



MITI NI MALI IN UGANDA

Illustrations; Joseph Kariuki

Technical content; Anne Powys, Leslie Duckworth

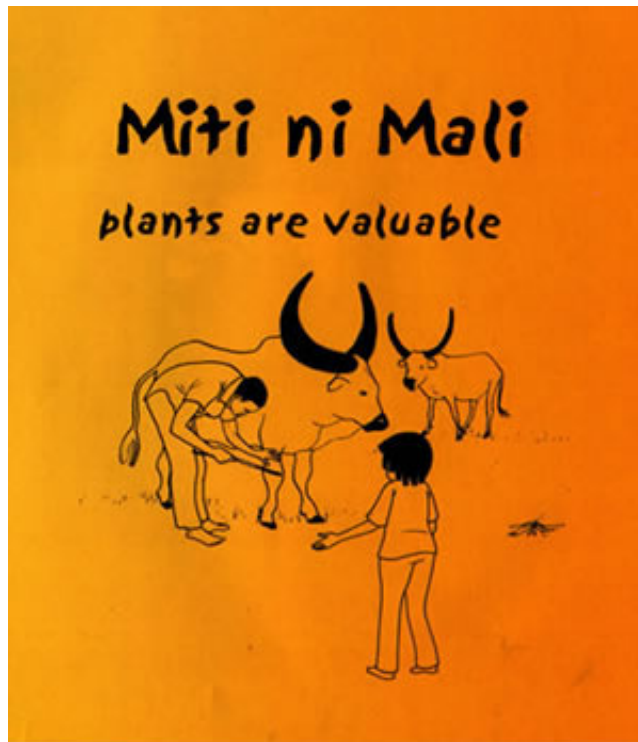
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Miti ni mali is the name of a project which collects the existing knowledge of plants that can be used to Improve the health of peoples and their livestock. This collected knowledge will be recorded and returned to communities in the hope that young people will appreciate and preserve this valuable resource.

IMPORTANT WARNING





This booklet is intended as an educational insight to the importance of the plants. IT IS NOT A MEDICAL HANDBOOK! Many of the plants described in this booklet are very poisonous. Neither the publishers or the authors can be held responsible for claims arising from the inappropriate use of plants. For treatment please refer to your local healer.



Without the people this booklet would not be possible, many thanks to:

- PALLISA:** Gimbo Lamula, Gimbo Hadijah, Agnes Sumanka, Abdu Sizomu, Obonyo Iddi, Casio Robert, Wilson Gubi (Vegetation type: Moist combretum savannas)
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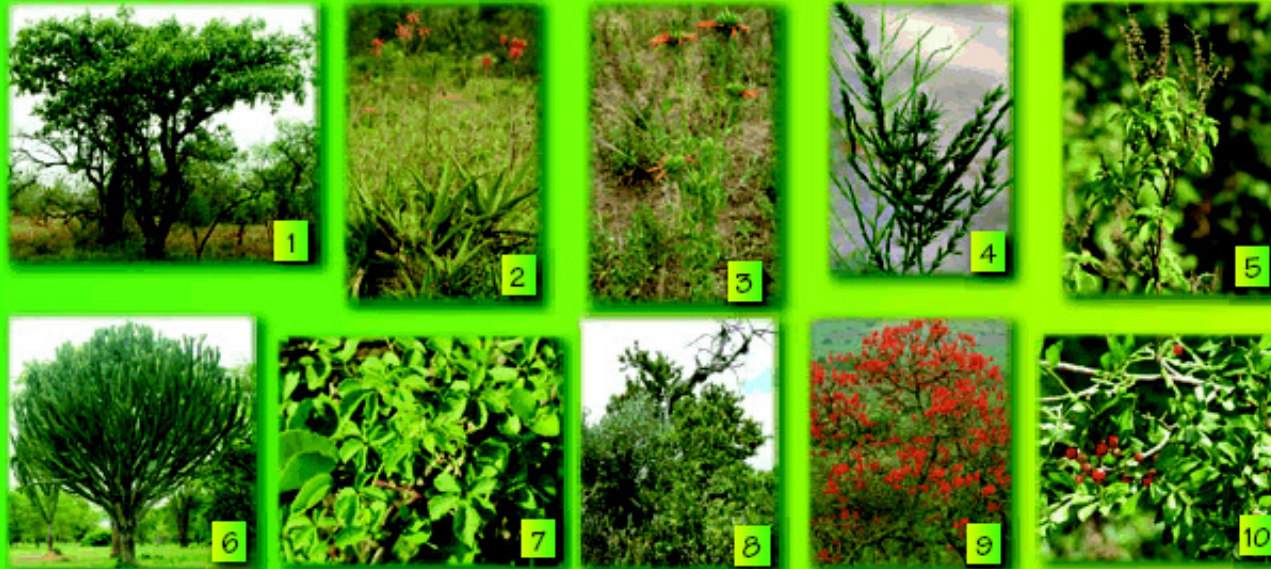
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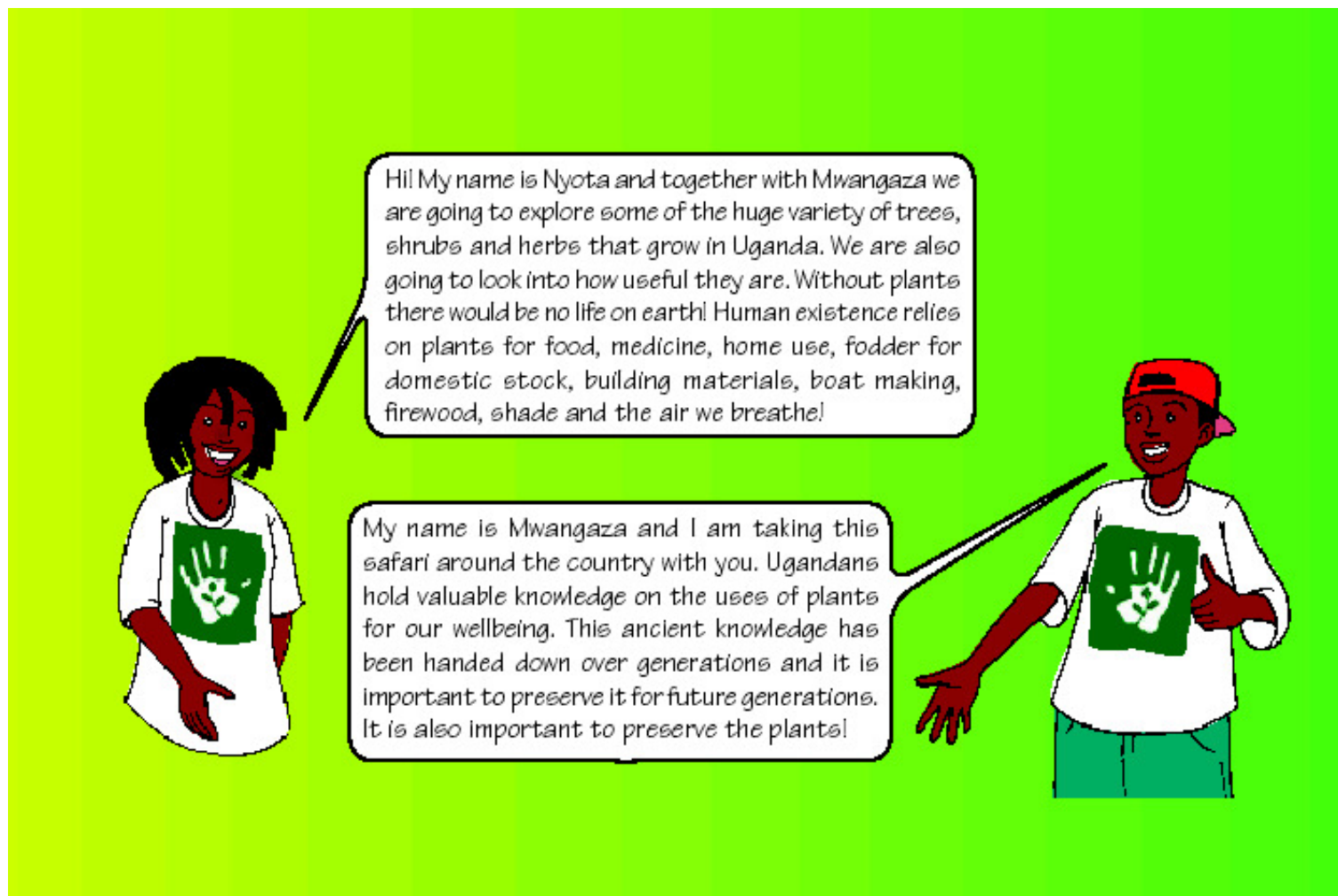
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SAPOTACEAE -

Butyrospermum paradoxum


Shea-butter tree, Ekungurit, (Karamajong), Ekungur, (Teso)



This savanna tree grows up to 40ft tall. It has a wide trunk and spreading, twisted branches. Its bark is grey to almost black, forming thick rectangular scales. The leaves which are clustered towards tops of branchlets are reddish, felty and soft when young, turning smooth and growing 5-8" long when mature.

The flowers are a pale cream/yellow and scented. They form dense clusters at the extreme tips of the branchlets. Flowering occurs when the tree is leafless. Fruit is 2" long oval, contains 1-3 seeds. The parts used are the roots, seeds and fruit.

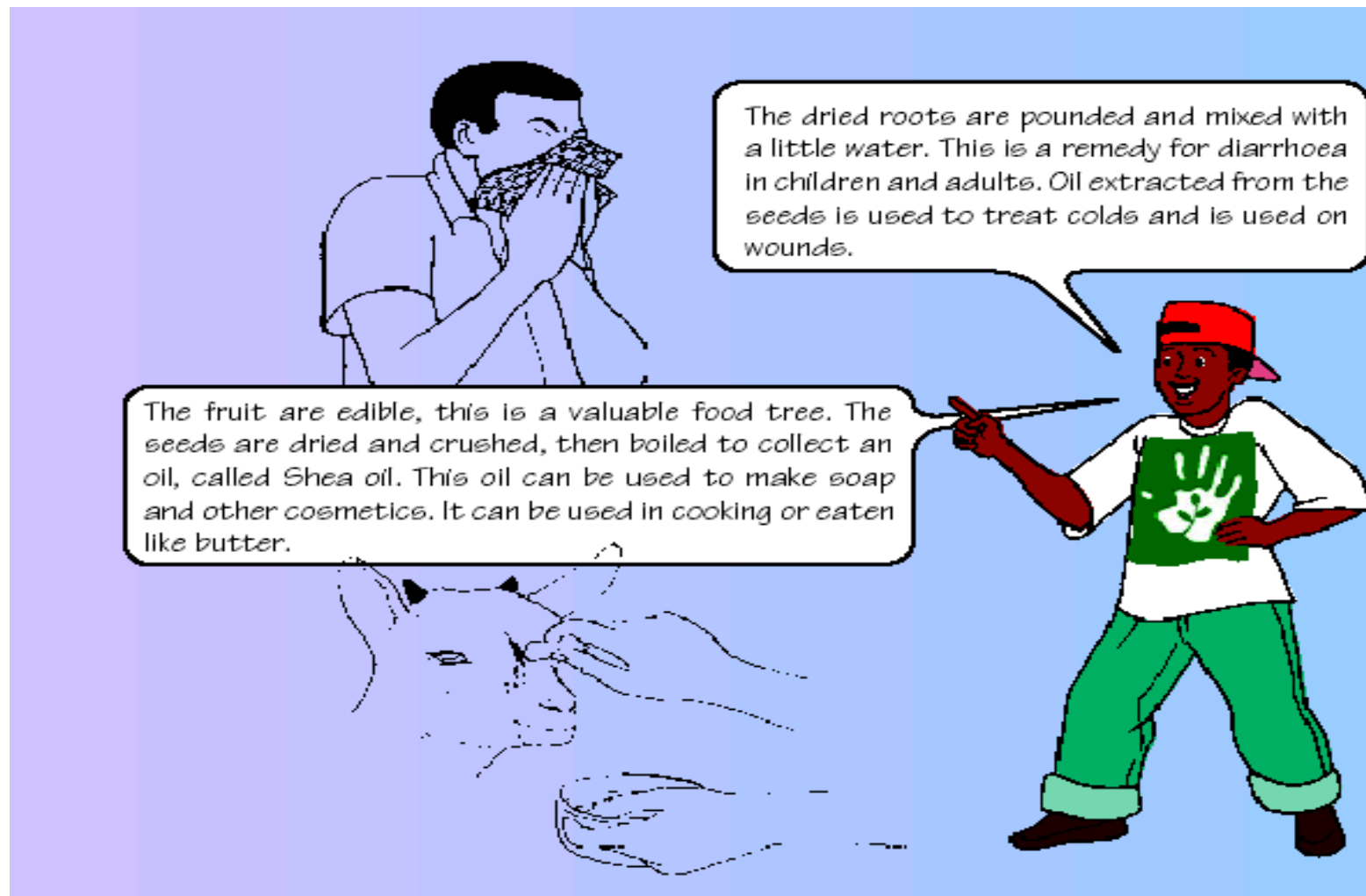


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SAPOTACEAE -

Butyrospermum paradoxum

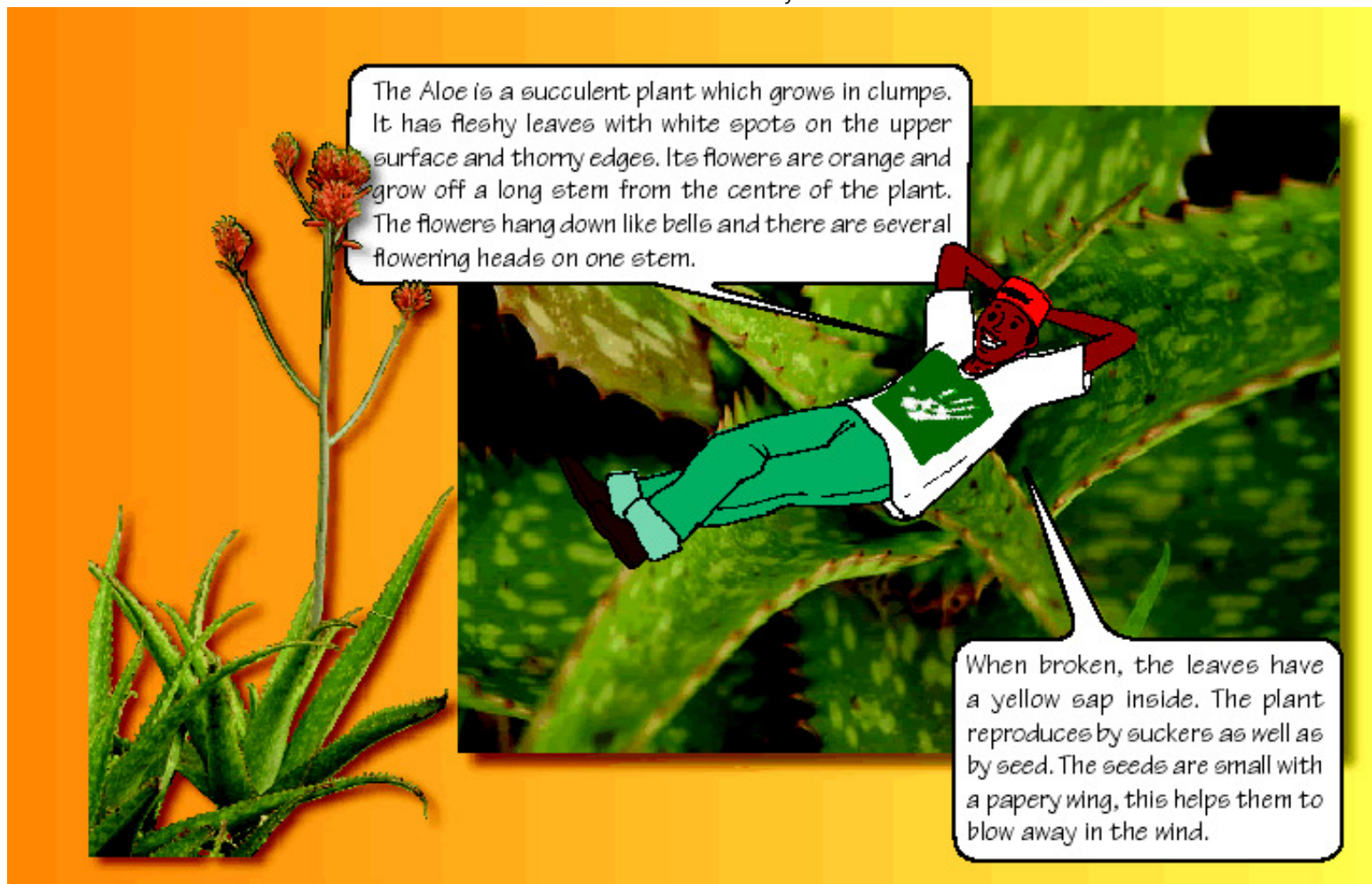
Shea-butter tree, Ekungurit, (Karamajong), Ekungur,(Teso)





ALOACEAE - ALOE FAMLY
Aloe sp.
Rukaka (Ruhima, Kiga)





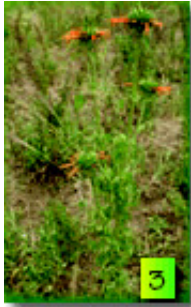
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ALOACEAE - ALOE FAMILY

Aloe sp.

Rukaka (Ruhima, Kiga)

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LABIATAE - MINT BASIL FAMILY
Leonotis nepetifolia
Chukia (Teso), Ekchumuchum (Ruhima)

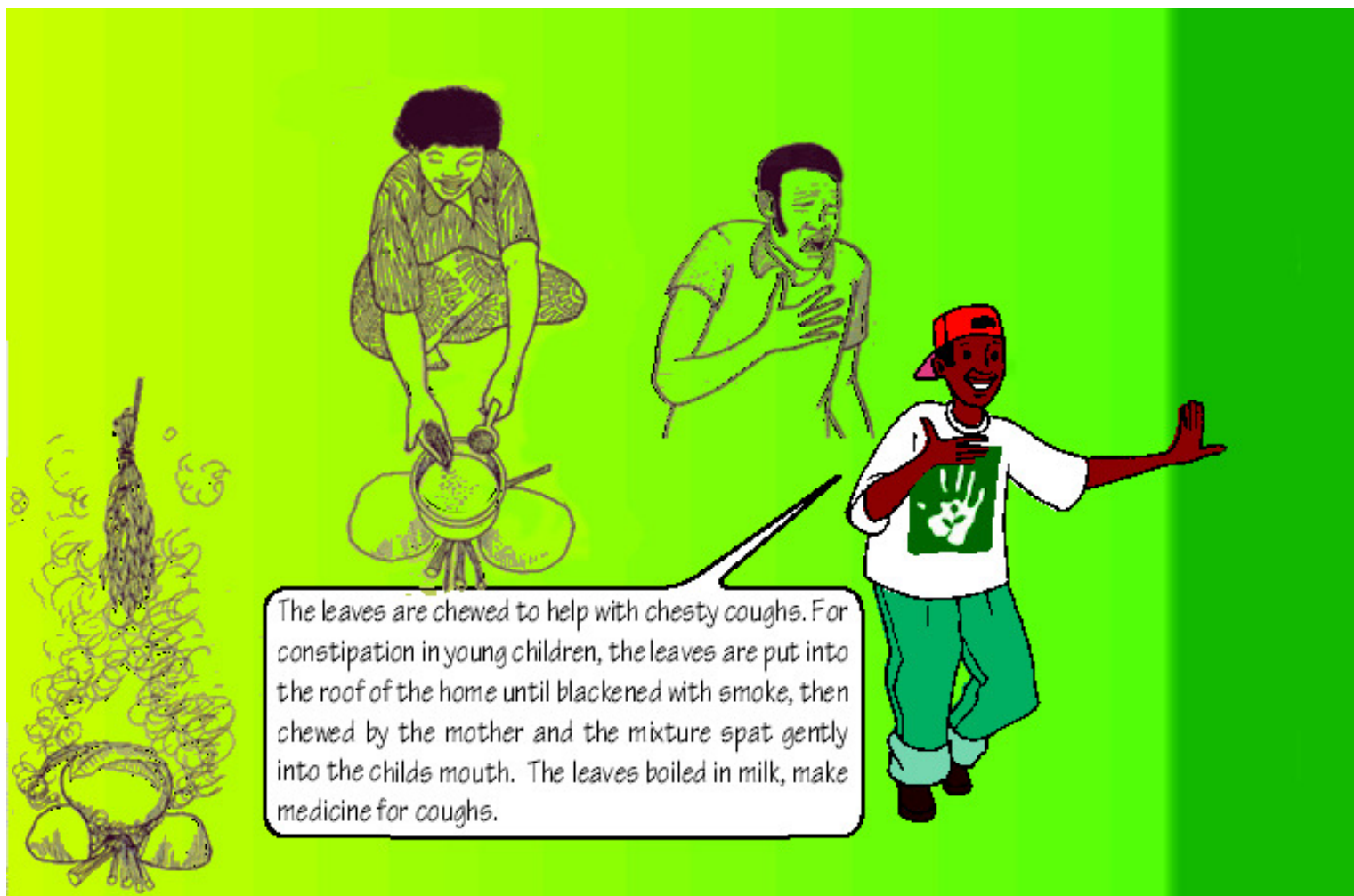


 MITI NI MALI IN UGANDA

LABIATAE - MINT BASIL FAMILY

Leonotis nepetifolia

Chukia (Teso), Ekchumuchum (Ruhima)





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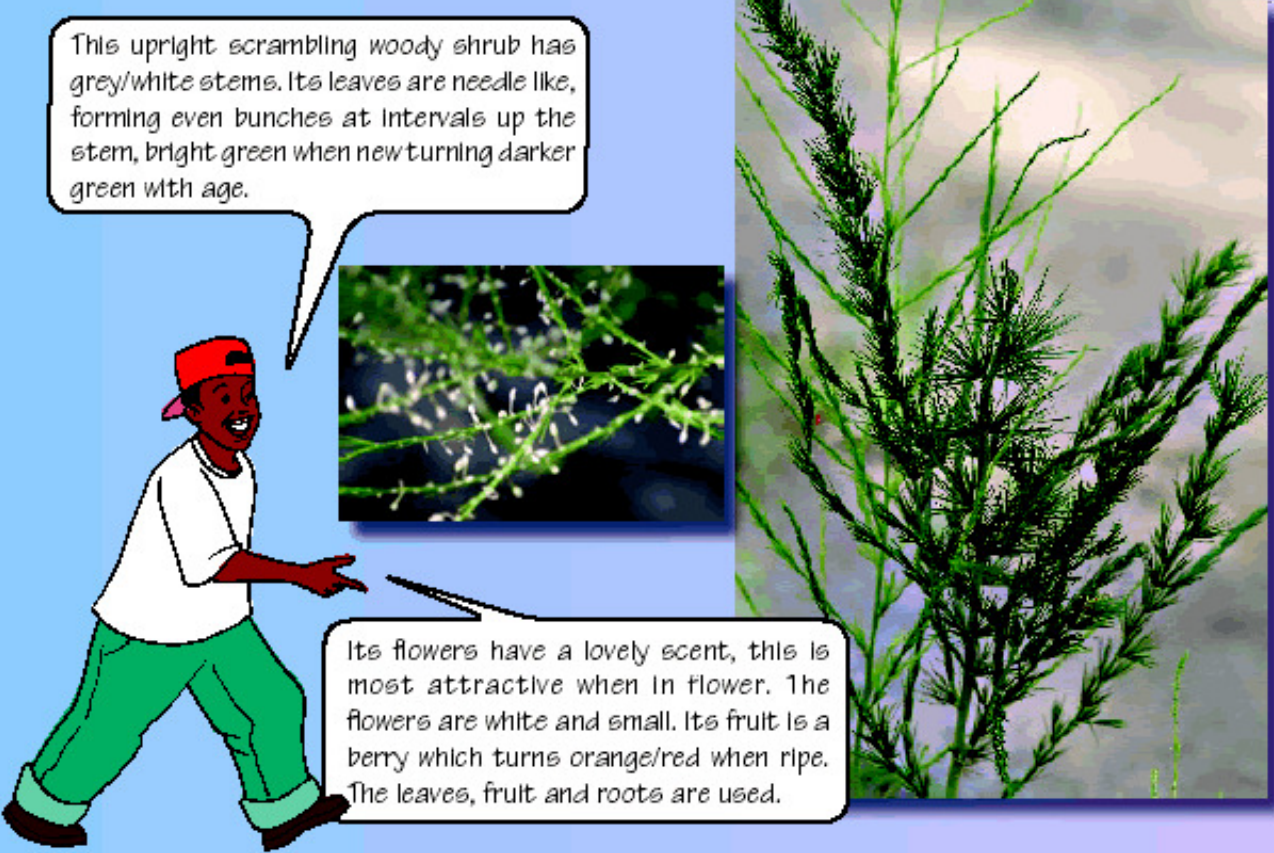
ASPARAGACEAE

Asparagus flagellaris

Sikikolong (Teso), Obushebashabe(Ruhima) Eskarakiru(Karamajong)



This upright scrambling woody shrub has grey/white stems. Its leaves are needle like, forming even bunches at intervals up the stem, bright green when new turning darker green with age.



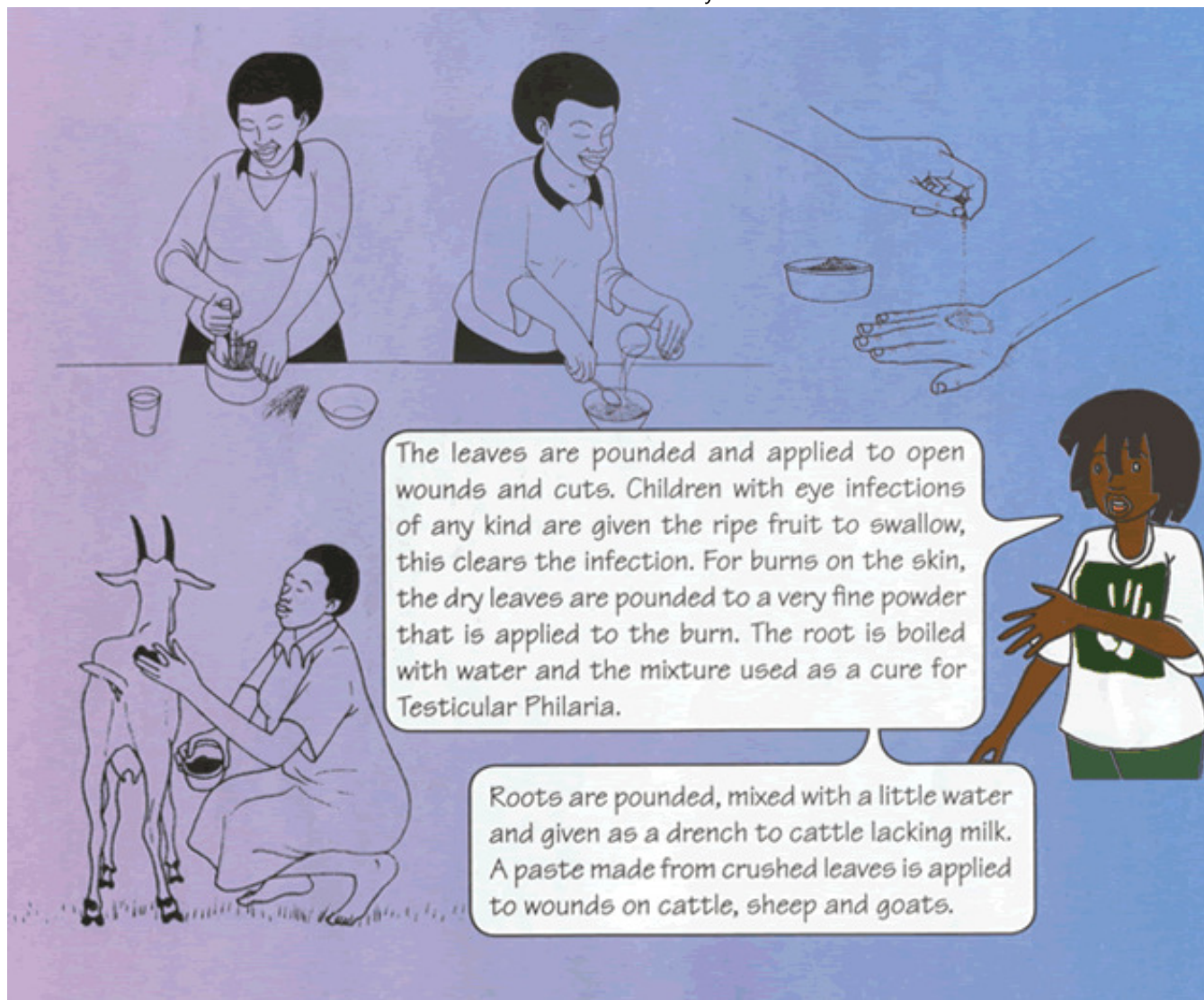
Its flowers have a lovely scent, this is most attractive when in flower. The flowers are white and small. Its fruit is a berry which turns orange/red when ripe. The leaves, fruit and roots are used.

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ASPARAGACEAE

Asparagus flagellaris

Sikikolong (Teso), Obushebashabe(Ruhima) Eskarakiru(Karamajong)

 MITI NI MALI IN UGANDA



LABIATAE - BASIL MINT FAMILY

Ocimum gratissimum

Omwenyi(Ruhima), Mujaja (Lugwere)





 MITI NI MALI IN UGANDA

LABIATAE - BASIL MINT FAMILY
Ocimum gratissimum

Omwenyi(Ruhima), Mujaja (Lugwere)

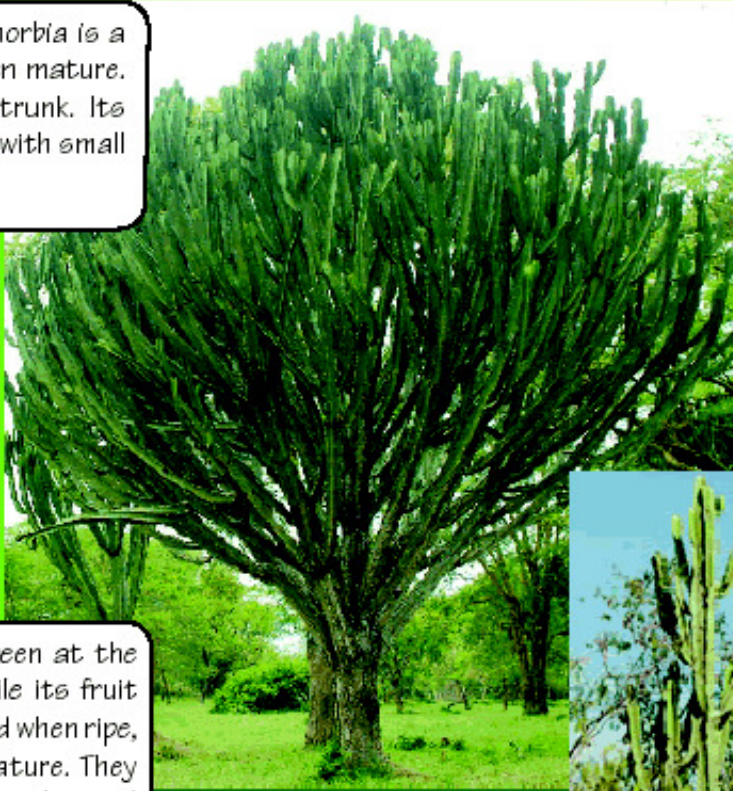



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EUPHORBIACEAE - EUPHORBIA FAMILY
Euphorbia candelabrum
 Epopong (Teso, Karamajong)



Found in dry, hot country, the euphorbia is a large tree growing to 18 m tall when mature. It branches from the top of the trunk. Its branches are succulent, 4-5 angled with small spines growing along the edges.

Its flowers are yellow green at the tips of the branches, while its fruit develops into capsules, red when ripe, turning brown as they mature. They explode with a noise sending the seed quite a distance!





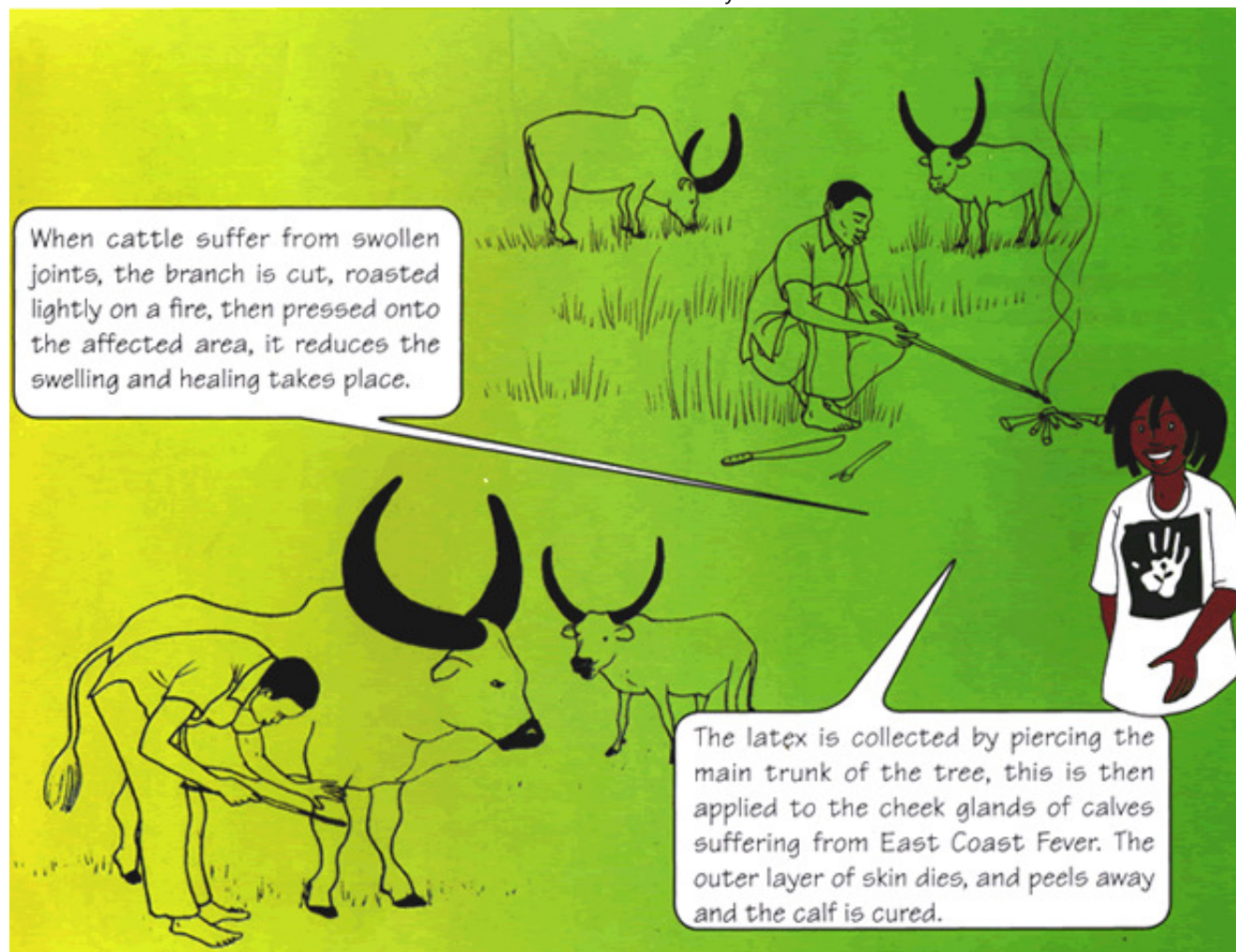
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EUPHORBIACEAE - EUPHORBIA FAMILY

Euphorbia candelabrum

Epopong (Teso, Karamajong)





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VITACEAE - GRAPE FAMILY

Cyphostema adenocaule

Echima (Ruhima)



This plant is a climber, with tendrils to help it grip onto other plants. The oval leaflets are in groups of five, with toothed edges. Its flowers are tiny and white. Its fruit is a berry, turning red when ripe.

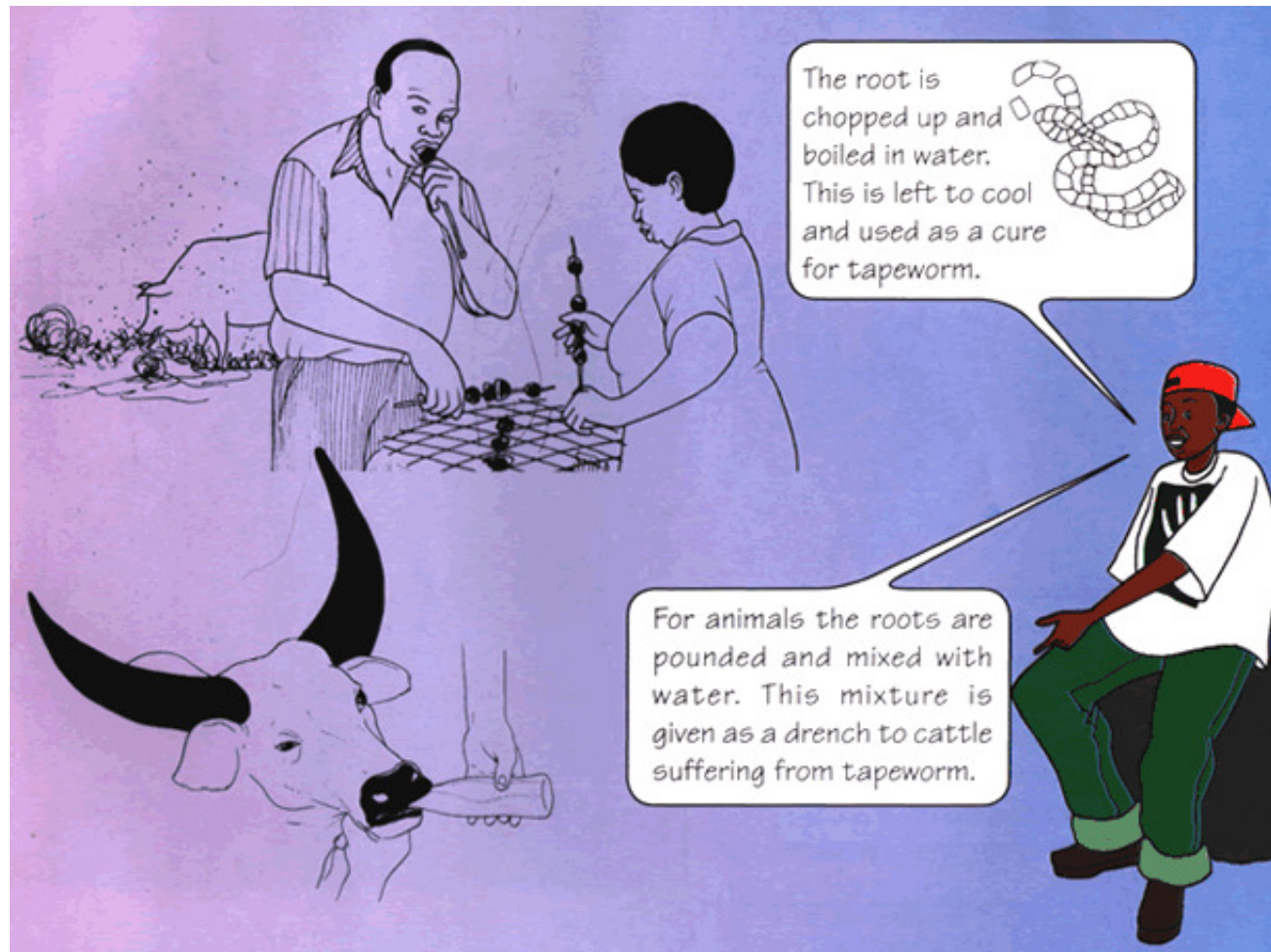


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VITACEAE - GRAPE FAMILY

Cyphostema adenocaula

Echima (Ruhima)

 MITI NI MALI IN UGANDA




EBENACEAE, EBONY FAMILY.

Euclea divinorum


Omusichizi(Ruhima), Emuss(Teso,Karamajong)



This shrub or tree grows from 1 to 15m tall. It is evergreen with a dark grey bark. The leaves are narrow and very shiny green when new, going to dark green.



Its flowers are cream-white, clustered together on short shoots, bell-like and scented. Its fruits are round berries, turning deep purple when ripe. The parts used are the roots and the young branches.



 MITI NI MALI IN UGANDA

EBENACEAE, EBONY FAMILY.

Euclea divinorum

Omusichizi(Ruhima), Emuss(Teso,Karamajong)





 MITI NI MALI IN UGANDA

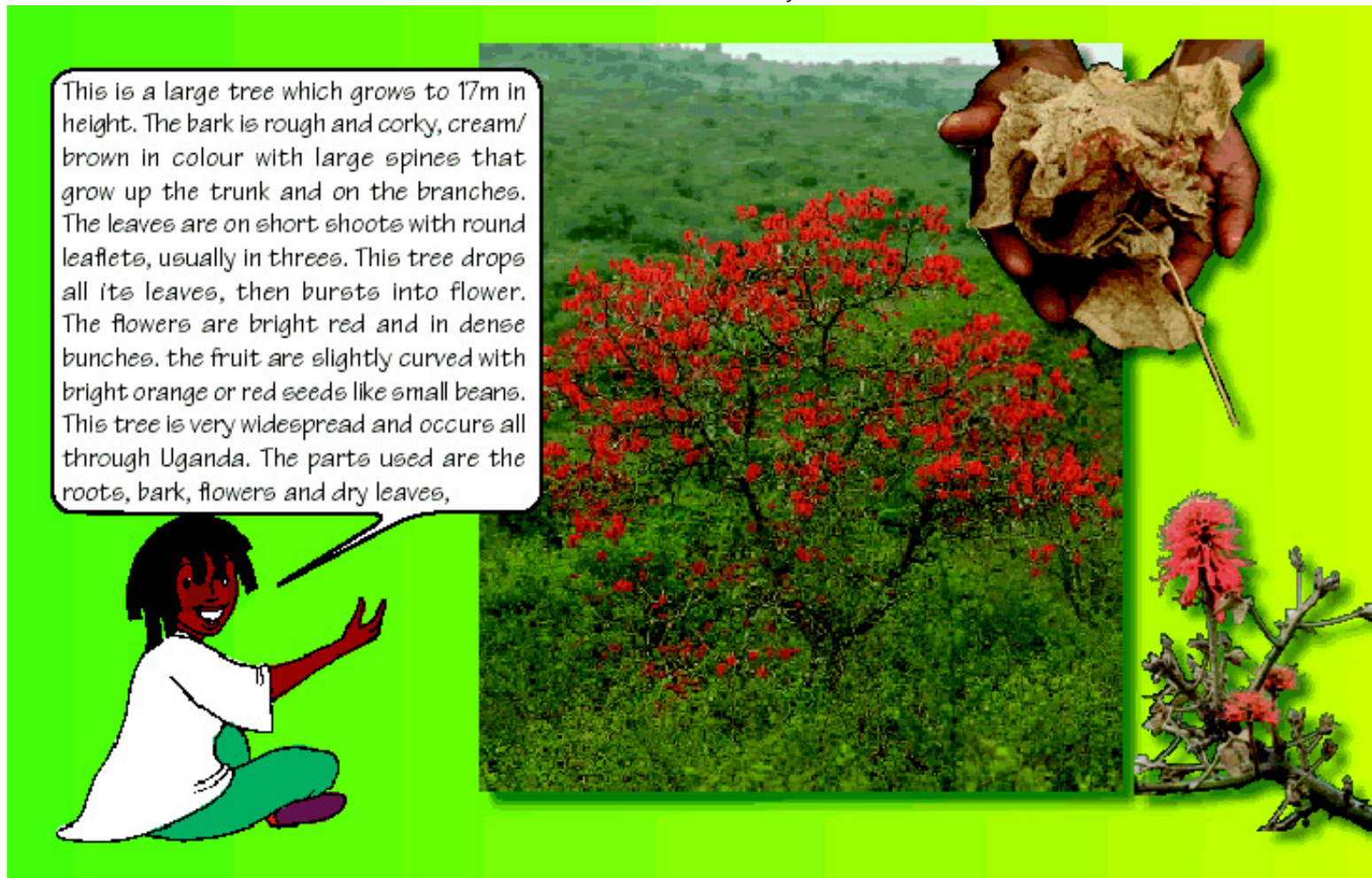
PAPILIONACEAE - BEAN/PEA FAMILY

Erythrina abyssinica

Engosorot (Teso), Omuko, Omrinzi (Ruhima), Omuko (Rutoro),



This is a large tree which grows to 17m in height. The bark is rough and corky, cream/ brown in colour with large spines that grow up the trunk and on the branches. The leaves are on short shoots with round leaflets, usually in threes. This tree drops all its leaves, then bursts into flower. The flowers are bright red and in dense bunches. the fruit are slightly curved with bright orange or red seeds like small beans. This tree is very widespread and occurs all through Uganda. The parts used are the roots, bark, flowers and dry leaves,


The image is a composite graphic on a light blue background. On the left, a cartoon girl with dark skin, wearing a white shirt and green pants, is kneeling and pointing towards a text box. The text box contains a detailed description of a tree. To the right of the text box is a large photograph of a tree with dense, bright red flowers. Above this photograph, a pair of hands is shown holding a cluster of dry, brown leaves. Below the main photograph, there is a smaller, close-up photograph of a single red flower on a branch.

 MITI NI MALI IN UGANDA


PAPILIONACEAE - BEAN/PEA FAMILY

Erythrina abyssinica


Engosorot (Teso), Omuko, Omrinzi (Ruhima), Omuko (Rutoro),



The roots are pounded and mixed with other herbs as a remedy for calves suffering from East Coast Fever. The bark is crushed into powder, mixed with water and given to cows that continually abort. The dry leaves are roasted, the ash mixed with water, this is poured into the eyes of cattle with worms in the eye.



The dry leaves are roasted, the ash is then applied to the nipples of women whose breasts continually pour milk when lactating. The bark is boiled in water for pancreatic problems. The bark soaked in water is curative for coughs. The roots pounded and steeped in water are used as a cure for malaria. Roots can be roasted and the ash mixed with water as a treatment for tuberculosis and asthma.



The flowers crushed and mixed with kerosene is applied onto the skin of those affected by ringworm. The roots are mixed with other plants, pounded, this mixture is applied to puffadder bites.



SIMOURABACEAE -
Harrisonia abyssinica

Ekeroi (Teso), Ekere(Karamajong)

This shrub or tree grows 2-12 meters tall and is evergreen with thorny branches and leaves. The leaflets are rounded, smooth and dark green, winged down the middle. The flowers are very small yellow/cream, growing in bunches. It has a small round fruit, red when ripe. The parts used are the roots, fruit and leaves.

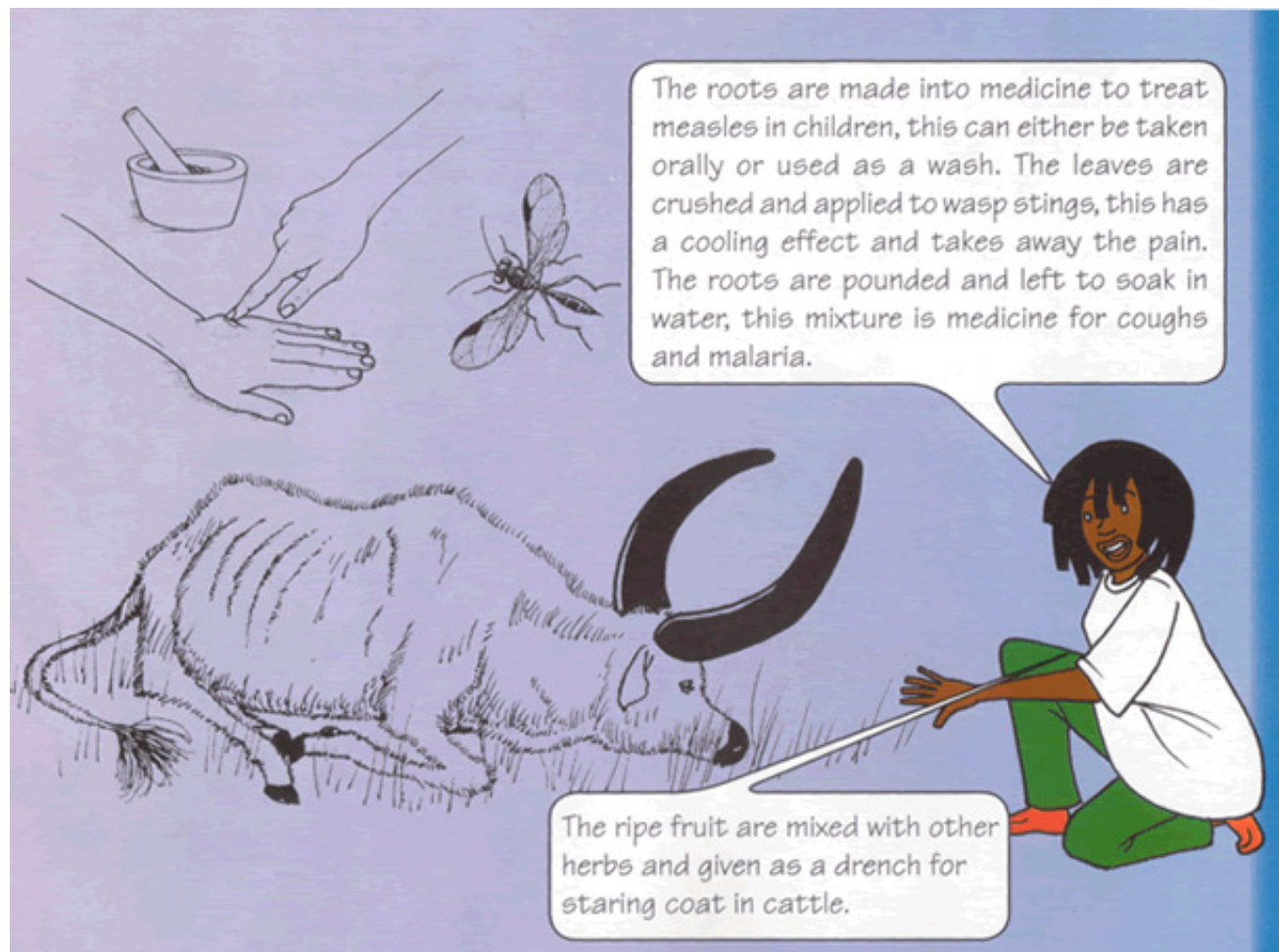


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SIMOURABACEAE -

Harrisonia abyssinica

Ekeroi (Teso), Ekere(Karamajong)





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