

Annex 1: plants used traditionally in the management of diabetes at Kasumbalesa, Kipushi, Likasi and Lubumbashi

Scientific name	Local names	Family	U.P	Treated diseases	Preparation and administration	Site	References
<i>Acacia karroo</i> Hayne	Munga (Luba), Mutonge (Sanga) Mugunga (Hemba)	Fabaceae	Leave, Stem bark	Diabetes, vaginal infections, jaundice	Decoction/per os	Kasumbalesa	T41
<i>Adansonia digitata</i> L.	Mululu pungu (Bemba)	Bombaceae	Stem bark	Diabetes	Decoction/per os	Lubumbashi	T37
<i>Adenia gummifera</i> (Harv.) Harms	Komboponoke (Lamba), Kimboyi (Lala)	Passifloraceae	Stem bark	Diabetes, birth troubles, infections	Infusion/per os	Lubumbashi	T35
<i>Adenia venenata</i> Forssk.	Mafula (Luba)	Passifloraceae	Root, Leave,	Diabetes	Decoction/per os	Likasi	T4
<i>Afromosia angolensis</i> Harms.	Mubanga (Bemba), Mubanga kyulu (Luba)	Fabaceae	Root	Diabetes, abdominal pain	Decoction/per os	Kasumbalesa	T40
<i>Albizia adiantifolia</i> (Schum.) W. F. Wight	Kasikeaze (Tshokwe), Kapeta nzovu (Bemba), kapeta nzovu (Luba), Kampetanzevu (Tshiluba)	Fabaceae	Root	Diabetes, syphilis, diarrhoea, blennorrhoea, indigestion	Decoction/per os	Likasi, Kipushi, Lubumbashi	T7; T37; T42; T44;
<i>Allium cepa</i> L	Matungulu sumu (Swahili)	Alliaceae	Seed	Diabetes, High blood pressure	Maceration/per os	Kipushi	T36
<i>Allium sativum</i> L	Ail (Français)	Alliaceae	Bulb	Diabetes, abdominal pain	As a meal/per os	Lubumbashi	T2
<i>Aloe vera</i> L	Chigaka (Mashi)	Asphodelaceae	Leaves	Diabetes, dye, cancer	Maceration /per os	Lubumbashi	T19
<i>Ananas Comisus</i> Schult. F.	Nanasi (Swahili), Ananas (Français)	Bromeliaceae	Fruit	Diabetes, indigestion	Decoction/per os	Lubumbashi	T7
<i>Anisophyllea boehmii</i> Engl.	Fungo (Sanga), Lufunga (Tabwa)	Rhizophoraceae	Root	Diabetes, abdominal pain	Decoction/per os	Kipushi	T6

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<i>Antidesma venosum</i> (Tul.) E. Mey.	Kifubia (Luba), Musambafwa (Lamba)	Euphorbiaceae	Stem bark	Diabetes, gastrite, blenorroea	Decoction/per os	Lubumbashi, Kasumbalesa	T18 ; T50
<i>Arachis hypogaea</i> Lam.	Mbaa (Bemba), mwema (Bembe)	Fabaceae	Leaves	Diabetes, infections	Decoction/per os	Lubumbashi	T5
<i>Aristolochia hockii</i> De Wild.	Kapanganganga (Bemba), Kazaz misang (Rund)	Aristolochiaceae	Root	Diabetes, measles, syphilis, dysmenorrhoea	Decoction/per os	Likasi	T8
<i>Asparagus africanus</i> Lam.	Mukoma wa kanyengelele (Luba)	Asparagaceae	Leaves Root	Diabetes, syphilis, haemorrhoid	Decoction/per os	Likasi, Kasumbalesa	T18 ; T33
<i>Azanza garckeana</i> (F. Hoffman) Excell & Hillc.	Muti ya makamashi (Swahili)	Malvaceae	Leaves Stem bark	Diabetes, oedema of the lower extremities, epilepsy	Decoction/per os Infusion/per os	Kasumbalesa	T40
<i>Balanites aegyptiaca</i> (L.) Delile	Mubamba ngoma (Swahili), Mbamba ngoma (Luba)	Balanitaceae	Root	Diabetes, sexual impotence, diarrhoea	Decoction/per os	Lubumbashi	T37
<i>Bidens pilosa</i> L.	Mpota ya mbwa (Luba), Asisa (Bembe)	Asteraceae	Leaves	Diabetes, hemostatic, urinary infections	Decoction/per os	Lubumbashi	T19
<i>Bougainvillea spectabilis</i> Willd	Bougainvill� (Fran�ais)	Nyctagynaceae	Flowers	Diabetes	Maceration/per os	Lubumbashi	T3
<i>Brassica oleracea</i> L.	Choux (Fran�ais)	Brassicaceae	Leaves	Diabetes, skin diseases	Infusion/per os	Kasumbalesa, Kipushi	T15 ; T36
<i>Brillantaisia patula</i> T. Anderson	Muleta (Zela)	Acanthaceae	Stem bark	Diabetes, gastrite	Decoction/per os	Lubumbashi	T45
<i>Canarium schweinfurthii</i> Engl.	Mpashi (Bemba), Mpafu (Luba)	Burseraceae	Leaves	Diabetes, haemorrhoid	Decoction/per os	Lubumbashi	T5
<i>Carica papaya</i> L.	Cimuti cha popo (Bemba), Kipawo (Sanga), Papai (Swahili)	Caricaceae	leaves Root	Diabetes, worms, infections	Decoction/enema	Lubumbashi	T3 ; T9
<i>Cassia occidentalis</i> (L.) Link	Lukunda bajanyi (Tshiluba), Mbaw-mbaw (Kikongo)	Fabaceae	Seed Leaves Root	Diabetes, worms, constipation	Decoction,/per os Maceration/enema	Lubumbashi, Kipushi	T3 ; T27

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<i>Cassia petersiana</i> Bolle.	Kafunga nashya (Bemba)	Fabaceae	Root	Diabetes, sexual impotence	Maceration/per os	Lubumbashi	T11
<i>Cassia sieberiana</i> DC.	Kandungandunga (Tshiluba), Mugunga (Hemba) Mununga nungsi (Bemba, Lamba).	Fabaceae	Leaves	Diabetes, worms	Decoction/per os	Lubumbashi	T31
<i>Catharanthus roseus</i> (L.) G.Don	Pervanche de Madagascar (Français)	Apocynaceae	Leaves Root	Diabetes, High blood pressure, worms, cough, malaria, cancer	Decoction/per os Maceration/enema	Kasumbalesa, Kipushi, Lubumbashi	T22 ; T23 ; T29
<i>Citrus limon</i> (L.) Burm. F.	Citronier (français)	Rutaceae	Root	Diabetes, cough, fever	Decoction/per os	Kasumbalesa	T15
<i>Citrus sinensis</i> Osbeck.	Ndimu (Swahili)	Rutaceae	Root	Diabetes, fever	Decoction/per os Maceration/enema	Lubumbashi	T11
<i>Coleus kilimandschari</i> Guerke.	Mcubya (Bembe), Mutozo (Shi), Mulavumba (Swahili)	Lamiaceae	Leaves Root	Diabetes, haemorrhoid, malaria, abdominal pain, malaria, cough, angine, diabetes	Decoction/per os Infusion/per os Maceration/per os	Kipushi	T23 ; T27
<i>Combretum celastroides</i> Sensu Exell & Garcia	Lukondambo (Luba), Mwina kyulu (Sanga)	Combretaceae	Leaves Stem bark	Diabetes, skin diseases	Decoction/per os	Kipushi	T16
<i>Crossopteryx febrifuga</i> (G.Don) Benth.	Mutoshi (Tshiluba), Konsekonse (Lamba, Bemba)	Rubiaceae	Leaves Root	Diabetes, abdominal pain	Maceration/per os	Lubumbashi	T39
<i>Crotalaria spinosa</i> (Benth) Hutch.	Kabalala (Sanga)	Fabaceae	Stem bark Root	Diabetes, venereal diseases	Decoction/per os	Kipushi	T21
<i>Croton macrostachyus</i> (Delile) Hochst.	Mutara mutshi (Bemba)	Euphorbiaceae	Leaves	Diabetes, blennorrhoea, dysmenorrhoea	Decoction/enema	Likasi	T4
<i>Cucumis sativus</i> L.	Concombre (Français)	Cucurbitaceae	Fruit	Diabetes	As a meal/per os	Lubumbashi	T12
<i>Cyperus alternifolius</i> L.	Ndao (Luba)	Cyperaceae	Stem bark	Diabetes, asthma, abdominal pain	Decoction/per os	Lubumbashi	T35

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<i>Dalbergia boehmii</i> Taub.	Katembo mutshi (Lubakassai), Katembo (Zela, sanga)	Fabaceae	Leaves Stem bark	Diabetes, abdominal pain, rheumatism, diarrhoea, carie dentaire, abortion threat	Decoction/per os	Lubumbashi Kipushi	T 30 ; T48
<i>Diplorhynchus condylocarpon</i> (Muell.Arg) Pichon.	Mwenge (Swahili)	Apocynaceae	Root	Diabetes, blenorroea	Decoction/per os	Lubumbashi	T37
<i>Droogmansia munamensis</i> De Wild.	Mununganunga (Bemba), Mulundeni (Lala)	Fabaceae	Leaves Stem bark	Diabetes, dysentery	Decoction/per os	Lubumbashi	T38
<i>Elaeis guineensis</i> Jacq.	Ekaci (Bembe)	Arecaceae	Root	Diabetes, sterility	Decoction/per os	Lubumbashi	T31
<i>Entada abyssinica</i> Steud.ex A.Rich) Gilbert	Kipungu (Sanga)	Fabaceae	Root	Diabetes, haemorrhoid	Decoction/per os	Lubumbashi	T7
<i>Erythrina abyssinica</i> Lam.	Kisongwa (Hemba) ; Kisungwa (Bemba)	Fabaceae	Root	Diabetes	Decoction/per os	Kasumbalesa Lubumbashi	T22 ; T45
<i>Erythrophleum africanum</i> (Benth.) Harms	Kayimbi (Tshiluba)	Fabaceae	Leaves Stem bark	diabetes, cancer, rheumatism	Decoction/per os Maceration/per os	Kipushi	T20
<i>Faurea saligna</i> Harv.	Mulemu (Sanga)	Proteaceae	Root	diabetes	Decoction/per os	Kipushi	T21
<i>Ficus sycomorus</i> L.	Mukunyu (Swahili), Tshikuyi (Luba)	Moraceae	Leaves Stem bark Root	Diabetes, Diarrhoea	Decoction/per os	Kipushi Lubumbashi	T25 ; T39
<i>Garcinia huillensis</i> (Oliv.)Welw.	Mungindu (Tchokwe)	Clusiaceae	Root	Diabetes, rheumatism, gastro-intestinal troubles	Decoction/per os	Kasumbalesa	T34
<i>Gladiolus klattianus</i> Hook.	Kitala (Bemba), Kitokatoka (Luba)	Iridaceae	Bulb	Diabetes, blenorroea, fever	Maceration/per os	Lubumbashi	T38
<i>Glycine max</i> (L.) Merr.	Soja (swahili)	Fabaceae	Leaves	Diabetes	Decoction/per os	Lubumbashi	T31
<i>Grewia flava</i> DC.	Bungwe (Luba)	Tiliaceae	Leaves Stem bark	Diabetes, hernia	Decoction/per os	Kasumbalesa	T18
<i>Harungana madagascariensis</i> Lam.ex Poir.	Mukuta (Tshiluba)	Hypericaceae	Stem bark Root	Diabetes, rheumatism, High blood pressure	Decoction/per os, enema	Kipushi	T13

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<i>Hymenocardia acida</i> Tul.	Kapembe (Bemba), Ambalanga (Hemba), Lupep (Tshokwe)	Hymenocardiaceae	Root	Diabetes, haemorrhoid	Decoction/per os	Lubumbashi, Kasumbalesa	T37 ; T16
<i>Ipomoea spathulata</i> Hallier.f.	Mulapa (Sanga)	Convolvulaceae	Leaves	Diabetes, worms	Chewing/per os	Lubumbashi	
<i>Jatropha curcas</i> L.	Mbono (Swahili), Ntondondimba (Bemba), Kilebeleembe (Luba)	Euphorbiaceae	Leaves Seed Root	Diabetes, gastrite, 5fricana5e, urinary infections	Pression/per os	Lubumbashi , Kipushi,	T32; T50; T46; T17; T2
<i>Justicia flava</i> (Forssk.) Vahl	Luhe (Luba)	Acanthaceae	Stem bark	Diabetes, dysmenorrhoea, amibiase	Decoction/per os	Lubumbashi	T48
<i>Kigelia africana</i> (Lam) Benth.	Kivungu (Luba)	Bignoniaceae	Stem bark	Diabetes, sexual impotence, Vaginal diseases	Decoction/per os	Lubumbashi	T48
<i>Lantana camara</i> L.	Mavi ya kuku (Swahili)	Verbenaceae	Leaves	Diabetes, fever, cough, cephalgia	Decoction/per os Infusion/per os	Likasi	T8
<i>Lonchocarpus katangensis</i> De Wild.	Chuya (Bemba)	Fabaceae	Stem bark	Diabetes, syphilis, dental carie	Maceration/per os	Kasumbalesa	T41
<i>Maesopsis eminii</i> Engl.	Ndunga (Luba)		Leaves Stem bark	Diabetes, eye troubles, urinary infections	Decoction/per os	Kipushi	T27
<i>Maprounea africana</i> Müll .Arg.	Kafula ndime (Luba)	Euphorbiaceae	Root	Diabetes, vaginal pain	Decoction/per os	Kipushi	T17
<i>Maytenus senegalensis</i> (Lam.) Exell	Tshingala mutshi (Luba)	Celastraceae	Leaves Root	Diabetes, diarrhoea	Decoction/enema	Lubumbashi	T9
<i>Mucuna poggei</i> Taub.	Mpesa (Tshiluba)	Fabaceae	Root	Diabetes	Decoction/per os	Lubumbashi	T51
<i>Musa sapientum</i> L.	Bananier (français)	Musaceae	Bulb	Diabetes, rheumatism	Decoction/per os	Lubumbashi	T31
<i>Olox obtusifolia</i> De Wild .	Kulokumo (Bemba)	Olacaceae	Root	Diabetes, paralysis	Decoction/per os	Lubumbashi	T37
<i>Opuntia ficus-indica</i> (L.)Mill.	Cactus (Français)	Cactaceae	Leaves	Diabetes, haemorrhage	Chewing/per os	Lubumbashi	T50

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<i>Persea americana</i> Mill.	Ikipapai (Lamba), Avocatier (Français)	Lauraceae	Leaves Stem bark	Diabetes, fever, anemia	Decoction/per os	Kasumbalesa, Kipushi	T17 ; T40
<i>Phaseolus lunatus</i> L.	Haricot (Français), Maharagi (swahili)	Fabaceae	Leaves Seed	Diabetes, abdominal pain	Décoction/per os Infusion/per os	Kipushi, Lubumbashi	T11 ; T14
<i>Piliostigma thonningii</i> (Schumach.)Milne-Redh.	Kifumbe (Bemba, Luba)	Fabaceae	Root	Diabetes, cough, anemia	Maceration/per os	Kasumbalesa	T22 ; T45
<i>Protea obtusifolia</i> Oliv.	Mwinkala nikata (Tabwa)	Proteaceae	Root Stem bark	Diabetes	Decoction/per os, enema	Lubumbashi	T43
<i>Pseudolachnostylis maprouneifolia</i> Pax.	Musangati (Swahili), Musangali (Bemba), Musaria (Tchokwe)	Euphorbiaceae	Leaves Root	Diabetes, gastrite, digestion troubles, cough, diarrhoea, dysménorrhoea	Decoction/per os Chewing/per os	Lubumbashi, Kasumbalesa	T34 T37
<i>Psidium guajava</i> L.	Lipela (Swahili)	Myrtaceae	Leaves Root	Diabetes, dysenterie	Decoction/per os Maceration/per os	Lubumbashi	T51
<i>Pterocarpus angolensis</i> DC.	Mkundambazu (Tabwa), Muyanga (Bemba)	Fabaceae	Stem bark	Diabetes, haemorrhoid	Decoction /per os	Likasi	T4
<i>Pterocarpus tinctorius</i> Welw.	Mukula (Chokwe)	Fabaceae	Root	Diabetes	Decoction/per os	Kasumbalesa	T34
<i>Rauwolfia caffra</i> Sond.	Mutalala (Bemba)	Apocynaceae	Leaves Stem bark	Diabetes, malaria, snake's bites	Decoction/per os	Kasumbalesa	T23
<i>Rauwolfia vomitoria</i> Afzel.	Pandanganga (Luba)	Apocynaceae	Root	Diabetes, purgative	Decoction/per os	Kipushi	T17
<i>Rhynchosia insignis</i> (O.Hoffm.) R.E.Fr. .	Munkoyo (swahili)	Fabaceae	Root	Diabetes, jaundice	Maceration/per os	Kasumbalesa	T22
<i>Ricinus communis</i> L.	Lundimba ndimba (Luba), Mubalika (Bemba)	Euphorbiaceae	Root	Diabetes	Decoction/per os	Lubumbashi	T46
<i>Sesamum angolense</i> Welw.	Kipalabwengo (Bemba)	Pedaliaceae	Root	Diabetes	Decoction/per os	Lubumbashi	T37
<i>Solanum seretii</i> De Wild.	Impwa (Bemba)	Solanaceae	Root	Diabetes, abdominal pain	Decoction/per os enema	Lubumbashi	T47

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<i>Solanum subsessile</i> De Wild.	Mutete (Luba)	Solanaceae	Leaves Seeds	Diabetes, abdominal pain	As meal/per os	Lubumbashi	T32
<i>Solanum tuberosum</i> L.	Pomme de terre (français)	solanaceae	Tubercule	Diabetes, anti acid	As a meal /per os	Lubumbashi	T2
<i>Strychnos cocculoides</i> Baker.	Katongatonga (Luba), Bukoke (Hemba), Kisongole (Bemba)	Loganiaceae	Root	Diabetes, abdominal pain, dysentery	Decoction/per os Infusion/per os	Kasumbalesa, Lubumbashi	T41; T32; T35
<i>Strychnos innocua</i> Delile.	Kakomekone (Swahili)	Loganiaceae	Root	Diabetes, blennorrea	Decoction/per os	Lubumbashi	T32
<i>Strychnos spinosa</i> Lam.	Kisongole (Bemba), Nsansa (Swahili)	Loganiaceae	Stem bark Root	Diabetes, blennorrea	Decoction/per os	Lubumbashi, Kipushi,	T1; T24; T37; T44; T50
<i>Strychnos stuhlmannii</i> Gilg.	Mubanga Kyilu (Bemba), Nkanga kyulu (Zela)	Loganiaceae	Root	Diabetes, Gangrene, syphilis	Decoction/per os	Lubumbashi	T12 ; T24
<i>Swartzia madagascariensis</i> Desv.	Munienze (Luba), Mpampi (Tshiluba)	Fabaceae	Root	Diabetes, Touthache	Decoction/per os	Kipushi, Lubumbashi	T26 ; T50
<i>Syzygium guineense</i> (Willd) DC.	Musanfwa (Bemba)	Myrtaceae	Stem bark	Diabetes	Decoction/per os	Likasi	T42; T43
<i>Terminalia mollis</i> M.A. Lawson.	Kianga (Hemba), Tshibangu Mutshi (Tshiluba)	Combretaceae	Leaves Root	Diabetes, diarrhoea, syphilis	Decoction/per os	Lubumbashi, Kasumbalesa	T40 T28
<i>Tithonia diversifolia</i> (Hemsley.) A.Gray.	Bilombalomba (Lélé)	Asteraceae	Leaves	Diabetes, abdominal pain	Chewing/per os Maceration/per os	Lubumbashi	T32
<i>Uapaka kirkiana</i> Müll. Arg.	Masuku (Bemba, Luba)	Euphorbiaceae	Stem bark	Diabetes, diarrhoea, sterility, Headache	Decoction/per os	Likasi	T8

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<i>Vernonia shirensis</i> Oliv. & Hiern.	Kilulukunja (Swahili), Muvurumen (Rund)	Asteraceae	Leaves Root	Diabetes, haemorrhoid, worms	Decoction/per os	Kasumbalesa Lubumbashi	T23 T2 ; T1
<i>Vigna sinensis</i> A.Rich	Lukunde (kikabinda)	Fabaceae	Leaves Root	Diabetes, headache	Decoction/per os Maceration/per os	Kipushi	T36
<i>Vitex madiensis</i> Oliv.	Mufutu (Luba)	Verbenaceae	Leaves Root	Diabetes	Decoction/per os	Kipushi	T34 ; T37
<i>Vitis vinifera</i> L.	Raisin (Français)	Ampelidaceae	Leaves	Diabetes	Decoction/per os	Lubumbashi	T50
<i>Zanthoxylum chalybeum</i> Engl.	Mpupwe kiulu (Luba), Pupwe (Bemba)	Rutaceae	Leaves Stem Root	Diabetes, gastrite, cough, otitis, hip pain, sterility	Decoction/per os	Lubumbashi Kipushi, Likasi	T10 ; T24 ; T49
<i>Ziziphus mucronata</i> Willd.	Kankona (Luba, Bemba, sanga)	Rhamnaceae	Stem bark Root	Diabetes, dysentery, abdominal pain	Decoction/per os	Likasi	T33