

PROJECT ALPHA

MEDICINAL PLANT LIST (Naauintkomen)

Species	Name	Growth form	Plant parts used	Uses
Acacia karroo	Sweet Thorn	tree	gum	ulcers, oral thrush
Bauhinia galpinii	Pride of De Kaap	shrub	seeds, leaves, tubers	women's health, diarrhoea
Commelina spp.	Commelina	forb	roots	women's health
Croton gratissimus	Lavender Croton	tree	bark, leaves	annointing, bleeding gums
Cyphostemma spp.	Cyphostemma	succulent	tubers	pain relief, healing
Dicrostachys cinerea	Sickle Bush	tree	leaves, roots, bark	diarrhoea, snake bite, toothache, earache, pain, cough, pneumonia, nose bleeds, TB, head-colds, epilepsy
Helichrysum spp.	Everlasting	forb	whole plant	burned as ritual incense, sedative, insomnia
Indigofera spp.	Indigo	forb	roots	women's health, dye
Peltophorum africanum	Weeping Wattle	tree	roots	abdominal pain, nausea, venereal disease, sore throat, chest pain, blood purification
Sansevieria hyacinthoides	Bowstring Hemp	forb	rhizomes, leaves	earache, haemorrhoids, stomachache, ulcers, diarrhoea, parasites, toothache (fibres for weaving, rope making)
Sarcostemma viminalis	Melktou	climber	whole plant	women's health
Solanum spp.	Poison Apple	forb	fruit	sedatives, toothache
Terminalia sericea	Silver Cluster Leaf	tree	roots, bark	stomach disorders, diarrhoea, other complaints
Ximenia caffra	Sour Plum	tree	roots, bark, leaves, fruit	women's health, diarrhoea, bilharzia, rheumatism, fever, tonsillitis, eyewash, toothache, constipation, scabies
Ziziphus mucronata	Buffalo Thorn	tree	leaves, roots, bark	diarrhoea, dysentery, coughs, chest problems, wounds, boils, septic sores