

# **THE RAINTREE BOTANICAL RAMBLE**



**RAINTREE  
LODGE**  
*Fiji's premier ecotourism resort*

## **Commissioned by**

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## **With grateful thanks to**

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No. 1

Tree, Shrub, Plant

**VAIVAI NI VALAGI**  
**Rain Tree**  
**Monkey Pod**

Botanical Name & Family

**Samanea saman**  
**(Mimosaceae)**

Uses

**Planted as a shade tree and ornamental, roadside and plantation. Wood used for general construction, flooring, carving, handicraft and firewood.**



No. 2

Tree, Shrub, Plant

**RED PALM**  
**Lipstick Palm, Sealing Wax Palm,**  
**Red Sealing Wax Palm**

Botanical Name & Family

**Cyrtostachys renda**  
**(Palmae)**

Uses

**A special for Landscapers and Garden lovers. A striking palm indeed.**



No. 3

Tree, Shrub, Plant

**MAVU**  
**Gadoa**

Botanical Name & Family

**Macaranga harveyana**  
**(Euphorbiaceae)**



Uses

**A softwood tree, firewood, box making, best feeding spot of Doves**

No. 3A

Tree, Shrub, Plant



**WELETI**  
(Maoli, Uto Weleti, Papaya, Pawpaw)

Botanical Name & Family

**Carica papaya**  
(Caricaceae)

Uses

Delicious and healthy fruit, eaten alone, or in fruit salad, also makes jam, cakes, juice and desserts. Mashed and sieved pulp ideal for first solids for baby. Green pawpaw makes a good chutney, pickle or salad, and is also used as a vegetable.

Fiji medicinal - Leaves used for herbal medicine, and also stopping the flow of blood in a wound. Resin from green fruit used for meat tenderizing etc. Mouthwash made from scrapings of the inner bark for tooth ache.

For ringworm – a slice of green Pawpaw placed over the affected area.

No. 4

Tree, Shrub, Plant

**GOLDEN PALM**

Botanical Name & Family

**Chrysalidocarpus lutescens**  
(Palmae)



Uses

Low growing ornamental palm with many slim yellow ringed trunks and leaves which turn an orange colour with age

No. 5

Tree, Shrub, Plant

**BALAKA PALM**

Botanical Name & Family

**Balaka Semanni**  
(Palmae)



Uses

Slender palm which is common in the dense Forest. A very straight Stem, often used for Making walking sticks, Once used for making Spears. Widely used for an ornamental both in Fiji and overseas.

No. 6



Tree, Shrub, Plant

**MOLAU**

Botanical Name & Family

**Glochidion seemanii**  
(Euphorbiaceae)

Uses

**Stems and leaves are used in traditional herbal medicine. Wood is used in general construction and for firewood.**

No. 7

Tree, Shrub, Plant

**VADRA**

Botanical Name & Family

**Pandanus vitiensis**  
(Pandanaceae)



Uses

**Weaving mats and baskets, thatching. Nuts can be eaten, after roasting in the fire. (In Papua New Guinea they are called Karuka nuts). Landscaping – ornamental.**

**Fiji medicinal – infusion of roots used for Asthma.**

No. 8

Tree, Shrub, Plant

**BALABALA**  
**Tree Fern**

Botanical Name & Family

**Cyathea lunulata**  
(Cyatheaceae)



Uses

**The most common tree fern. The trunk used in for building and planting ferns and orchids in.**

No. 9

Tree, Shrub, Plant





## **GADOA**

Botanical Name & Family

**Macaranga vitiensis**  
(Euphorbiaceae)

Uses

**House posts, good firewood, Doves feeding spot**

No. 10

Tree, Shrub, Plant

**HAWAIIAN BLUE GINGER**  
(Actually Purple)

Botanical Name & Family

**Dichorisandra thyrsiflora**



Uses

**A beauty in the garden, and also nice in floral arrangements.**

No. 11

Tree, Shrub, Plant

**SEKOULA**  
(Flame Tree)

Botanical Name & Family

**Delonix regia**  
(Caesalpiniaceae)



Uses

**A beautiful ornamental tree now naturalized. Introduced before 1860.**

No. 12

Tree, Shrub, Plant

**YASIYASI**



**(Leba)**

Botanical Name & Family

**Syzygium neurocalyx**

**(Pink fruit like a large Pear – related to Kavika)**

Uses

No. 13

Tree, Shrub, Plant

**VUGA**

Botanical Name & Family

**Metrosideros collina**

**(Myrtaceae)**



Uses

**Large tree used for timber and house posts. Flowers often used for decoration.**

No. 14

Tree, Shrub, Plant

**LOSILOSI**

Botanical Name & Family

**Ficus barclayana**

**(Moraceae)**



Uses

**A shrub or small tree which is moderately common in Viti Levu and Vanua Levu. (Economic importance). Edible fruit.**

**Fiji medicinal - Chew young leaves for cough. Juice of leaves used for boils under the arms.**

No. 15

Tree, Shrub, Plant

**MAHOGANY**



Botanical Name & Family

**Swietenia macrophylla**  
(Meliaceae)

Uses

**High valued timber with excellent characteristics. Wide range of application e.g. furniture, paneling, flooring, construction, arts and crafts.**

No. 16

Tree, Shrub, Plant

**VAULEKA**  
**Short Hibiscus**

Botanical Name & Family

**Hibiscus tiliaceus**  
(Malvaceae)



Uses

**Rough side of leaf is bandaged on sprained ankle overnight to reduce swelling and pain. Also used for diarrhea.**

No. 17

Tree, Shrub, Plant

**BUABUA NI IDIA**

Botanical Name & Family

**Fragraea species**  
(Loganiaceae)



Uses

**Introduced species. Economic importance for timber. Cultivated ornamental.**

No. 18

Tree, Shrub, Plant

**MAQO**  
(Mango)



Botanical Name & Family

**Mangifera indica**  
**(Anacardiaceae)**

Uses

**Tannins, Fruits and ornamental. A very early introduction, now common throughout the group. Ripe fruit contains an abundance of Vitamin A.**

**Fiji medicinal - Liquid of bark is used against diarrhoea. Scrape the outside bark off and take the inside bark to make tea against thrush. Young leaves chewed to stop diarrhoea, dysentery, and skin ulcers.**

**India medicinal - Boil 15 fresh Mango leaves with a glass of water, leave overnight and drink in the morning - for diabetes.**

No. 19

Tree, Shrub, Plant

**VUTU RAKARAKA**

Botanical Name & Family

**Barringtonia asiatica**  
**(Lecythidaceae)**  
**(Particularly dark core)**



Uses

**Both flower and fruits are buoyant. In early times fruits were used as floats for fishing nets. The flesh of the fruit is crushed to stupefy fish.**

No. 20

Tree, Shrub, Plant

**UTO**

Botanical Name & Family

**Artocarpus altilis**  
**(Moraceae)**



Uses

**The fruit is boiled or roasted, and is still preserved underground to make madrai or bread. The wood is useful.**

No. 21

Tree, Shrub, Plant

**LERA**





Botanical Name & Family

**Adenanthera pavonina**  
(Mimosaceae)

Uses

**An introduced tree, now naturalized, which has pods containing the small red hard seeds which are commonly made into necklaces by Fijians.**

No. 22

Tree, Shrub, Plant

**AVOCADO PEAR**

Botanical Name & Family

**Persea Americana**  
(Lauraceae)

Uses

**Edible fruits.**

**Introduced plant.**

**Small trees up to 30 ft**



No. 23

Tree, Shrub, Plant

**TOTOWIWI**

**(Tree)**

**MANUI, MANAWAI,  
DUBUDUBU**

Botanical Name & Family

**Pleiogynium solandri**  
(Anacardiaceae)

Uses

**Tree up to 9 ft. high.**

**The trunk often used for canoes.**



No. 24



Tree, Shrub, Plant

**KABI NI VALAGI**  
**(Blue Quandong)**

**(Rotuman name – Umasa)**

Botanical Name & Family

**Elaeocarpus Grandis**  
**(Elaeocarpaceae)**

Uses

**Has large purple berries similar to Olives. Non-edible.**

**Used for Timber.**

**Introduced from Australia.**

**Is presently investigated as fast growing plantation tree.**

No. 25

Tree, Shrub, Plant

**MISIMISI**

Botanical Name & Family

**Ximenia Americana**  
**(Olacaceae)**

Uses

**A common coastal shrub.**

**The green fruits smell strongly of oil of almonds.**

**Pigeons commonly feed on this species when it is fruiting.**

No. 26

Tree, Shrub, Plant

**WI NI IDIA**  
**(Starfruit)**  
**(Star Apple)**

Botanical Name & Family

**Averrhoa Carambola**  
**(Oxalis)**

Uses

**Fruit makes very fine jams, jellies, pickles and stewed fruit. The pressed liquid from the stem and bark is used for treatment of diarrhea, for strengthening of mothers after childbirth, for cleansing of bowels, sterility and fish poisoning, and for cataracts of the eye.**



No. 27

Tree, Shrub, Plant

**COCOA**

Botanical Name & Family

**Theobroma cacao**  
(Sterculiaceae)

Uses

**Seeds dried and pounded. Commonly used for chocolate for baking.**

No. 28

Tree, Shrub, Plant

**ROYAL PALM**

Botanical Name & Family

**Oreodoxa regia**  
(Palmae)



Uses

**Introduced and commonly grown in avenues because of its erect habit and stately appearance**

No. 29

Tree, Shrub, Plant

**SOGA**

Botanical Name & Family

**Metroxylon vitiense**  
(Palmae)



Uses

**Leaves used for thatching when tree reaches maturity, at an age of 15 years. A huge terminal panicle, about 12 feet high and divided into 20 or more branches are produced. The palm dies after producing the fruit.**

**Endemic to Fiji**

No. 30



Tree, Shrub, Plant

**DILO**

Botanical Name & Family

**Callophyllum inophyllum**  
(Clusiaceae)

Uses

**The timber is used for carving and making furniture and other small utilitarian items. The leaves and fruits are used medicinally and the fragrant fruits are used to scent coconut oil.**

No. 31

Tree, Shrub, Plant

**TARAWAU**

Botanical Name & Family

**Dracontomelon vitiense**  
(Anacardiaceae)

Uses

**Fruit edible, somewhat insipid. Tree grows to 60 feet, flowers small.  
Fiji medicinal – Chew the young leaves and swallow the juice if you have a sore throat.**



No. 32

Tree, Shrub, Plant

**DROU**

Botanical Name & Family

**Parasponia andersonii**  
(Ulmaceae)

Uses

**Trees or shrubs, leaves alternate simple, stipules paired, flowers fasciculated, fruit compressed**



No. 33





Tree, Shrub, Plant

**TORCH GINGER**

Botanical Name & Family

**Amomum magnificum**  
(Zingiberaceae)

Uses

**An introduced ornamental with a large torch like inflorescence.**

No. 34

Tree, Shrub, Plant

**VASA**

Botanical Name & Family

**Cerbera manghas**  
(Apocynaceae)

Uses

**Leaves used for skin disease. Poisonous if ingested.**



No. 35

Tree, Shrub, Plant

**SEREMAIA**  
(Soursop)  
(Graviola)

Botanical Name & Family

**Annona muricata**  
(Annonaceae)

Uses

**Introduced plant, commonly cultivated for its fruit, which are used in jellies, sweets, icecream and drinks. Eating this fruit daily and drinking tea made from the leaves daily, has been found to help in cancer cure. Fruit reduces fever, counteracts diarrhea and dysentery, kills worms and other parasites. Drinking tea made from the leaves also reduces high blood pressure, is used as a heart tonic, liver remedy, treatment for coughs, colds and flu. Also increases lactation in nursing mothers.**



No. 36



Tree, Shrub, Plant  
**EVUEVU**

Botanical Name & Family  
**Hernandia peltata**  
**(Hernandiaceae)**

Uses  
**The bark is reported to have medicinal properties.**

No. 37

Tree, Shrub, Plant  
**BAKA**  
**(Fig Tree)**

Botanical Name & Family  
**Ficus obliqua**  
**(Moraceae)**

Uses  
**Economic importance**  
**Fruit variable, often fleshy when ripe.**

**Crushed leaves are used to treat boils on the back.**



No. 38

Tree, Shrub, Plant



NIU

COCONUT

(Hindi – Narial)

Botanical Name & Family

**Cocos nucifera**

(Palmae)

Picture

Uses

**Multi-purpose plants in the true sense – Coconut palms have been used to treat an extraordinary range of health problems. The seeds, roots and flowers have been prepared into pastes, infusions and creams for Ayurvedic and other traditional South Asian medicines. Also valued in Western medicine. White meat and water used for heart conditions, dysentery, fever, pain, digestive and bladder problems. Oil prepared from boiling Coconut milk is an antiseptic and soothing and is smoothed onto the skin to treat burns, ringworm and itching. Juice tapped from flowers is given to cure fever and to promote urination. Fresh juice, mixed and heated together with Rice Flour is applied to ulcers and skin boils, fermented juice is taken as a laxative. Coconut water from Niudamu used to treat Asthma – Fiji. Contains anti-oxidants and potassium, for general health and treatment of immune system. Coconut water – wai ni bu – given to people with heart conditions in recovery. Cold pressed virgin Coconut oil used as treatment for Alzheimer's, Parkinson's, Asthma and Eczema.**

No. 39

Tree, Shrub, Plant

**DEVIL'S BACKBONE**

(Night flowering Cactus)

Botanical Name & Family

**Cissus quadrangularis**

Uses

**Cissus quadrangularis is a succulent vine from Africa and Asia. It is one of the most commonly used medicinal plants in Thailand, and is also used in traditional African and Ayurvedic medicine. All parts of the plant are used for medicine.**

**Cissus quadrangularis is used for obesity, diabetes, a cluster of heart disease risk factors called "metabolic syndrome," and high cholesterol. It has also been used for bone fractures, weak bones (osteoporosis), scurvy, cancer, upset stomach, hemorrhoids, peptic ulcer disease (PUD), painful menstrual periods, asthma, malaria, and pain. Cissus quadrangularis is also used in bodybuilding supplements as an alternative to anabolic steroids**



No. 40

Tree, Shrub, Plant

**MOKOMOKO**



**(Crawlee Fern)**

Botanical Name & Family

***Pyrrosia adnascens***  
**(Polypodiaceae)**

Uses

**Chewed leaves used to treat boils under armpits.**

No. 40A

Tree, Shrub, Plant

**AI MASI NI ULUTOA**

Botanical Name & Family

***Ficus fulvo pilosa***  
**(Moraceae)**

Uses

**Leaves were once used as sandpaper**



No. 41

Tree, Shrub, Plant

**LOGOLOGO**

Botanical Name & Family

***Cycas rumphii***  
**(Cycadaceae)**

Uses

**Pith like substance in the trunks was once reserved for the exclusive use of the Chiefs.**

**Seeds were once used to make a type of bread of famine.**





No. 42

Tree, Shrub, Plant

**LAUCI**  
**Sikeci**

Botanical Name & Family

**Aleurites moluccana**  
**(Euphorbiaceae)**



Uses

**Wood used for boxing timber, the oily fruit (candlenut) used for lighting, it's soot for tattoos, and as ink for masi (tapa) design. The nut is used in some Asian cuisine, and is a substitute for Macadamia nuts. The oil was also used as wood polish, or added to coconut oil for skin or hair dressing. While the roots provide a red dye for masi (tapa) designs. Parts of the tree are also medicinal.**

No. 43

Tree, Shrub, Plant

**VESI NI WAI**  
**(Vesiwai)**

Botanical Name & Family

**Millettia pinnata**  
**(Fabaceae)**



Uses

**Timber tree. Parts of the tree are used for traditional herbal medicine. Seed – potential for bio-fuel. The Fijian name is derived from the resemblance of this species to the Vesi tree (Intsia bijuga)**

No. 44

Tree, Shrub, Plant

**VUTU KANA**  
**(Vutu, Vutu Kata, Vutu ni Veikau,**  
**Vala, Vutu Vala)**

Botanical Name & Family

**Barringtonia edulis**  
**(Lecythidaceae)**



Uses

**The seeds are edible, raw or cooked. The wood may be used as casing timber.**

No. 45

Tree, Shrub, Plant

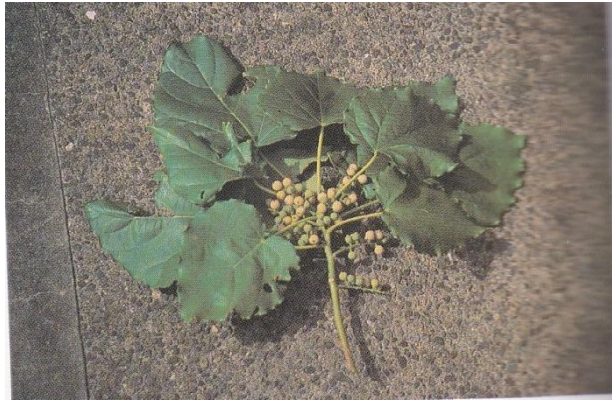
**KAUVULA**

Botanical Name & Family

**Endospermum macrophyllum**  
(Euphorbiaceae)

Uses

**One of the major timber trees of Fiji. Its light wood is easy to process and highly valued.**



No. 46

Tree, Shrub, Plant

**DAKUA MAKADRE**

Botanical Name & Family

**Agathis macrophylla**  
(Araucariaceae)

Uses

**It is a very valuable and important timber species.**

**Lumps of resin found under stumps of dead trees or bled from living trees, make beautiful glaze for pottery, and may be lit as a torch. Resin was once collected commercially.**



No. 47

Tree, Shrub, Plant

**MARASA**

Botanical Name & Family

**Elattostachys falcata**  
(Sapindaceae)

Uses

**Timber is used for house building and as firewood, and was once used for making war clubs. The inflorescence is sometimes used for making necklaces.**





No. 48

Tree, Shrub, Plant

**DAKUA SALUSALU**

Botanical Name & Family

**Retrophyllum vitiense**  
(Podocarpaceae)



Uses

**Important timber tree, used for furniture and interiors. Resin is used to start fires.**

No. 49

Tree, Shrub, Plant

**YASI**  
(Sandalwood)

Botanical Name & Family

**Santalum album**  
(Santalaceae)



Uses

**The fragrant wood is used as incense in religious ceremonies, and to make boxes and carved pieces, perfuming oils, for traditional herbal medicine, to scent coconut oil and in marriage ceremonies. It was also used for an insect fumigant and to clear dandruff and head lice.**

**India Medicinal – for chronic bronchitis, sunburn, skin rash, scars and acne.**

No. 50

Tree, Shrub, Plant

**DAMANU DILODILO**

Botanical Name & Family

**Calophyllum**  
**Leptocladum**  
(Clusiaceae)



Uses

**The timber is of good quality. Flowers and fruits in December and March.**

No. 51

Tree, Shrub, Plant

**SACAU**

Botanical Name & Family

**Palaquium hornei**

(Sapotaceae)



Uses

**Useful timber tree.**

**Flowers and fruits January to June, August to December.**

No. 52

Tree, Shrub, Plant

**LAUBU**

Botanical Name & Family

**Garcinia myrtifolia**

(Clusiaceae)



Uses

**The timber is of high quality. Flowers and fruits throughout the year.**

No. 53

Tree, Shrub, Plant

**KUASI**

Botanical Name & Family

**Podocarpus**

**Neri ifolius**

(Podocarpaceae)



Uses

**A good timber tree used for furniture and house interior finishing. Traditionally used by Fijians for making spears, poles and dugout canoes.**



No. 54

Tree, Shrub, Plant

**AMUNU**

Botanical Name & Family

**Dacrycarpus imbricatus**  
(Podocarpaceae)

Uses

**Important timber tree.**



No. 55

Tree, Shrub, Plant

**GINGER**

Botanical Name & Family

**(Zingiberaceae)**  
(Hindi – Adi)

Uses

**Indian Medicinal – Motion sickness, vomiting, flatulence, diarrhea. Ginger tea for heartburn.**

**For blood pressure – 1 tspn. Honey, 1 tspn. Ginger juice and 1 tspn. Cumin powder, mix and take twice per day.**



No. 56

Tree, Shrub, Plant

**ONION**

**(Allium cepa)**

Botanical Name & Family

**Allium cepa**

Picture



Uses

**Contains quercetin, an anti-oxidant flavonol found to prevent heart disease and stroke. Also reduces blood pressure.**

**India Medicinal – 3 or 4 teaspoons Onion juice mixed with 3 or 4 teaspoons honey, for cold. For Warts – extract juice from Onions, add salt and put on the affected area. For toothache, place a piece of raw Onion on the affected area.**

No. 57

Tree, Shrub, Plant

**GARLIC**

Botanical Name & Family

**Allium sativum**

Picture



Uses

**Contains Allicin. Antibacteria,. antioxidant, Lipid lowering and anti-Hypertension properties. India Medicinal – anti-microbial, cardiovascular treatment. Boil 8 – 10 cloves garlic in half a cup milk, consume during the night. Fry 10 cloves garlic in oil on a low flame – sesame, coconut or mustard oil. Apply to painful area of back and leave for about 3 hours. For earache – pour some garlic juice in the ear, or boil 3-4 cloves garlic, mash and wrap in cloth like a poultice. Place on aching ear. For sore throat, make a paste of 1-2 cloves Garlic and 2-3 Cloves, mixed with 1 cup Honey, drink 1 tspn. 3 times per day. For toothache – put salt on a clove of Garlic and put on affected area.**

No. 58

Tree, Shrub, Plant

**CHILI**

**Chili Pepper**

**Fijian – Rokete, Boro.**

**Hindi – Mirch**

Botanical Name & Family

**Capsicum family**



Uses

**Medicinal - Excellent Source of Vitamins A,B,C,E with minerals and calcium. Contains 7 times more Vit.C than Orange. Burns calories, stimulates appetite, helps clear lungs, stimulates digestive system. Contains antioxidants to combat free radical bodies and anti-inflammatory benefits. Detoxifies. Cancer, heart disease and stroke preventer. Increases metabolism, helps asthma and congestion. Relieves colds, sore throat, sinusitis, bronchitis and fevers. Aids blood cholesterol, and is anticoagulant. Protects the stomach lining against peptic ulcers etc.**

No. 59

Tree, Shrub, Plant

**VUDI**

**(Plantain Bananas)**

Botanical Name & Family

**Musa sapientum**

**Musa balbisiana**

**(Musaceae)**

Picture



Uses

**Promotes healthy digestion, creates a feeling of youthfulness, enhances calcium, phosphorous and nitrogen retention which in turn helps in the regeneration of healthy tissues. It is of great nutritional value, a rare combination of energy value, tissue-building elements, protein, vitamins and minerals. Provides quick energy and beneficial in intestinal disorders, constipation, arthritis, gout, anaemia, allergies, kidney stones, tuberculosis and urinary disorders.**

No. 60

Tree, Shrub, Plant

**JAINA LEKA**

**Dwarf Banana Tree**

Botanical Name & Family

**Musa Nana**

**(Musaceae)**

Uses

Contains 3 natural sugars – sucrose, fructose and glucose, combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that 2 bananas provide enough energy for a strenuous 90 min. workout. No wonder the banana is the number 1 fruit for the World's leading athletes.

Depression – bananas contain tryptophan, a protein that the body converts to serotonin, known to make you relax, improve mood and make you feel happier.

PMS – Vitamin B6 contained in banana regulates blood glucose levels which can affect your mood.

Anemia – High in iron, bananas stimulate hemoglobin in the blood.

Blood Pressure – High in potassium and low in salt, the banana reduces risk of blood pressure and stroke.

Brain Power – the potassium packed Banana makes you more alert.

Constipation – High in fiber, bananas help restore normal bowel action.

Hangovers – the quickest way to cure a hangover is to drink a banana milkshake sweetened with honey – the banana calms the stomach, honey builds up depleted blood sugar levels, and milk soothes and rehydrates the system.

Heartburn – Bananas have a natural antacid effect on the body.

Morning Sickness – snacking on Bananas between meals builds up blood sugar levels, to avoid sickness.

Mosquito Bites – rub the inside of a banana skin on the affected area – for swelling and irritation.

Nerves - the Vitamin B in Bananas calms the nervous system.

Overweight – to avoid pressure and panic induced food cravings, control blood sugar levels by snacking on bananas every two hours.

Ulcers – Bananas neutralize over-acidity and reduce irritation by coating the lining of the stomach.

Temperature control – Bananas are a cooling fruit that can lower the physical and emotional temperature. In Thailand, pregnant women eat bananas to ensure that their baby is born with a cool temperature.

Stress – Bananas, full of potassium, help normalize heartbeat, send oxygen to the brain and regulate the body's water balance.

Strokes – the New England Journal of Medicine reports that regular diet of bananas cut the risk of strokes by 40%.

Warts – place in inside of a piece of banana skin on the wart and tape it on.

Compared to an Apple, a Banana has four times the protein, twice the carbohydrate, three times the phosphorus, five times the Vitamin A and Iron, and twice the other Vitamins and Minerals.

For shining shoes, take the inside of a Banana skin, rub all over the shoe and polish with a dry cloth.

Banana skins placed at the base of your Rose and Gardenia bushes improve the growth and induce more flowers.

The inside of a Banana skin rubbed over the teeth, whitens the teeth.



According to Japanese Scientific Research, full ripe banana with dark patches on yellow skin produces a substance called TNF (Tumor Necrosis Factor) which has the ability to combat abnormal cells. The darker the patches it has the higher will be its immunity enhancement quality. Hence, the riper the banana the better the anti-cancer quality. Yellow skin banana with dark spots on it is 8 times more effective in enhancing the property of white blood cells, than green skin version. Eating 1-2 bananas a day increases immunity.

Fiji Medicinal - Pounded leaves (without midrib) is mixed with water and ingested against Asthma.



India Medicinal – Mash a ripe Banana, mix with 1 teaspoon Tamarind pulp and a pinch of salt. Consume this twice per day, or 1 mashed Banana mixed with ½ teaspoon nutmeg, eaten daily.

No. 61

Tree, Shrub, Plant

**AVEA/CAGO/REREGA**

**TURMERIC**

**(Hindi – Haldi)**

Botanical Name & Family

**Curcuma longa**

**(Zingiberaceae)**



Uses

**Indian medicinal – anti-inflammatory properties, antioxidant. Raw turmeric promotes liver health and shows anti-bacterial action against many skin infections.**

No. 62

Tree, Shrub, Plant

**CO BOI**

**LEMON GRASS**

Botanical Name & Family

**Cymbopogon citrates**

**(Gramineae)**



Uses

**Traditional Medicinal – contains trace mineral manganese – helps prevent osteoporosis, aids in pain from rheumatoid arthritis. Prevents anaemia, strengthens the immune system, contains potassium for lowering blood pressure, relaxes muscles and prevents leg cramps, lowers risk of cardiovascular disease – half a cup of Lemon Grass tea daily.**

No. 63

Tree, Shrub, Plant

**LAYALAYA**

**(Wild Ginger)**

Botanical Name & Family

**Zingiber officinale**

**(Zingiberaceae)**

Uses

**Fiji medicinal - Cut into pieces and pour hot water on to make tea. Chew to cure sore throat and cough.**



No. 64

Tree, Shrub, Plant

**YAQONA**  
(Kava)

Botanical Name & Family

**(Piper methysticum)**  
(Piperaceae)



Uses

**Kava, sedating and relaxing, without disrupting mental clarity. Kava contains 15 kava lactones which are psychoactive. Effects include mild sedation, a slight numbing of the gums and mouth, and vivid dreams. Kava has been reported to improve cognitive performance and promote a cheerful mood.**

**Fiji medicinal - Muscle relaxant, anaesthetic, anticonvulsive anxiolytic effects are thought to result from interactions of kava lactones with ion channels.**

No. 65

Tree, Shrub, Plant

**NUTMEG**

Botanical Name & Family

**Myristica fragrans**  
(Myristicaceae)



Uses

**Antioxidant, anti-fungal, anti-depressant, helps digestion. Contains copper, potassium, calcium, manganese, iron, zinc and magnesium. Helps in cardio vascular and blood pressure areas.**

No. 66

Tree, Shrub, Plant

**MACOU/CINNAMON**

(Dalchini – Hindi)

Botanical Name & Family

**Cinnamomum**  
**Pedatinervium**  
(Lauraceae)



Uses

**Prevents heart disease and Diabetes.**

**India Medicinal – for Indigestion and gastric problems, neutralizes harmful toxins released by mold and fungus.**

**½ teaspoon cinnamon mixed well with 1 teaspoon honey, for Asthma.**

No. 67

Tree, Shrub, Plant

**DOMELE (BASIL)**  
**Tomole**

**(Hindi – Tulsi, Holy Basil)**

Botanical Name & Family

**Hyptis pectinata**  
**(Labiatae)**



Uses

**India medicinal - Juice from pounded leaves ingested to treat coughs. Also good for mosquito bites, burns and fever. Blood purifier, anti-bacterial, cough and cold, enhances digestion and appetite, improves blood circulation. Regular consumption of leaves boosts immunity in the body.**

No. 68

Tree, Shrub, Plant

**Genovese Basil**

Botanical Name & Family

**Ocimum Basilicum**



Uses

Though used mainly as a culinary, there are many other possible uses for basil. Try a cup of basil tea as an after dinner drink to aid digestion and expel gas. Basil tea is also good for stomach cramps and vomiting. An extract from the seeds has been shown to have an antibacterial effect. Rub leaves on insect bites to reduce itching.



No. 69

Tree, Shrub, Plant

**PARSLEY**

Botanical Name & Family

**Petroselinum hortense**



Uses

**Contains Calcium, B-complex vitamins and iron, magnesium, potassium, Vitamin A – beta carotene and Vitamin C and K.**

**Traditional medicine – for congestion and inflammation of the kidneys and bladder, stones and urine retention. The root and leaves for the liver and spleen, best relief for edema, and a reliable diuretic. Root and seeds relieve pain and relax stiff joints. Pour a quart of boiling water over a cup of fresh parsley, steep for 15 minutes, strain and refrigerate. This tea, drunk daily by the pint is good for gall bladder and gall stones. Good for adrenal glands and therapeutic for optic nerves, the brain and nervous system.**

No. 70

Tree, Shrub, Plant

**MINT**

**(Hindi – Pudina)**

Botanical Name & Family

**Mentha spicata**

**(Labiatae)**



Uses

**India Medicinal – Soothes Digestive tract, helps stomach ache. Drinking herbal mint tea reduces irritated bowel syndromes, cleanses the stomach, and clears up skin disorders such as acne. Acts as a cooling agent to the skin, eliminates toxins from the body, helps in dealing with skin irritations, and cleanses blood. Crushed mint leaves helps in whitening teeth and freshening breath.**

No. 71

Tree, Shrub, Plant

**BOTEBOTEKORO**

**(Goat Weed)**

Botanical Name & Family

**Ageratum conyzoides**

**(Compositae)**



Uses

**Fiji medicinal - Crushed leaves mixed with water and ingested to treat diarrhea, fever and cough.**  
**Seasonal**



No. 72

Tree, Shrub, Plant

**TOTODRO**  
**(Pennywort)**

Botanical Name & Family

**Hydrocotyle asiatica**  
**(umbelliferne)**



Uses

**Treats cough, especially in children, when made into tea.**

**Indian medicinal – Tonic for nerves, helps to reduce mental stress and physical fatigue. Also promotes sleep.**

**For arthritis – chew leaves daily, or use in salad.**

No. 73

Tree, Shrub, Plant

**TOTOWIWI**  
**(Small Plant)**  
**(Oxalis Grass)**

Botanical Name & Family

**Oxalis corniculata**  
**(Oxalidaceae)**



Uses

**Fiji Medicinal - Crushed leaves used as patch on boils under the armpit, or against cough in children.**

**The leaves are quite edible, with a tangy taste of lemons A drink can be made by infusing the leaves in hot water for about 10 minutes, sweetening and then chilling. The entire plant is rich in Vitamin C. Leaves can be chewed or put in a salad.**

No. 74

Tree, Shrub, Plant

**HELICONIA**

Botanical Name & Family

**Heliconia latispatha,**  
**Heliconia Pendula,**  
**Etc.**  
**(Strelitziaceae)**



Uses

**Used mostly for beautiful floral arrangements**

No. 75

Tree, Shrub, Plant  
**AFRICAN TULIP TREE**

Botanical Name & Family  
***Spathodea campanulata***  
**(Bignoniaceae)**



Uses

**The wood is rather weak and soft and of little use for construction or carving, but may be used for storage/packing boxes, toothpicks etc.**

**Cuttings root quickly and grow fast, providing useful live post fencing. The flower buds are filled with water and are sometimes used by children as water pistols. Flowers attract Fruit Bats and various birds.**

No. 76

Tree, Shrub, Plant  
**TIALE NI VEIKAU**  
**(Bush Gardenia)**

Botanical Name & Family  
***Gardenia vitiensis***  
**(Rubiaceae)**



Uses

**Shrubs, leaves and flowers used for decoration purposes.**

**Cultivated ornamental. The Rubiaceae is the largest family of flowering plants in Fiji, with 188 recorded species.**



No. 77

Tree, Shrub, Plant

**VASIL DAMU**

**(Ti Leaf)**

**(Kototodamu, Vasilidamu,  
Vasili ni Tonga, Lolokulu, or Qai)**

Botanical Name & Family

**Cordyline terminalis**  
**(Agavaceae)**



Uses

**The tuberous roots were once used by Fijians for sweetening puddings. Leaves used for meke (dancing) costumes.**

**Fiji medicinal – Leaves and coconut oil used on painful swellings with no apparent “Eyes”.**

**Also used for diarrhoea.**

**The young leaf buds are used to treat pains in the lower chest, especially when the pains affect the breathing.**

No. 78

Tree, Shrub, Plant

**QUWAWA**

**(Guava)**

Botanical Name & Family

**Psidium guajava**  
**(Myrtaceae)**



Uses

**The fruit is edible and can be made into very fine jams and jellies.**

**Young leaves are chewed and juice taken in, to treat diarrhea.**

No. 79

Tree, Shrub, Plant

**DAIDAINI DRAULAILAI**

Botanical Name & Family

**Croton storkii**  
(Euphorbiaceae)



Uses

**Large green leaved Croton – heated leaves used as covering on sore knees, also used for heartburn.**

**Fine green leaved Croton – juice from pounded leaves used as nasal drip for headache**

No. 80

Tree, Shrub, Plant

**KULUVA**

Botanical Name & Family

**Dillenia biflora**  
(Dilleniaceae)



Uses

**A useful timber tree, also used as a living fence.**

**Parts of the tree are used in traditional herbal medicine.**

No. 82

Tree, Shrub, Plant

**KUKUWALU**  
(Tagane)

Botanical Name & Family

**Pandanus joskei**  
(Panadanaceae)



Uses

**Common species in damp places**



No. 83

Tree, Shrub, Plant

**VOIVOI**

Botanical Name & Family

**Pandanus caricosus**  
**(Pandanaceae)**

Picture



Uses

**Commonly used for mats, baskets and other weaving.**

No. 84

Tree, Shrub, Plant

**VESI**  
**(Teak)**

Botanical Name & Family

**Intsia bijuga**  
**(Caesalpiniaceae)**



Uses

**Often traded under the name Kwela, an excellent hardwood for carving Yaqona (Kava) bowls, other utilitarian objects, outdoor furniture, decking etc. It was one of the most important trees in boat building in pre-European times.**

**Fiji medicinal – Pressed liquid of the stem to treat Asthma. Pressed liquid of the inner bark is used for pain in the bones, colds and flu. Bark is steamed for healing bone fractures. Pressed liquid of the root for headaches. Pressed liquid of the bark is used for the poisoning of a small child. Infusion of roots for Asthma.**

No. 85

Tree, Shrub, Plant

**SAMA**

Botanical Name & Family

**Commersonia bartramia**  
**(Sterculiaceae)**



Uses

**Widely used for firewood. Parts are used for traditional herbal medicine.**

No. 86

Tree, Shrub, Plant

**LOLO**

Botanical Name & Family

***Ficus vitiensis***  
**(Moraceae)**

Uses

**Economic importance**  
**Edible fruits**



No. 87

Tree, Shrub, Plant

**CIBICIBI**

Botanical Name & Family

***Cynometra insularis***  
**(Caesalpiaceae)**

Uses

**Used for timber and for making house posts. Parts of the tree are used in traditional herbal medicine.**



No. 88

Tree, Shrub, Plant

**PINK BANANA**

Botanical Name & Family

***Musa valutina***  
**(Musaceae)**

Uses

**Decorative plant, flower and fruit. Particular favourite of birds.**



No. 89

Tree, Shrub, Plant

**SENITOA**  
**(Hibiscus)**

Botanical Name & Family

**Rosa –sinensis**  
**(Malvaceae)**



Uses

**Decorative plant, flower and fruit. It is edible. Particular favourite of birds.**

No. 90

Tree, Shrub, Plant

**WA BOSUCU**  
**(Mile-a-minute)**

Botanical Name & Family

**(Mikania micrantha)**  
**(Compositae)**



Uses

**The juice of the crushed leaves is used to treat wounds, for bee stings, to stop bleeding, for boils under the armpit (beka), assist in the removal of fish barbs, colds, headache, high blood pressure and stomach ache.**

No. 91

Tree, Shrub, Plant

**BASOVI**

Botanical Name & Family

**Angiopteris evecta**  
**(Marattiaceae)**



Uses

**Huge ground fern.**

**A big handsome fern, strips rising from ground level, each with a pair of large fleshy stipules, leaf base, persistent fronds pinnately compound, 15 to 18 feet long.**



No. 92

Tree, Shrub, Plant

**DAWA**

Botanical Name & Family

**Pometia pinnata**  
(Sapindaceae)

Picture



Uses

**A useful timber tree. Cultivated for its edible fruit sold in local markets. The wood is used for firewood, and the bark and leaves are said to be medicinal.**

No. 93

Tree, Shrub, Plant

**SAURUA NI VALAGI**  
(SORUA)

Botanical Name & Family

**Alstonia costata**  
(Apocynaceae)



Uses

**Latex, is used as chewing gum. The species is a potential source of natural rubber.**