of *nbatama* (No. 271) like tea leaves, and drink the decoction; (IFM3).

(C4) The stem is hollowed and used as a pipe for tobacco; (IFM3).

(J0) One commented that the exact vernacular name is not *kiniangulu*, but it is *kabila ya kiniangulu* (literally, a category of *kiniangulu*); (IFM3).

**No. 359** *Clerodendrum* sp. (AFN0200)

*kiniangulu* (DOP3)

Observations: A woody vine growing in the riverine forest.

Use: (A3) Medicine for an illness caused by spirit-possession, *kifafa*; cut the leaves into pieces, mix them with sheep hairs, leaves of *katobolamitete* (No. 93) and the seeds of *kokoliko* (a cultivated species of Cucurbitaceae) to cook, and eat them; (IFM3). Medicine for a heart illness; cut the leaves into pieces to dry, boil them with the leaves of *nbatama* (No. 271) like tea leaves, and drink the decoction; (IFM3).  
(C7) The vine is hollowed and used as a pipe for tobacco; (IFM2).

**No. 360** *Clerodendrum* sp. (AFN0232)  
*mubugangoma* (DOP4)

Observations: A tree growing in the secondary forest.

Use: (C9) The trunk is used for a house post and firewood; (IFM3).

**No. 361** *Clerodendrum* sp. (AFN0289)  
*ifuza*

Observations: An herb growing on the roadside.

Use: (A3) Medicine for an illness of *kibimba*, a swelling; pound the leaves and apply them to the affected part; (IFM3).

**No. 362** *Lantana camara* L. (AFN0269)  
Unknown

Observations: A tree planted in the house yard.

Use: (J0) It is introduced by the Belgian; people plant them for a fence around their house; (OBS1).

**No. 363** *Lantana trifolia* L. (AFN0113)  
*luhisahisa* (DOP2)

Observations: An herb growing on the roadside.

Use: (A3) Medicine for a coughing and a fever; pound the leaves, add them salt, wrap them with a banana leaf and suck the juice from it; (IFM1).

**No. 364** *Stachytarpheta cayennensis* (L. C. RICH.) SCHAU. (AFN0183)

Unknown

Observations: An herb planted in the house yard.

Use: (C0) It is recently introduced from Kasika; it is planted as a hedge; (IFM3).

**No. 365** *Vitex* sp. (AFN0426)  
*kamuzamuza* (DOP3)

Observations: An herb.

Use: (A3) Medicine for a malaria; leaves are boiled in the water, then the decoction is used as an enema; (IFM2).

(A3 D3) Medicine for preventing evil spirits sent by *walozi* (sorcerer), or *wazimu* (madness caused by spirit-possession). The decoction of leaves is poured over the roof of a house to prevent an evil spirit entering; or it is poured over the head when working in the field where an evil spirit stays; (IFM3).

## VITIDACEAE

**No. 366** *Cyphostemma* sp. (= *Cissus* sp.)  
(AFN0092)

*mulandila* (DOP2)

Observations: A herbaceous vine growing in the secondary forest.

Use: (A3) Medicine for the conception, *mimba*; when a baby in the womb moves much, it is used; use the juice taken from pounded leaves as an enema; (IFM3).

(A3 D3) Medicine for *buhanya*; when a woman is delivered of a stillborn child in every occasion, she is considered to suffer from *buhanya*; give an enema to the pregnant woman with the juice of pounded leaves for the success of a childbirth; (IFM3).

**No. 367** *Cyphostemma ukerewense* (GILG.)  
DESCOINGS (AFN0259)

Unknown

Observations: A herbaceous vine growing on the roadside.

Use: (A3) Medicine for *ganga kwa changa*; a medicine used when a woman gets pregnant after the intercourse with many men; pound the leaf and use its juice as an enema; if the patient use the medicine, then she can be delivered of a baby normally, otherwise she will die; (IFM3).

## ZINGIBERACEAE

**No. 368** *Aframomum baumannii* K. SCHUM. (AFN0029)

*ijooja* (DOP1)

Observations: An herb growing in the undergrowth of the secondary and primary forest.

Use: (B1) The fruit is edible; (IFM1).

(C3) Fish is wrapped with this leaves and roasted; (IFM1). Leaves are sometimes used to thatch a hut in the forest; (IFM3).

(I1) The fruit is eaten by a pig-like animal named *abula* (a bushpig); (IFM3).

(J0) The name *ijooja* signifies usually its fruit, and its leaf is called *katungulu*; (IFM1).

**No. 369** *Costus phyllocephalus* K. SCHUM. (AFN0224)

*ilanga ya bagabo* (DOP1)

Observations: An herb growing in the riverine forest.

Use: (C4) The stems are used for weaving a basket, *muhogo*; the stems are cut by 2 m in length, split into two, beaten by a wooden stick in order to take an inner pith and an outer bark, then used for weaving; (IFM1).

**No. 370** *Costus* sp. (AFN0122)

*ilanga ya bagabo*; *ilanga ya gababo* (DOP1)

Observations: An herb growing in the riverine forest.

Use: (A4) Medicine for a fever and coughing; the stem is taken like chewing a sugar cane; (IFM2).

(C4) The fiber, *ngoji*, taken out from a stem is used to weave a mat and a basket; (IFM1).

(B4) The stem is edible like a sugar cane; (IFM1).

**No. 371** *Renealmia africana* (K. SCHUM.) BENTH. (AFN0235)

*ndakka* (DOP2)

Observations: An herb growing in the riverine forest.

Use: (A0 D0) Used as a sorcery for sending an evil spirit, *fulani* or *sertani*, to someone;

take the herb in his hand, gnaw its fruit to spit like spouting, and chant a spell like "Today so-and-so may be caught by an evil spirit and will die"; (IFM2).

(A/) Some said that it was used as a medicine when a woman got pregnant, but no precise information was obtained; (IFM3).

## Unidentified plants

**No. 372** Unidentified (AFN0327)

*anjooku* (DOP3)

Observations: A tree growing in the primary forest and secondary forest; collected at the place ca. 1400m above sea level.

Use: (C9) The wood is used for making an animal trap, building house and firewood; (IFM3)

Name etymology: The name is derived from a phrase *kani kanjooku* (*hawa bunji-ika*; literally, never fallen down), which signifies that the tree is never fallen down even after an elephant passing through.

**No. 373** Unidentified (AFN0021)

*bombwe* (DOP3)

Observations: A herbaceous vine growing on the roadside.

Use: (A0) Medicine for a bellyache, *dawa ya tumbu kata*; when one feels pains in the belly like some worms moving around inside the belly, one drinks the juice of the herb; (IFM2). Medicine for a pain in the body, *dawa ya kabuba*; when one feels pains in every part of the body, one pounds the herb, mixes it with water, and rubs the liquid onto the painful parts; (IFM3).

**No. 374** Unidentified (AFN0251)

*bombwe* (DOP3)

Observations: An herb growing on the roadside.

Use: (A0) Medicine for a head's dysfunction, *dawa ya kichwa*. The herb is cooked in a pot until the steam is coming out; then the head of a patient and a pot are covered with a sheet of cloth for a while; and later the liquid is used as an enema; (IFM2). Medicine for a wound in the throat, *dawa ya kigoga*; wrap the pounded herb with salt

in another leaf, then squeeze the juice from it to drink; (IFM3).

**No. 375** Unidentified (AFN0270)  
*gumba* (DOP1)

Observations: A small tree growing on the roadside.

Use: (C9) The wood is used for house construction, esp. for pillars; is also used for firewood; (IFM1; OBS1).

(A3) The decoction of leaves is a remedy for a coughing, *kikohoji*; (IFM3).

**No. 376** Unidentified (AFN0320)  
*kabubi* (DOP4)

Observations: A woody vine growing in the secondary forest.

Use: (C7) The vine is used for the laths of a house; used for the rim of a pannier, *kitunga* and of a fish trap, *mugono*; (IFM2).

(J0) One says that *kabubi* tree is also called *kabukusingo* (No. 94); (IFM3).

**No. 377** Unidentified (AFN0297)  
*gagushu* (DOP4)

Observations: A tree growing in the secondary forest.

Use: (C9) The wood is used for posts and rafters of a house, for firewood, and for making a spoon, *mwiko*; (IFM2)

**No. 378** Unidentified (AFN0392)  
*kaho* (DOP3)

Observations: A medium tree growing in the primary and secondary forest.

Use: (C9) The wood is so strong and hard that is good for making the shaft of a spear, for a walking stick, for the pole of a spring trap and for the helve of an axe; is also used for a house post; (IFM2).

**No. 379** Unidentified (AFN0396)  
*kanafwoya* (DOP3)

Observations: A medium tree growing in the primary forest; the specimen was collected at the point 1740m above sea level.

Use: (C9) The wood is used for firewood and a house post; (IFM2).

(G9) A kind of caterpillars named *ndaafu* lives on the tree; (IFM3).

**No. 380** Unidentified (AFN0216)  
*kashekelela* (DOP2)

Observations: A small tree growing in the secondary forest.

Use: (C9) The wood is used for a house post, firewood and the rim of a flat basket, *lungo*; (IFM1).

(H9) An edible worm named *kashekelela* lives on the tree; (IFM1).

Name etymology: The name is derived from worms named *kashekelela* that live on this tree.

**No. 381** Unidentified (AFN0206)  
*katalibuuji* (DOP2)

Observations: A woody vine growing in the riverine forest.

Use: (A3) Medicine for abdominal pains; pound the leaves, and use the extract as an enema; the extract is bitter most and can be used only a little; (IFM2).

(A5) Medicine for a child; the sap taken from a root is used a little as an enema; (IFM2).

(C7) The vine is split into two, and used as a lashing; (IFM2).

**No. 382** Unidentified (AFN0423)  
*kigushu* (DOP3)

Observations: A woody vine growing in the primary forest and the secondary forest.

Use: (C7) The vine is used as a lashing for house construction and for making a fence; (IFM3).

**No. 383** Unidentified (AFN0308)  
*kihona* (DOP2)

Observations: A medium tree growing in the riverine forest.

Use: (C9) The wood is used for the laths of a house and for firewood; (IFM2).

**No. 384** Unidentified (AFN0201)  
*kihona* (DOP2)

Observations: A medium tree growing in the riverine forest.

Use: (C9) The wood is used for the laths of a house; (OBS2). The wood is good for firewood; (IFM2).



**No. 385** Unidentified (AFN0052)*kijindama* (DOP1)

Observations: A medium tree growing in the secondary forest.

Use: (C9) The wood is used for a house post; (OBS1).

(J9) The wood is not good for firewood, because it only burns to ashes; (IFM1).

**No. 386** Unidentified (AFN0399)*kikajilembwe* (DOP3)

Observations: A short tree growing in the primary montane forest.

Use: (C9) The wood is used for firewood; is used for making the shaft of a spear, the pole of a spring trap, and a walking stick; (IFM2). The wood is also used for a house post; (IFM3).

**No. 387** Unidentified (AFN0411)*kishanda* (DOP3)

Observations: A tall tree growing in the primary forest.

Use: (A6) The juice of bark is mixed with tea and drunk as a vermifuge, *dawa ya teenya*; (IFM3).

(C9) The wood is used for a house post; (IFM3).

(E6) The bark is pounded to use for fish poison, *sumu ya samaki*; (IFM1).

**No. 388** Unidentified (AFN0311)*kitingilangila* (DOP4)

Observations: A herbaceous vine growing in the primary forest.

Use: (A3 D3) Formerly before going for business, one pounded the leaves, mixed them with oil, then applied to his face; it was believed that doing so made him succeed in business; *maneno ya upendo*; (IFM3).

**No. 389** Unidentified (AFN0417)*kyalemba* (DOP4)

Observations: A woody vine growing in the primary forest.

Use: (C7) The vine is used as materials for the *kiaashi* part of a cone-cylinder type house, i.e., a piece tied horizontally to the top of pillars or to the lower end of rafters;

is used for the laths of a cone-cylinder house; (IFM3). The vine is also used for the rim of a fish trap, *mugono*; (IFM3).

**No. 390** Unidentified (AFN0418)*kyanalutale*

Observations: A woody vine growing in the primary forest.

Use: (C7) The vine is used for the *kiaashi* part of a cone-cylinder type house, i.e., a piece tied horizontally to the top of pillars or to the lower end of rafters; is used for the rim of a fish trap, *mugono*; (IFM3).

(J0) It looks like *kyalemba* (No. 389), but its vine is considered harder than that of *kyalemba*; (IFM3)

**No. 391** Unidentified (AFN0408)*lufunga lujobu* (DOP4)

Observations: An herb growing on the roadside.

Use: (A3 D3) When a baby seems low-spirited just after the birth, soak the leaves in the water and the liquid is used to wash the baby; and at the same time put the leaves on the baby's bed; (IFM3).

**No. 392** Unidentified (AFN0301)*luhinda* (DOP3)

Observations: An herb growing in the primary forest.

Use: (A3) Medicine for spirit-possession, *kupanda mwendawazimu*; boil the leaves in the water, and use the decoction as an enema. For an ailment in the heart, pound the leaves, cook them in the water and drink the decoction; (IFM2).

**No. 393** Unidentified (AFN0239)*lukongwa* (DOP3)

Observations: A woody vine growing in the secondary forest.

Use: (C7) Good for firewood; the stem, if wrapped with a dried banana leaf together with a live coal and some other grasses, can remain burning for a long time, which is called *mugendi kibuji lukongwe*; (IFM3).

(HX) The bees often come to suck its nectar; its honey tastes a little bit bitter; (IFM2).



**No. 394** Unidentified (AFN0415)*lukongwa* (DOP3)

Observations: A woody vine growing in the secondary forest.

Use: (C7), (HX); see Nos. 92 and 393.

**No. 395** Unidentified (AFN0095)*lusheelee* (DOP1)

Observations: An herb growing in the secondary forest.

Use: (A3) Medicine for boils, *upele*; pound the leaf and use its juice as an enema; (IFM2).

(J3) The leaf makes one itchy when it touches one's body; (IFM1).

**No. 396** Unidentified (AFN0419)*luweeje* (DOP3)

Observations: A tree growing in the primary forest.

Use: (C6) The bark is boiled to make birdlime; (IFM2).

(C9) The trunk is used to make a fence, or a rack for drying cassava tubers in the sun; (IFM3).

**No. 397** Unidentified (AFN0073)*luweeje* (DOP3)

Observations: A medium tree growing in the riverine forest.

Use: (C6) The bark is boiled to make birdlime; (IFM2).

(C9) Very good for firewood; (IFM3). The trunk is used to make a fence and a rack for drying cassava tubers in the sun; (IFM3).

(I1) Several kinds of bird come to eat fruits; (IFM2).

(J9) The wood is seldom used for house construction, since there are many other good woods. However, they say that people in Kasika area use this wood for house construction; (IFM3).

**No. 398** Unidentified (AFN0385)*luweeyo* (DOP2)

Observations: A short tree growing in the primary and secondary forest.

Use: (C9) The trunk is used for a house post; (IFM2). The trunk is used for the shaft of a spear, the pole of a spring trap and a

walking stick; (IFM1).

(J0) It is hardly distinguished from the tree *ibugga* (No. 314); (IFM3).**No. 399** Unidentified (AFN0435)*luweeyo* (DOP2)

Observations: A tree primarily growing in the montane forest.

Use: (C9) The trunk is used for a walking stick, *mti ya kutembea*; (IFM2). Vernacular name is the same as No. 398, however as for this specimen one informant said that it was not used for the shaft of a spear; (IFM3).**No. 400** Unidentified (AFN0333)*mubiliiji* (DOP1)

Observations: A shrub growing in the secondary bush and on the roadside.

Use: (E3) The leaves are pounded with leaves of *kabaka* (No. 204) and used for fish poison; (IFM3).

(C9) Wood is used for firewood; (IFM2). The trunk is used for the rafter of a gable-rectangular type house and a house post ; (OBS2).

**No. 401** Unidentified (AFN0109)*mubiliiji* (DOP1)

Observations: A shrub growing on the roadside.

Use: (A6) Medicine for an illness caused by an evil spirit, *dawa ya sartaani*; its bark is pounded and soaked in the water, then much bubble is coming out; the bubble is applied to the patient's head or body; also a medicine for abdominal pains; (IFM3).

(A/) Used as a medicine for wounds; (IFM2).

(J3) Leaves are crumpled and put into banana juice for quick fermentation; (IFM3).

(C3) Leaves are used for cleaning a tub for making banana wine ; (IFM2).

(C9) The trunk is used for a house post; (OBS2). Wood is used for firewood; (IFM2).

**No. 402** Unidentified (AFN0017)*muinya* (DOP2)

Observations: An herb growing on the roadside.

Use: (A3) Medicine for an illness of *uweela*, a liver illness; pound the leaves and wrap them with another leaf; put it on the shelf over the fire for one or two days, then use its warm liquid as an enema; (IFM2).

(A0) Medicine for *kibimba*, a swelling, in the leg of a woman after the delivery; cut a little the swelling, roast the herb on the fire, then rub it in the swelling; (IFM3).

(C3) Formerly leaves were used to color a fish net black; (IFM3).

**No. 403** Unidentified (AFN0428)  
*muinya* (DOP2)

Observations: A herbaceous vine.

Use: (A3) Medicine for a heart ailment; pound the leaves with sugar cane, add a little water to them and make it warm to drink; (IFM3).

**No. 404** Unidentified (AFN0326)  
*mujiji* (DOP4)

Observations: A woody vine growing in the primary forest.

Use: (C7) The vine is used as materials for *lujiji* (laths) in house construction; (IFM3).

Name etymology: It means a vine.

**No. 405** Unidentified (AFN0031)  
*mumbukumbuku* (DOP1)

Observations: A tall tree growing in the secondary forest.

Use: (A6) Used as a medicine; for a bone-fracture, the bark is burnt together with the wood of cassava; the ashes are mixed with oils and applied to an affected part; for a coughing, the bark is dried and pounded into powder, which is taken with salt; (IFM3).

(C9) The trunk is used as a house post and laths; (OBS1). Wood is good for firewood; the wood can be used as a live coal; (IFM1). The wood can be made into charcoals; (IFM3).

**No. 406** Unidentified (AFN0431)  
*mushefu* (DOP3)

Observations: A tree growing in the pri-

mary montane forest.

Use: (A1) Medicine for *maladie*, the weakness of the body; the oil extracted from the fruits is boiled, whose steam is breathed in by a patient to drive an illness of *maladie* away; (IFM3).

(C1) Fruits are cut into pieces, dried, soaked in the water, pounded, and cooked in the water; then the oil is coming out; the oil is used for applying to the body as a cosmetic; (IFM3).

(C9) A big trunk is sawn into boards for use; (IFM2).

**No. 407** Unidentified (AFN0436)  
*mushiluti* (DOP1)

Observations: A tree growing in the primary and secondary forest.

Use: (C6) (C9) See No. 408.

**No. 408** Unidentified (AFN0292)  
*mushiluti* (DOP1)

Observations: A tree growing in the primary and secondary forest.

Use: (C6) The bark is used for coloring baskets; (IFM3).

(C9) The trunk is used as a house post; (IFM2; OBS2). The trunk, when growing large, is sawn into boards; (IFM2). Wood is used for firewood; (IFM1).

(H9) An edible kind of worm named *maguina* comes out from the trunk; (IFM3).

**No. 409** Unidentified (AFN0302)  
*muzugu* (DOP4)

Observations: A short tree growing in the primary forest and the secondary forest.

Use: (C9) The wood is used for a house post, the haft of a knife, the helve of a traditional axe, and firewood; (IFM3). The wood is sawn into boards for use; (IFM3).

(J0) It is named *kakuba* in Kilega; (IFM3).

**No. 410** Unidentified (AFN0111)  
*shaangulo* (DOP2)

Observations: An herb (creeper-like) growing on the roadside and in swidden fields.

Use: (A0) Formerly people place the herbs all over the bed for getting rid of fleas, *tolotolo*; (IFM1).

(C3) The leaf can be used for wiping off the sweat when travelling; (IFM3).

**No. 411** Unidentified (AFN0378)

Unknown

Observations: A grass growing on the road-side.

Use: (C3) It is a kind of *bukkele* grasses and the leaves are used for thatching a roof; (IFM3).

**No. 412** Unidentified (AFN0268)

Unknown

Observations: An herb (creeper) introduced to plant in the house yard.

Use: (J0) Since the juice of an herb is red, children use the juice for a play; (IFM3).

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Note: Vernacular names with \* indicate that those have no information on the degree of popularity of plant (DOP).