

APPENDIX FIVE

TABLES FOR CHAPTER 5

TABLE 5.1 - ENEMA MEDICINES

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

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

*Powell-Cotton specimen catalogue number

TABLE 5.2 - MEDICINAL BEVERAGES

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

*Powell-Cotton specimen catalogue number

TABLE 5.3 -CHEWED AND INGESTED SUBSTANCES

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

*Powell-Cotton specimen catalogue number

TABLE 5.4 - EXTERNALLY APPLIED TREATMENT

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

*Powell-Cotton specimen catalogue number

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

TABLE 5.5 - FUMIGANTS AND VAPOURISERS

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

'v' = vapourisers

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

*Powell-Cotton specimen catalogue number