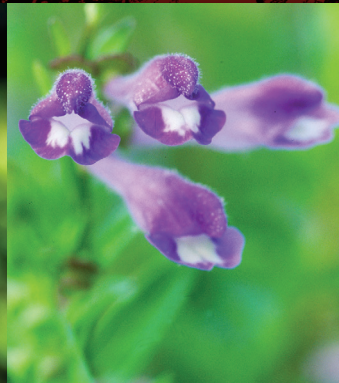


SECOND EDITION

Handbook of
**AFRICAN
MEDICINAL
PLANTS**



Maurice M. Iwu

 **CRC Press**
Taylor & Francis Group

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Preface to the Second Edition

The first edition of the *Handbook of African Medicinal Plants* was published in 1993 to provide a concise and easy reference of the major medicinal plants of Africa and an introduction to traditional African medicine. It presented a collation of the key literature available at that time on the description, constituents, and uses of the plants; this information was otherwise scattered in several publications. The volume addressed the needs of those involved in the discovery and development of modern medicines from African plants, as well as the interests of practitioners of herbal medicine who needed information on the plants used in African ethnomedicine. The book was well received by scholars in both academia and industry as a source of secondary information on the plants it covered. After 20 years, it has become necessary to revise and review the volume not only to update the literature on the medicinal plants covered in the first edition of the book but also to provide an objective review of the plants that have come into current use as phytomedicines and were largely unknown in 1993. The status of some of the plants as major herbal medicines has also changed dramatically during these two decades.

Several events and developments in the field of pharmacognosy and related disciplines have influenced the changes contained in the present edition. A major fundamental change was based on the publication in 2009 of an updated classification of the orders and families of flowering plants by the Angiosperm Phylogeny Group (APG) along with two companion papers, one a linear arrangement of the taxa and a second treating the land plants above the rank of order. These papers were combined with full synonymy and bibliographic information along with an index to the names. Following the widespread adoption of the APG schemes, a comprehensive guide called *The Plant List* was produced in 2010 by an international collaboration led by the Royal Botanic Gardens, Kew (United Kingdom) and the Missouri Botanical Garden. The plant names and family classifications in this edition have been revised to conform to the APG classification system, which is available on the Internet (*The Plant List, Version 1*, <http://www.theplantlist.org>).

In the “Catalog of Major African Medicinal Plants” (Chapter 2), certain plant families have been dropped to conform to the new taxonomic reclassification; however, the “old” names of the plant families are shown but without any genus or species listed after them. Instead, readers should check the plant names in the “new” families where they belong. Notable examples are the plants that belong to Papilionaceae, Caesalpiniaceae, and Mimosaceae, which have now been grouped under their parent family Leguminosae. Similarly, all the plants under the large plant family Apocynaceae are now grouped together instead of their former listings in the subgroups. Plants catalogued under Palmae are now listed with the Arecaceae, Taccaceae into Dioscoreaceae, Leeaceae into Vitaceae, Cruciferae into Brassicaceae, Agavaceae and Aloeaceae into Asparagaceae, and Gramineae into Poaceae, and plants under the family Capparidaceae are now listed as Capparaceae. Other changes are shown in the catalog. Several genera and species have been renamed according to the new classifications and the synonyms streamlined to adopt the accepted names of the genera and species listed. Some plant names have remained “unresolved,” and the original names have been retained in this volume to provide a placeholder for the subject medicinal plants pending the resolution of the taxonomic classification of such plants.

There has also been a paradigm shift of a kind in the conceptual framework in the study of medicinal plants. In 1993, a typical pharmacognostical study of medicinal plants focused on the isolation of different types of alkaloids, terpenoids, and glycosides as substances that were indicative of the bioactivity of the plant. Flavonoids and related phenolics as well as glucans, iridoids, and polysaccharides were considered ubiquitous and unimportant metabolites. With a better understanding of the role of oxidative stress in the pharmacogenesis and etiology of many diseases, the significance of phenolic compounds in the modulation of the antioxidant status of tissues and their role in disease prevention are now better appreciated. The pharmacological studies in the past were

also restricted mainly to bioassays aimed at the identification of biologically active compounds for the development of single-chemical compounds as active pharmaceutical ingredients. In addition to this approach, investigators now include in their search botanical medicines or phytomedicine with well-defined chemical constituents that can be used as phytopharmaceuticals.

The period since the publication of the first edition has witnessed tremendous expansion in the study of African medicinal plants and traditional African medicine. The literature on the subject has also increased severalfold; some journals and specialized Internet resources are now available to assist scholars and investigators in these areas of study. Perhaps of greatest value is the new body of literature on Southern African medicinal plants and traditional medicine that became available since the political changes that occurred in South Africa in 1994. It is hard to imagine how inadequate our knowledge of African medicinal plants was without the huge and distinct flora of South Africa. This edition has been greatly enriched by the many excellent volumes on Southern African medicinal plants that were not generally available in 1993.

African medicinal plants have also gained some recognition as dietary supplements, and with the increased use of herbal products as dietary supplements in developed countries, a new vista has been opened in the use of medicinal plants in global health care delivery. Some of the pharmacognostical profiles in this edition include sections on agriculture, commerce, and dosage forms to cater to this new use of medicinal plants. The dietary supplements and health food applications of these plants come with far more challenges than when herbs were used only as an alternative to main-line chemically defined single-entity pharmaceuticals. It is no longer sufficient to conduct proximate analysis of a given plant medicinal ingredient. Background information on the plant material, including source, age, time of collection and method of cultivation/collection, chemical profile, and bioassays, has become necessary in the evaluation of a given plant species. The treatment of plants as biomass for the isolation of biologically active compounds for drug discovery and development is entirely different from the processes required when plants are used as herbal products. The herbal product is a therapeutic entity in which the ecosystem, botany, chemistry, and biological activity are interlinked indexes in the determination of the drug's identity and activity. The presence or absence of extraneous materials, pesticides, residual extraction solvents, heavy metals, and uptake of environmental pollutants in the plant affects the identity and quality of a given herb.

In Chapter 2 of this volume, "Catalog of Major African Medicinal Plants," new information from reports of recent ethnobotanical field studies has been used to update the data. In the early 1990s, the International Center for Ethnomedicine and Drug Development at Nsukka, Nigeria, owned by the Bioresources Development and Conservation Programme (BDCP), conducted an extensive ethnobotanical study in Nigeria and Cameroon in collaboration with the defunct Shaman Pharmaceuticals, Incorporated, formerly based in the United States in California. Another project, the International Cooperative Biodiversity Group (ICBG), sponsored by the U.S. National Institutes of Health, Department of Agriculture, and U.S. National Science Foundation, involved major ethnobotanical fieldwork in Nigeria and Cameroon by the BDCP. The two projects also independently gathered ethnobotanical information from several African countries through direct bilateral agreements with U.S.-based agencies such as the National Cancer Institute. During the same period, Strathclyde University's Institute for Drug Research (United Kingdom) established collaborative arrangements with several African universities, and the collections sometimes included the ethnomedical uses of the plants.

There has been an exponential increase in the number of publications on the use, chemical composition, and biological activities of medicinal plants during the last 20 years. The information from these sources has been most valuable in updating the data on the pharmacognostical profiles of the African plants selected for inclusion in Chapter 3 of this volume. The availability of Internet-based resources, which did not exist in 1993, has greatly enriched this revision. These include the Plant Resources of Tropical Africa" (PROTA), a Web database in English and French, which has detailed information on the taxonomy, ethnography, and properties of many African plants. Many reference

publications and compendia of monographs, such as Neuwinger's *Traditional African Medicine*; African Herbal Pharmacopoeia; AfricMed, which contains a compilation of ethnobotanical information and summary of biological assays by InterCEDD (International Centre for Ethnomedicine and Drug Development) at Nsukka; and the Nigerian Herbal Pharmacopoeia, published by the Federal Ministry of Health (2008), were useful in preparing this update.

Although the *Handbook of African Medicinal Plants* has become widely used and cited by many scholars, it remains a "handbook" and should be used as such. It should never be considered an encyclopedia on African medicinal plants. Over 1100 references have been provided to enable obtaining further details of the plants discussed.

I am indebted to the following persons and institutions for the permission to use their photographs to illustrate some of the plants: T. F. Okujagu, director general of the Nigerian Natural Medicine Development Agency (NNMDA); Michel Tchimene and staff of InterCEDD; Steven Foster (<http://www.foster.com>); and Marco Schmidt, Stefan Dressler, Günter Baumann, Ulrich Meve, Tilman Musch, Stefan Porembski, Philippe Birnbaum, Anne Mette Lykke, and Wilma Dijkstra, through the courtesy of West African Plants photo database (<http://www.westafricanplants.senckenberg.de>).

I am immensely grateful to my editors, John Sulzycki and Jill Jurgensen of Taylor and Francis Group, for their support and encouragement in the preparation of this edition. My gratitude goes also to my family and the staff of Bioresources Development Group for their extensive assistance in making this book possible.

It is my hope that this book will help to address a major paradox in this subject, namely, that while there has been a phenomenal growth in global medicinal plant trade, exports from Africa have not contributed much to the overall international trade in herbs and natural products in general. Africa has unfortunately remained only a minor player in the global natural products market. Lack of practical information on African medicinal plants has been a major factor in the underutilization of African plants in global medicinal plant trade and industrial production of herbal medicinal products. The publication of the *Handbook of African Medicinal Plants* in 1993 contributed immensely to the increased interest and awareness of the enormous potential that exists in the use of African medicinal plants and herbs. It is my expectation that this edition will further provide the necessary information to scholars, herbalists, and industrialists interested in the sustainable utilization of African medicinal plants for human health.

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Abuja, Nigeria

Introduction

BACKGROUND

Africa is a huge continent that straddles the equator, extending from 37° N and 35° S and endowed with an enormous wealth of plant resources. Over 50,000 distinct species are known to occur in sub-Saharan Africa alone, and the continent is home to more than a quarter of recorded angiosperm taxa in the world. Of the known species, more than 25% have been used for several centuries in traditional medicine for the prevention and treatment of diseases. With over 1000 languages spoken in about 3000 dialects and with individuals living in more than 50 independent countries, Africa presents a veritable treasure of cultural and genetic resources, including medicinal plants. Its unique and diverse indigenous cultures have produced a rich heritage of traditional knowledge on the uses of plants for healing, for communications with the gods, and for food. The enormous biodiversity in its tropical forests, savannas, veldts, and unique environments of sub-Saharan Africa is due to its peculiar geography. It has no marginal oceanic trenches and subduction zones, so it lacks the extensive mountain ranges found in the Americas, but much of the southern half of the continent rests on a high plateau close to 1000 meters above sea level, broken only by the southern extension of the Great Rift Valley and the slightly lower basin of the Congo River. It has been suggested that it is the great latitudinal range that gives it an enormous variety of climates, and that this variability is responsible for the continent's extreme diversity of ecosystems and biodiversity.¹

HISTORICAL PERSPECTIVE

The African continent is believed to have the oldest known human habitation and is generally considered the cradle of human civilization. The ancient kingdoms and empires of Africa, such as Kmt, Nubia, Ethiopia, Songhai, Bini, Oyo, Zimbabwe, Dogon, and Mende, as well as Nupe, Borno, Mandingo, Jukun, Nri, and Somali, had extensively codified healing recipes. The history of healing arts in Africa can be traced back to about 3200 BC, during the reign of Menes, the first pharaoh of ancient Egypt. Athothis, the son of Menes, was credited with knowledge of many therapeutic preparations.² The honor of being the first African physician, in a scientific sense, actually belongs to the great Imhotep, who lived in about 2980 BC, during the reign of Pharaoh Zosar of the Third Dynasty. Imhotep was an accomplished architect, and the step pyramid at Saqqarah is among his numerous works. He was also a scribe and a high-ranking administrator in the pharaoh's court, a high priest, and a renowned healer, who by 525 BC had become deified as the god of medicine. Another ancient African physician is the scholar and scribe Hesy-Re, who lived about 2600 BC. According to the writer Paul Ghalioungui, Hesy-Re was the chief of dentists and physicians during the Third Dynasty (iii), a period in African history usually associated with the building of the pyramids.

The ancient African healers had an elaborate *materia medica*, which consisted of mixtures of various herbs, animal parts, minerals, and clays. The Ebers Papyrus, one of the oldest in medical literature, listed several recipes used by ancient African healers. The list, however, was dominated by numerous food plants, in keeping with the belief at that time that “every disease to which men are liable is occasioned by the substances whereon they feed” (p. 42).³ Even today, there is no clear distinction in traditional African medicine regarding when an herb ceases to be a health food and when it becomes a medicine. In traditional African medicine, many food plants are used for therapeutic purposes, and medicines are not viewed as “necessary poisons.” This is in contrast to Western orthodox medicine, in which drugs are seen as poisons that in low doses may cure diseases. One of the most unfortunate ironies of herbal medical practice is that while African medicine consists primarily of herbs and health foods, modern herbal producers and phytopharmaceutical manufacturers seldom, if ever, include African medicinal plants in their lists. But, that is beginning to change with the advent of “nutraceuticals” or dietary supplements in the Western system of medicine.

African *materia medica* do not consist of dietetics alone, but include many potent herbs. Few African healing herbs are recognized in modern pharmacopoeias; the list includes calabar bean (*Physostigma venenosum*), *Strophanthus*, areca nuts, kino, *Salix*, kola, the African periwinkle (*Catharanthus roseus*), and the devil’s claw (*Harpagophytum procumbens*). It is interesting to note that, in several instances, there are African varieties of many “official” drugs. The African *Rauvolfia vomitoria*, for example, has a higher content of the antihypertensive alkaloid reserpine and the antiarrhythmic drug ajmaline than the better-known species of the genus *Rauvolfia*. Another example is the willow plant, *Salix capensis*, which has been used in southeastern Africa for centuries as a painkiller and antipyretic; it is known to contain esters of salicylic acid, a compound whose acetylated form is the universal analgesic, aspirin. The ginger cultivated in Nigeria is valued by consumers more than the Asian and Caribbean varieties. Although there are many research publications available on the constituents and biological activity of medicinal plants from Africa, the development of therapeutic agents from African medicinal plants has remained a somewhat neglected subject. The study of African medicinal plants also has not been taken as seriously or documented as fully as in other traditional societies, such as the Indian and Chinese. Our knowledge of African medicinal plants is rather limited. The little available information is often fragmented, and most African medicinal legends have become distorted by several centuries of continuous waves of invasion and conquest of various parts of Africa.

The documentation of medicinal uses of African plants is becoming increasingly urgent because of the rapid loss of the natural habitat of some of these plants due to anthropogenic activities. The continent is estimated to have about 216,634,000 hectares of closed forest areas with a calculated annual loss of about 1% due to deforestation; many of the medicinal plants become extinct before they are even documented. Africa has one of the highest rates of deforestation in the world; for example, Cote d’Ivoire and Nigeria have 6.5% and 5.0% deforestation per year, respectively; the global rate is 0.6%. Habitat conversion threatens not only the loss of plant resources but also traditional community life and cultural diversity and the accompanying knowledge of the medicinal value of several endemic species. The vegetation of Africa can be classified into a number of phytocoria, that is, regions within which a substantial proportion of the plants are endemic, following the scheme proposed by White.⁴ These include (1) Mediterranean North Africa, (2) the cape region of South Africa, (3) tropical Africa, and (4) Madagascar. Within tropical Africa, the major ecosystems are (1) forests; (2) seasonal tropical vegetation (which consists of woodland, bushland and thicket, grassland, shrublands); (3) deserts; (4) montane and afroalpine ecosystems; (5) wetlands; (6) lakes; and (7) coastal vegetation. The majority of the plants found in Africa are endemic to the continent, with the Republic of Madagascar having the highest rate of endemism, 82%. The island contains over 12,000 species in its original forest areas, and 4900 of these species are found only on that island.⁵ There is therefore an urgent need to document not only the uses but also the constituents and pharmacological activity of these plants. Over 5000 plants are known to be used for medicinal

purposes in Africa, but only a few have been described or studied. This book provides an overview of the small fraction of the species that have been scientifically investigated.

CURRENT TOPICS

African medicinal plants are considered here from two viewpoints: as sources of biologically active compounds and as elements in the complex equation of healing. At first glance, the two aspects may appear very different and even conflicting, but a closer inquiry will reveal a common ground in the two modes of medicinal plant utilization in traditional African medicine. Included is information on the physical characteristics of the plants, including size, shape, color, texture, and taste, which have traditionally served as important criteria in their selection for therapeutic purposes. Be aware that a significant proportion of plants was selected on the basis of their physical resemblance to an organ of the body, which is akin to the folk healing system called the “doctrine of signatures” ascribed to various medical traditions ranging from American Indian to ancient Chinese.

The volume gives a concise description of the materia medica of an enormous and extensively varied continent, with well over 2000 distinct tribes, many diverse cultures, and several unique floras. The first part of the book includes a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the part of the plant used. Following the catalog is a pharmacognostical profile of 170 of the major herbs, arranged alphabetically according to botanical names and plant families. A brief description of each herb, including the diagnostic features of the leaves, flowers, and fruits, is provided. The monographs contain the botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity, with references cited from over 1100 publications. The book is illustrated with photographs of some of the plants. A table of plants used as remedies for specific maladies is included, as well as an index of pharmacological activities.

The second part of the book provides an introduction to African traditional medicine. The aim is to situate medicinal plant use within the general African culture and to explain how such cultural frameworks fit into the methods of healing in traditional African medical systems. This aspect of healing is what is generally considered the symbolic aspect of traditional African medicine. Symbols in traditional African medicine contain the scientific concepts, which are tangible and extensive while retaining the intensity and potency of the mythical and religious components. It is this aspect of healing that offers the individual a mythical but necessary sanctuary from the harsh edges of daily existence.

The second section of the book also addresses the problems associated with the negative image of traditional African medicine. The popular image of the African medicine man is that of the fabled witch doctor, with his exotic paraphernalia of feathers, cowries, and animal skin, muttering meaningless incantations and dispensing worthless potions to his equally ignorant clients. Even the herbs dispensed are considered harmful, and when they are found efficacious, the detractors of traditional medicine are quick to dismiss them as chance discoveries. The incantations and the rhythm of the drums are said to be weird sounds and part of the mumbo jumbo designed to “hood-wink the superstitious savages who are under their spell.” The reality of African medicine is far more complex than is generally understood. Only a few appreciate the real capabilities of African medicine. African medicine is concerned with power: the utilization of human energy, the environment, and the cosmic balance of natural forces as tools in healing. In the African world, the natural environment is a living entity whose components, the land, sea, atmosphere, and faunas and floras, are bound to humans in an intrinsic manner. The *Handbook of African Medicinal Plants* presents an outline of this relationship as it concerns humans and plants.

In this introduction, it is pertinent to state that the African medical system does not fall into the sphere of what is known as “alternative medicine,” but it is rather a complementary but different

medical system that uses medicine in a more-or-less conventional manner for the treatment of diseases. It employs, in a fundamental sense, the same basic methods as Western medicine, with additional contributions from the spiritual dimension, which gives the healing depth and meaning within the African cosmology and experience. It cannot be reduced to simple herbalism. African traditional medicine should also not be seen as a substitute for qualitative health care for the rural poor or (in the name of conservation of cultural biodiversity) be misconstrued by politicians as a social alibi to mask the inadequacies of public health programs. It is only one possible tool in health care.

Earlier attempts by some writers have been faulted by the constant importation and superimposition of preconceived values and concepts to the evaluation of events that they hardly understood. Some analysts use contemporary perspectives to pass verdicts on events that took place in a different era, sometimes taken completely out of their original context. Many of the authors of books on African culture and religion forget that the gods they discussed in those pages were considered real by those who fashioned them and had once moved humans to acts of consummate worship and inspired leaders to successful military campaigns. Few of the commentators ever wondered why many of the practices they considered primitive still hold sway in the minds and lives of many educated Africans.

Definitions are often limited to our ability to fit new experiences or concepts into our preconceived categories and patterns. One is often reminded of the passage in Borges that was made famous by Michael Foucault⁶ in his monumental work, *The Order of Things*, in which a certain ancient Chinese encyclopedia stated as follows: “Animals are divided into: (a) belonging to the Emperor, (b) embalmed, (c) tame, (d) sucking pigs, (e) sirens, (f) fabulous, (g) stray dogs, (h) included in the present classification, (i) frenzied, (j) innumerable, (k) drawn with a very fine camelhair brush, (l) et cetera, (m) having just broken the water pitcher, (n) that from a long way off look like flies.” Foucault concluded “in the wonderment of this taxonomy, that the thing we apprehend in one great leap, the thing that, by means of a fable, is demonstrated as the exotic charms of another system of thought, is the limitation of our own, the stark impossibility of thinking that.” But, he explained that each of the categories mentioned can be assigned a precise meaning and a demonstrable content, and the classification distinguishes carefully the very real animals (those that are frenzied or have just broken the water pitcher) and those that belong to fantastic entities (fabulous animals or sirens). The possibility of dangerous mixtures or forced powers of contagion have to be exorcised to retain the meanings within that system of thought. In traditional African medicine, we are faced with a system of medicine that does not fit into the familiar landmarks of the Western thought process, and that is the problem. For example, the association between rituals and healing is often misinterpreted by foreigners who isolate them out of their context. The familiar question has been: What were they (the plants and artifacts) used for? What do they do? And, most people are disappointed when they receive the correct answer: “Nothing.”

The bulk of this volume, however, provides scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants. It is essential that the study of traditional medicine, if it is not to become chimerical and lose itself in arbitrary speculation, must begin with the dry, structural, and systematic analysis of the methods and the objects used in the healing practice. Studies of anthropology, botany, chemistry, pharmacology, and even clinical evaluation of the remedies are useful standpoints to begin such inquiry. But, the investigation must not stop with such structural studies, for healing is deeply rooted in humanity; these studies, when properly considered and handled, should lead back to it. This is the fundamental approach adopted in this book. It is a book on medicinal plants used in African traditional medicine and is also a handbook of African plants with medicinal values. The plants are presented both as drugs, ready and complete as they are, and as vessels with chemical constituents that possess pharmacological activity.

Several medicinal plants of Africa have been investigated for their chemical components, and some of the isolated compounds have been shown to possess interesting biological activity. A few

have been found active even in controlled clinical evaluation. The results of these investigations provide insights only into a part of the picture, not the whole activity of healing. Healing is not to be viewed simply as a lifeless product of molecules reacting with cells and tissues, but as a production, not as an act that ends with the administration of remedies, but as an activity that includes all aspects of living. It presents itself to us as the recurring work of the spirit, not as a finished and final product; if it were not so, but was sterile and inert, then the humanistic aspect of healing would be lost. For symbols to hold any meaning, the validation has to be recognized within the practitioner's primary experience, beliefs, and perception of the world around the practitioner. The validity of the traditional medical system, therefore, does not depend on the results of secondary evaluation but on the utility of the experience to the subscribers of that system of healing.

It is not my intention to repeat all the facts and arguments that have been raised in the past to support the general thesis that certain objects, artifacts, rituals, and things used in traditional African medicine are symbols whose meaning is the only path to understanding the complex process of healing in Africa. In a book devoted to medicinal plants, one can only offer very condensed and concise "statements" on the subject and refer the reader to earlier publications and the references listed at the end of each section.

The basic point is that African traditional medicine has a systematic methodology of its own. The fact that it may not conform to the present level of knowledge in *de facto* science should not be held against it. The cures dispensed by the medicine man are not all products of chance, but results of years of careful experimentation and painstaking observations. The pharmacopoeia of the African medicine man is rich with cures for many diseases that afflicted him, including herbs for snakebite, whooping cough, dysentery, infectious diseases, diabetes, and the expulsion of intestinal worms. Modern practitioners of the profession have given indications that they can cure intractable human diseases, such as cancer and various immune deficiency disorders.

The herbs discussed in this book were selected after a careful study of the available literature and from the results of field studies conducted by the Phytotherapy Research Laboratory of the University of Nigeria, Nsukka, in the 1990s and now undertaken by the International Centre for Ethnomedicine and Drug Development (InterCEDD). There are three different plant lists. The first is a catalog of the plants used as ingredients of polyprescriptions for one or more diseases. Only plants cited in authenticated sources are listed. The selection has been limited to those species that are used widely and occur in fairly large areas of the continent. The second list contains major plants used specifically for a given disease state; in most cases, the active constituents are included. The original list published in the earlier edition of this book was from a selection made from an informal survey in which 12 acknowledged experts in African medicinal plants were asked to indicate the species they considered to be among the 100 most important therapeutic agents from their geographic zones. Only about 30 plants were finally included in all the subsets compiled by my sources, and I selected the final list of 162 plants to be profiled as representing the major medicinal plants of Africa. In this edition, the list has been expanded to over 170 plants. As in the previous case, the selection was based on many factors, including frequency of use, known biological activity, chemical constituents, and relative importance based on the main therapeutic indications of the species. Some arbitrariness in the selection was inevitable, and some better-known species were not included solely because such species were of very limited distribution or were considered not native to the continent. Minor species that are used in a manner similar to that of better-known species are also excluded. It is my sincere hope that this book will help in a better understanding of African medicine and medicinal herbs. The treatment modalities and the therapeutic agents discussed here should be evaluated within the social context in which they are employed.

In presenting this volume, I am under no illusion that it will spontaneously remove the skepticism and suspicion people have about traditional African medicine. It is my hope, however, that it will stimulate some awareness and perhaps an appreciation of a system of medicine that has sustained a people for so many generations. I have not attempted to offer justifications for some of the

traditional practices that are anachronistic to “civilized” tastes and which should be discarded. I have merely provided explanations of our medical practice and way of life.

No attempt has been made to present an account of traditional African medicine that will be comprehensive enough to reflect all aspects of the healing methods used in Africa. The heterogeneous nature of the actual traditional medical practice is clearly recognized; indeed, no single paradigm of medical practice applies to the entire continent. Only the general concepts and the essential features that are common to the majority of the tribes are presented here. Readers are advised to consult the references for details.

It was also not possible to list all the medicinal plants used in Africa. Only species with sufficient documentation or those considered important from a therapeutic point of view are listed. The references have been limited to the relevant key literature, and several cross-references have been omitted for brevity. The chemical structures of the compounds isolated from the plants have also not been included in a deliberate effort to make the book appealing to both experts and non-experts alike.

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Catalog of Major African Medicinal Plants

INTRODUCTION

This chapter contains a list of over 2000 plants used in traditional medical practice in Africa. The plants are arranged according to families and listed alphabetically. The modern system of plant classifications as proposed by the Angiosperm Phylogeny Group (APG) has been adopted for this edition. In the earlier edition, plants belonging to the large family Leguminosae were listed under the subfamilies Caesalpinaceae, Mimosaceae, and Papilionaceae, but they have now been grouped together under the family Leguminosae. Similarly, plants belonging to the family Apocynaceae have been grouped together. Certain plant families have been renamed and others merged for ease of classification. Readers are advised to use the Index of Species, Genera, and Families at the end of the book to search for plants not listed under a familiar family.

The column in Table 2.1 on medicinal uses of the plants is mainly from the collation of several published sources and correspondents. The diseases treated and the biological activities are used interchangeably in this column to reflect the actual format used in the original reports. Pharmacological terms have been used for the activities of the plants employed in the treatment of disease conditions that are not adequately described by healers in modern pathological terms, which means that the usage has to be interpreted in the broadest sense possible. Some seemingly contradictory responses received on the use and biological activities of some of the plants are retained since it is now known that the activity of plant extracts depends on several factors and may sometimes have opposite effects, depending on the method of preparation, dosage, and physiological state of the patient. The activities listed in this chapter are based on neither the results of pharmacological studies nor the reports of controlled clinical trials. They are based entirely on reported ethnomedical uses.

The plant parts included in the catalog are mainly those commonly used for the preparation of remedies for the conditions listed under the specific plant. In most cases, various parts of a plant could be used for treating specific diseases, and, perhaps more important, the therapeutic activity and the toxicity may reside in different parts of the plant. In most cases, the plant parts are listed in order of preference or frequency of use, with the most frequently used plant part listed first.

Key references have been provided as a guide to sources of additional information on the individual plants. The literature citations are limited only to reference works and books on African ethnobotany. These include the Plant Resources of Tropical Africa (PROTA), a web database in English and French that has detailed information on the taxonomy, ethnography, and properties of many African plants.¹ Many reference publications and compendia of monographs, such as Neuwinger's *African Traditional Medicine*,² *African Herbal Pharmacopoeia*,³ the AfricMED database, which contains a compilation of ethnobotanical information and a summary of biological assays by InterCEDD (International Centre for Ethnomedicine and Drug Development) at Nsukka,⁴ and the *Nigerian Herbal Pharmacopoeia*,⁵ published by the Federal Ministry of Health (2008), were useful in preparing this update. In many cases, no reference has been cited, which indicates that the information was derived from multiple sources in journals or data from the AfricMED database at InterCEDD Nsukka (Nigeria).

Table 2.1 Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
	Acanthaceae		
<i>Acanthus arboreus</i>	Epilepsy, mental disorders, whooping cough, snakebite	Leaves, twigs	4
<i>Acanthus montanus</i>	Childbirth, antacid, cough suppressant, rheumatism, purgative, abscesses, stomachache	Leaves, stem bark	4–7
<i>Acanthus pubescens</i>	Gastrointestinal disorders, laxative, body pain, chest pain, eczema, allergic dermatitis, liver inflammation	Leaves	8
<i>Adhatoda buchholzii</i>	Anti-inflammatory, fish poison	Fruits, whole plant	6, 7, 9, 10
<i>Andrographis paniculata</i>	Cold, flu, bronchitis, fevers, liver tonic	Aerial parts	4
<i>Anisotes ukambensis</i>	Skin diseases	Leaves, stem	
<i>Asystasia gangetica</i>	Analgesic, cough treatment	Aerial parts	
<i>Asystasia macrophylla</i>	Fevers, pain	Leaves	
<i>Avicennia africana</i>	Enema for piles; applied for parasitic, skin diseases	Stem bark, leaves	7
<i>Barleria micrantha</i>	Laxative, hemorrhoids	Aerial parts	
<i>Barleria opaca</i>	Laxative, hemorrhoids, snakebite, cerebro-malaria	Leaves	6, 7
<i>Barleria taitensis</i>	Anti-inflammatory	Leaf/stem	
<i>Blepharis linariifolia</i>	External use in embrocation, pains	Seeds, leaves	11
<i>Brilliantaisia cicutricosa</i>	Anemia, liver diseases	Leaves	
<i>Brilliantaisia owariensis</i>	Stomachache, cathartic	Roots, leaves	6
<i>Crabbea velutina</i>	Antifungal, anti-inflammation	Leaves, stem bark	7
<i>Crossandra flava</i>	Fever	Leaves	
<i>Crossandra subcaulis</i>	Anti-infectives, skin diseases	Leaves	
<i>Dicliptera laxata</i>	Diuretic, indigestion, flatulence	Leaves	
<i>Duosperma kilimandscharicum</i>	Anti-infective	Aerial parts	
<i>Dyschoriste perrottetii</i>	Eye irritation, inflammation	Seed (coat)	9
<i>Dyschoriste radicans</i>	Anti-infectives, skin diseases	Aerial parts	
<i>Ecbolium revolutum</i>	Pootherb	Aerial parts	
<i>Ecbolium viride</i>	Poultice	Leaves	
<i>Hygrophila auriculata</i>	Female hygiene, skin infection, earache	Leaves, stem bark	6
<i>Hypoestes aristata</i>	Viral infections, cold, malaria	Root bark	6, 11
<i>Isoglossa laxiflora</i>	Anti-infective	Aerial parts	

<i>Justicia betonica</i>	Fevers	Aerial parts	
<i>Justicia caerulea</i>	Laxative, fevers	Aerial parts	
<i>Justicia caudata</i>	Pain relief	Leaves	
<i>Justicia flava</i>	Diarrhea, menstrual pains, dysentery, fevers, yaws, tonic	Leaves	6, 7, 12
<i>Justicia insularis</i>	Antipyretic, general pain relief, earache	Leaves	6, 11
<i>Justicia nyassana</i>	Fevers	Leaves	4
<i>Lankasteria elegans</i>	Veneral diseases, cough, bronchitis	Leaves	7
<i>Lepidagathis heudelotiana</i>	Purgative, wound dressing, weak decoction in fevers	Seeds, stem, roots	6
<i>Lepidagathis scariosa</i>	Fevers	Stem/leaves	
<i>Mackaya bella</i>	Laxative, fevers	Aerial parts	4
<i>Mellera lobulata</i>	Indigestion	Leaves	
<i>Mimulopsis violacea</i>	Veneral diseases, fevers, dysentery	Leaves	19
<i>Monechma hispidum</i>	Diarrhea, smoke from burnt leaves inhaled for colds	Leaves	6, 7
<i>Nelsonia canescens</i>	Yellow fever, eye inflammation, salt substitute	Juice, leaves	6
<i>Neuracanthus africanus</i>	Fevers, pain, skin infections	Aerial parts	
<i>Neuracanthus tephrophyllus</i>	Skin diseases	Aerial parts	
<i>Phaulopsis barberi</i>	Stomachache, cathartic	Leaves	
<i>Phaulopsis ciliata</i>	Toothache, wound dressing	Fruits, leaves	6, 7
<i>Phaulopsis imbricata</i>	Pain relief	Aerial parts	
<i>Pseuderanthemum hildebrandtii</i>	Veneral diseases, snakebite, stomachache	Leaves, whole plant	7
<i>Pseuderanthemum ludovicianum</i>	Anti-infective	Leaves	
<i>Rhinacanthus nasutus</i>	Diuretic, indigestion, flatulence	Leaves, root	
<i>Ruellia megachlamys</i>	Fevers, pain	Leaves	19
<i>Ruellia patula</i>	Local analgesic, fevers	Leaves	7
<i>Sclerochiton boivinii</i>	Skin diseases, snakebite	Whole plants	
<i>Stenandrium guineense</i>	Diarrhea, skin diseases	Leaves	11
<i>Thunbergia alata</i>	Fevers, pain	Aerial parts	
<i>Thunbergia erecta</i>	Febrifuge, wound dressings	Leaves	6, 7
<i>Thunbergia guerkeana</i>	Fevers	Leaves	
<i>Thunbergia natalensis</i>	Blood pressure	Aerial parts	
<i>Whitfieldia elongata</i>	Skin diseases, snakebite, love potion	Seeds, stem	19

Continued

Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
	Adiantaceae (Pteridaceae)		
<i>Cheilanthes hirta</i>	Fever, anti-infective	Aerial parts	4
<i>Pellaea calomelanos</i>	Abdominal pains, convulsion, postpartum, analgesic	Whole herb	11
<i>Vittaria guineensis</i>	Headache	Roots, leaves	19
	Agavaceae (see Asparagaceae)		
	Aizoaceae		
<i>Carpantanea pomeridiana</i>	Anti-inflammatory	Aerial parts	
<i>Carpobrotus acinaciformis</i>	Gargle, laxative	Leaves	
<i>Carpobrotus dimidiatus</i>	Dysentery, diarrhea, sore throat	Leaves	
<i>Conophytum bilobum</i>	Sedative, analgesic, anti-infective	Leaves, roots	19
<i>Delosperma ecklonis</i>	Stomachache	Aerial parts	
<i>Delosperma nakurense</i>	Pain relief	Aerial parts	
<i>Drosanthemum hispidum</i>	Tonic, laxative	Aerial parts	
<i>Galenia africana</i>	Skin infections	Aerial parts	
<i>Genus oppositifolius</i>	Headache, rheumatism, fevers	Leaves	
<i>Gisekia pharmaceoides</i>	Tonic, laxative	Stem	7, 11
<i>Jordaaniella spongiosa</i>	Skin infections	Young leaves, stems	
<i>Melanthus minor</i>	Fever, tonic	Aerial parts	
<i>Mesembryanthemum crystallinum</i>	Antianxiety	Aerial parts	
<i>Mestoklema elatum</i>	Anti-inflammatory	Aerial parts	
<i>Psilocaulon utile</i>	Poultice	Leaves	
<i>Ruschia spinosa</i>	Skin infections	Leaves	
<i>Sceletium tortuosum</i>	Mood enhancer, tonic	Aerial parts	
<i>Stoeberia utilis</i>	Fever, skin infections	Leaves, seeds	
<i>Tetragonia tetragoniodes</i>	Vegetable, in salads, tonic, fevers	Aerial parts	
<i>Zaleya pentandra</i>	Colds, throat infection	Leaves	
		Aerial parts	4

Alismataceae

Limnophyton obtusifolium Skin infections Leaves
Sagittaria guayanensis Anemia, rickets, malnutrition, debility (body wash) Leaves

Amaranthaceae

Achyranthes aspera Arthritis, muscular pains, circumcision wounds, abortifacient, diarrhea, dysentery, dysmenorrhea, hypermenorrhea, coughs, cachectic alopecia, expel placenta and dead fetus, antifertility, furuncle, hemorrhoids, eye inflammation, syncope, splenomegaly Whole plant 7, 11, 14
Achyroopsis avicularis Fever, nausea caused by biliousness, clear stomach of bile Roots 14
Achyroopsis leptostachya Articular rheumatism, bilious nausea, fevers, coughs, emetic Roots 11, 14
Aerva lanata Sore throat remedy, bronchitis, laxative Leaves 7
Alternanthera sessilis Constipation, fevers, headache, neuralgia, lactation, diarrhea Leaves, stem 6, 11
Amaranthus caudatus Mild laxative, backache Leaves
Amaranthus cruentus Popular vegetable, nutraceutical, malnutrition Leaves, tender stem
Amaranthus hybridus Bulk laxative, arthritis, skin diseases Leaves 11
Amaranthus hypochondriacus Liver disease Leaves
Amaranthus spinosus Gastrointestinal disorders, hemorrhoids, arthritis Leaves 11
Amaranthus viridis Cough remedy, purgative Leaves 6
Atriplex nummularia Insecticide, external pain relief Leaves, stem
Blutaparon vermiculare Inflammation, fevers, hernia pains Roots 7
Celosia argentea Mild laxative, backache Leaves 7
Celosia hastata Dysentery, skin diseases, anthelmintic, arthritis Leaves 7, 19
Celosia trigyna Anthelmintic, rheumatism, stomachache, rituals, skin disease, embrocation for pains Leaves 7
Centemopsis conferta Gum inflammation, teething problems in babies Fruits, leaves
Centemopsis kirkii Swellings, anodyne Roots
Chenopodium album Anthelmintic, eye diseases, blood diseases, heart, spleen Aerial parts
Chenopodium opulifolium Muscular-skeletal system disorders, subcutaneous cellular tissue disorders Aerial parts
Cyathula cylindrica Anthelmintic, pain relief, diarrhea Leaves 7, 11, 15
Cyathula prostrata Anti-inflammatory, antiviral, dysentery Leaves 11
Digera muricata Cooked vegetable, famine food Aerial parts
Exomis microphylla Pain relief, poultice for boils Leaves, stem

Continued

Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Leucosphaera bainesii</i>	Gastrointestinal disorders, hemorrhoids, gastric bleeding, wounds, inflammations	Roots, whole plant	4, 14
<i>Pandiaka heudelotii</i>	Postpartum medication, tonic	Leaves	6
<i>Pandiaka lanuginosa</i>	Anti-inflammatory local application	Whole plant	
<i>Psilotrichum elliotii</i>	Hemostatic, analgesic, snakebite, aphrodisiac	Leaves, roots	19
<i>Psilotrichum scleranthum</i>	Pain relief, aphrodisiac, menorrhagia	Root bark	19
<i>Pupalia lappacea</i>	Sore throat, fevers, anti-infective	Leaves	6, 11
<i>Salicomia pachystachya</i>	Vegetable, diuretic	Leaves	
<i>Salsola somalensis</i>	Tapeworm, purgative, gonorrhea, female sterility, testicular problems	Roots, whole plant	14
<i>Suaeda aegyptiaca</i>	Fertility, wound healing	Leaves	4
<i>Suaeda monoica</i>	Hemostatic, female sterility, asthma	Roots, leaves	14
Amaryllidaceae			
<i>Agapanthus africanus</i>	Chest problems, ease childbirth, expel placenta, expectorant, cardiac problems, emetic, paralysis	Rhizomes, roots	4, 14
<i>Allium ascalonicum</i>	Fevers, embrocation	Bulbs, leaves	11
<i>Allium cepa</i>	Carminative, rubefacient, anticholesteremic, antidiabetic, antimicrobial, antitussive	Bulb (rhizome)	11
<i>Allium sativum</i>	Hypertension, diabetes, anti-inflammatory, bronchitis	Rhizomes	7
<i>Boophane disticha</i>	Burns, wound dressing, skin diseases, rituals	Bulb, flowers	7, 11
<i>Clivia miniata</i>	Fever, ease childbirth, snakebite, infertility, urinary infections	Roots, bulbs	14
<i>Crinum macowanii</i>	Veneraeal diseases, increase lactation or blood volume, anxiolytic	Bulbs, leaves	6, 11
<i>Crinum papillosum</i>	Inflammatory diseases, fevers	Bulbs, whole plant	11
<i>Crinum stuhlmannii</i>	Toothache, fevers, skin diseases	Whole plant	11
<i>Hymenocallis littoralis</i>	Skin infection, antipyretic, rheumatic pains, amenorrhea	Leaves, roots	16
<i>Nerine bowdenii</i>	Anti-inflammatory	Corms	4
<i>Scadoxus multiflorus</i>	Scabies, poultice for local inflammation	Bulbs, whole plant	11
<i>Tulbaghia leucantha</i>	Bronchial congestion, asthma, insanity	Whole plant	16
<i>Ungernia indica</i>	Anti-inflammatory, pain relief	Bulbs	11
Anacardiaceae			
<i>Anacardium occidentale</i>	Arthritis, colds, and steam therapy for malaria	Leaves, fruits	7
<i>Antrocaryon micraester</i>	General tonic, laxative	Leaves	16

<i>Haematostaphis barteri</i>	Diarrhea, sleeping sickness	Stem bark	7
<i>Harpephyllum caffrum</i>	Dysentery, tonic, exudate for skin	Leaves, stem bark	
<i>Lannea acida</i>	Dysentery, digestive system disorders, skin diseases, beriberi, schistosomiasis, hemorrhoids, eye infections	Leaves	
<i>Lannea afzelii</i>	Jaundice, liver diseases, yellow fever, diarrhea		
<i>Lannea alata</i>	Skeletal-muscular disorders, fractures, infections, malaria	Roots, leaves	
<i>Lannea microcarpa</i>	Mouth blisters, rheumatism, sore throat, dysentery, cathartic, abscess and boils, colic, body swelling, coughs	Leaves, stem, roots	
<i>Lannea stuhlmannii</i>	Pain relief, tonic, anti-fungal	Leaves, fruits	7, 19
<i>Lannea welwitschii</i>	Hemorrhoids, epilepsy, anti-inflammatory, analgesic	Stem bark	
<i>Mangifera indica</i>	Leaves in malaria teas, anthelmintic, oral health	Leaves	6, 7
<i>Ozoroa cinerea</i>	Throat infection, hypertension, male fertility	Leaves, stem	
<i>Ozoroa insignis</i>	Vermifuge, stomachache	Leaves	6, 7
<i>Pseudospondias microcarpa</i>	Wound dressing, stomachache	Stem bark, leaves	
<i>Rhus pyroides</i>	Diarrhea, wound dressing	Leaves, fruits	6, 7
<i>Rhus tenuinervis</i>	Traveler's diarrhea, skin diseases, bee sting prevention, pains	Leaves, fruits	
<i>Sclerocarya birrea</i>	Bark infusion used with natron for dysentery, tonic, exudate for skin diseases	Fruits, leaves, exudate	6
<i>Searsia tomentosa</i>	Skin diseases, fevers	Leaves, seeds	
<i>Sorindeia grandifolia</i>	Diabetes, tooth cleaning, painful menstruation, general body	Roots, stem	7
<i>Sorindeia madagascariensis</i>	Tonic, obesity, beverage, pains, rickets, venereal diseases, insanity	Fruits	
<i>Spondias mombin</i>	Diarrhea, external applications	Fruits, stem, leaves	7
<i>Trichoscypha acuminata</i>	Bronchitis, headache, fevers, anthelmintic, aphrodisiac, female infertility, rheumatism, hemorrhage in pregnancy, tonic, ulcers	Stem bark, leaves	
<i>Trichoscypha arborea</i>	Prevent miscarriage, amenorrhoea, fruit pulp as tonic	Stem bark, fruits, leaves	
Ancistrocladaceae			
<i>Ancistrocladus abbreviatus</i>	Measles, fevers	Aerial parts	7
<i>Ancistrocladus barteri</i>	Anti-infective	Leaves	
<i>Ancistrocladus korupensis</i>	Fevers, tumors, anti-infective agent	Leaves	4
Anisophylleaceae			
<i>Anisophyllea boehmii</i>	Blepharitis (external eye application)	Leaves, sap	14
<i>Anisophyllea laurina</i>	Toothache, dental ache, wounds, anxiety	Leaves, twigs	14

Continued

Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Anisophyllea laurina</i>	Wound dressing, anthelmintic, fevers, astringent	Leaves	6, 11
<i>Anisophyllea purpurascens</i>	Pain killer, emetic	Aerial parts	
<i>Poga oleosa</i>	Emollient, laxative, skin diseases, toothache, gonorrhoea	Kernel, leaves	6, 11
Annonaceae			
<i>Annickia chlorantha</i>	Fever, sleeping sickness, malaria, dysentery, liver diseases	Stem bark, roots	6, 7
<i>Annickia polycarpa</i>	Malaria, cutaneous leishmaniasis, ulcers, jaundice, antiseptic	Stem	
<i>Annona muricata</i>	Fever, cicatrizant for wounds, sudorific for children	Leaves	7
<i>Annona senegalensis</i>	Wound healing, chest colds, diarrhea, dysentery	Gum, roots	6
<i>Annona squamosa</i>	Skin eruptions, insecticide	Leaves	6, 7
<i>Annonidium friesianum</i>	Insecticide, astringent	Stem bark	
<i>Artabotrys aurantiacus</i>	Stomach pain, abortifacient, smallpox, embrocation for pain	Roots, leaves	
<i>Artabotrys brachypetalus</i>	Impotence, infertility, abdominal pain, convulsions	Roots	14
<i>Artabotrys modestus</i>	Stomachache, diarrhea, nausea, anti-inflammatory	Leaves, roots	7
<i>Artabotrys stenopetalus</i>	Gastrointestinal disorders, splenomegaly, aphrodisiac, fertility	Leaves, roots	
<i>Asteranthe asterias</i>	Antimalarial, antitrypanosomiasis and antimycotic activity	Aerial parts	
<i>Cleistopholis patens</i>	Hemostatic agent for fresh wounds	Exudate from leaves	7
<i>Cyathocalyx pruniferus</i>	Skin diseases, antiparasitic	Stem bark, twigs	
<i>Dennettia tripetala</i>	Cough, appetite stimulant	Fruits, leaves	6
<i>Hexalobus crispiflorus</i>	Purgative, emetic, venereal diseases, wounds, furuncle, swollen gland	Stem bark, roots, twigs	19
<i>Hexalobus monopetalus</i>	Fevers, mouth infections, inflammation, headache, diabetes, dysmenorrhoea, colic, swollen glands, body pains, wounds		
<i>Isolana campanulata</i>	Bronchial infections, skin diseases, fevers, hematuria, bilharzia, tonic	Roots, stem bark	8
<i>Mkilua fragans</i>	Antimicrobial, antifungal, pain relief	Aerial parts, volatile oil	
<i>Monanthesotaxis trichantha</i>	Headache, fevers	Leaves	6, 7
<i>Monodora angolensis</i>	Purgative, roots for urethral stricture	Stem, roots	7
<i>Monodora myristica</i>	Carminative, antiparasitic	Fruits, leaves	6
<i>Monodora tenuifolia</i>	Parasitic skin diseases, dysentery, rituals	Fruits, leaves	7
<i>Neostenanthera myristicifolia</i>	Tumors	Leaves, roots	11
<i>Ophypetalum odoratum</i>	Earache, sinusitis	Leaves	
<i>Pachypodanthium barteri</i>	Dropsy, swellings, edema, gout; tumors, cancers; vermifuge	Leaves, seeds	

<i>Pachypodanthium staudtii</i>	Insecticide, astringent	Seeds, leaves
<i>Piptostigma calophylla</i>	Anti-infective, fever	Stem bark
<i>Polyalthia suaveolens</i>	Blackwater fever, anthelmintic, stomachache	Stem bark
<i>Polyceratocarpus scheffleri</i>	Diarrhea, inflammation	Stem bark
<i>Popowia congensis</i>	Stomachache, diarrhea, colds, bronchial congestion	Fruits, whole plant
<i>Sphaerocoryne gracilis</i>	Diarrhea, inflammation, flu	Whole plant
<i>Uvaria afzelli</i>	Tonic, inflammation of bladder, kidneys	Leaves
<i>Uvaria angolensis</i>	Liver disorders, tonic, skin diseases	7
<i>Uvaria chamae</i>	Hemorrhoids, malaria, kidney and liver infections	7, 9
<i>Uvariadendron anisatum</i>	Head cold, embrocation	Aerial parts
<i>Uvariopsis guineensis</i>	Analgesic, antispasmodic, tonic	Root bark
<i>Xylopia acutiflora</i>	Fever, headache, colds	Stem bark
<i>Xylopia aethiopica</i>	Carminative, restorative soup after birth tonic, analgesic	Fruits, whole plant
<i>Xylopia parviflora</i>	Skin infections, colds	Stem bark, fruits
<i>Xylopia quintasii</i>	Wound dressing, mouthwash, bronchitis	Whole plant
<i>Xylopia staudtii</i>	Headache, colds, sinus decongestant	Stem bark, fruits
<i>Xylopia villosa</i>	Colds, fevers, embrocation	Stem bark, leaves

Apiaceae (Umbelliferae)

<i>Alepidea amatymbica</i>	Antimalarial, headache, coughs, fever, respiratory infections, asthma, chest problems, rheumatism, abdominal pains	Aerial parts, roots
<i>Alepidea longifolia</i>	Fever, analgesic	Leaves, fruits
<i>Alepidea peduncularis</i>	Antipyretic, cough, respiratory tract diseases	Roots, leaves
<i>Ammodaucus leucotrichus</i>	Colds, bronchitis, chest complaints	Seeds, young leaves
<i>Apium graveolens</i>	Arthritis, rheumatism and inflammation of the joints, diuretic and emmenagogue, against dengue fever	Stalks, seeds
<i>Arctopus echinatus</i>	Veneral diseases, epilepsy	Roots
<i>Arctopus stoechadifolia</i>	Gonorrhea, rheumatism	Stem, roots
<i>Carum carvi</i>	Antispasmodic, antimicrobial, dyspeptic complaints, gastrointestinal spasm, bloating and fullness, eye, stimulant	Fruits, aerial parts
<i>Centella asiatica</i>	Skin diseases, dyspeptic complaints, worms, fevers, insomnia, wound healing, stimulant	Leaves, whole plant
<i>Centella coriacea</i>	Rheumatic pains	Aerial parts

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Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Eryngium foetidum</i>	Carminative, anti-inflammatory, topical headache remedy, boils	Leaves	6, 7
<i>Ferula assa-foetida</i>	Carminative, anti-inflammatory, digestive	Rhizome, roots	4, 14
<i>Ferula communis</i>	Antifertility, uterotonic	Roots	14
<i>Haplosciadium abyssinicum</i>	Veterinary medicine, skin diseases	Leaves	4
<i>Lichtensteinia interrupta</i>	Chronic cough, colds, tuberculosis, anthelmintic, bronchitis	Roots	11, 14
<i>Lichtensteinia kolbeana</i>	Chest complaints, stimulant	Roots	4
<i>Oenantho palustris</i>	Nausea, fevers, asthenia, chest pains	Leaves	14
<i>Oenantho procumbens</i>	Coughs, bronchitis	Seeds	4
<i>Peucedanum fraxinifolium</i>	Diuretic, depurative, fevers, stomachache	Leaves, exudate	6
<i>Steganothaenia araliacea</i>	Dysentery, fevers, epilepsy, respiratory system disorders, asthma, coughs, sore throat, tumors, amenorrhea, adenopathy, toothache, diarrhea, threatened abortion, allergic swellings, female sterility, malaria, elephantiasis	Roots, leaves, stem	4, 11, 14
Apocynaceae			
<i>Acokanthera oblongifolia</i>	Tapeworm, snakebite, poisoning	Stem wood, leaves	11, 15
<i>Acokanthera oppositifolia</i>	Headache, toothache, abdominal pain, colds, measles, blood poisoning, dysentery	Stem bark, leaves	4, 17
<i>Acokanthera schimperi</i>	Weak infusion for syphilis, arrow poison, antifertility	Stem bark, roots	11, 15
<i>Adenium multiflorum</i>	Veneral diseases, topical ulcers, late applied to carious tooth	Leaves, stem, roots	6, 7
<i>Adenium obesum</i>	Wound healing, ulcers, carious tooth, cardiac tonic	Stem, roots	7
<i>Alafia barberi</i>	Inflammatory, fevers	Stem, leaves	7
<i>Allamanda carthartica</i>	Wound healing, rituals	Roots, leaves	11
<i>Alstonia boonei</i>	Fevers, tumors, aphrodisiac	Roots, stem bark	7
<i>Alstonia congensis</i>	Malaria, fevers, arthritis	Stem, leaves, roots	7
<i>Ancylobotrys amoena</i>	Stomachache, ear infection, dysmenorrhea	Leaves, exudates	
<i>Apocynum cannabinum</i>	Stem bark infusion as purgative, roots as abortifacient, arrow poison	Stem bark, roots	7
<i>Asclepias pedunculata</i>	Inflammation, purgative	Leaves	4
<i>Callichilia barberi</i>	Tonic, laxative, dizziness, anxiety	Leaves	7, 11
<i>Callichilia subsessilis</i>	Dizziness, tumors, anthelmintic, venereal infections	Roots, stem bark	7
<i>Calotropis procera</i>	Embrocation, latex as purgative, venereal diseases, leaf juice for headache and catarrh, conjunctivitis, skin diseases, wound healing	Leaves, latex	6, 7
<i>Caralluma dalzielii</i>	Tonic, aphrodisiac, analgesic	Stem	6, 19

<i>Carissa bispinosa</i>	Aphrodisiac, pulmonary diseases, venereal diseases	Stem bark, leaves	4
<i>Carissa (edulis) spinarum</i>	Toothache, tonic, aphrodisiac, inflammation, digestive system disorders, genitourinary disorders, infections/infestations, antifertility, pain, poisonings, muscular-skeletal disorders, respiratory diseases	Leaves, roots, latex	6, 7, 17
<i>Catharanthus roseus</i>	Laxative, antidiabetic, rheumatism, hypertension, leukemia, Hodgkin's disease, flatulence, stomach disorders, measles	Leaves, flowers, with plant	11
<i>Catharanthus trichophyllus</i>	Malaria, fevers	Roots, leaves	11
<i>Cerbera manghas</i>	Weak decoction as diuretic, arrow poison, local analgesic	Stem bark, latex	11
<i>Cerbera odollam</i>	Skin diseases, arrow poison	Stem bark, roots	11
<i>Cryptolepis sanguinolenta</i>	Fevers, antimicrobial, headache, malaria, anti-inflammatory, hepatitis, diabetes, upper respiratory tract infections	Roots, stem, leaves	6, 19
<i>Cynanchum ellipticum</i>	Anti-inflammatory agent, fevers	Whole plant	4
<i>Cynanchum obtusifolium</i>	Stimulant, pains	Aerial parts	
<i>Dictyophleba lucida</i>	Venereal diseases	Stem bark, leaves	
<i>Diplothyrsus condylocarpon</i>	Weak infusion given for syphilis, arrow poison	Stem bark, roots	11, 15
<i>Dregea rubicunda</i>	Laxative, arthritis	Leaves, fruits	
<i>Funtumia africana</i>	Wound and burn dressing, root decoction for incontinence, urinary tract infection	Leaves, roots	7, 9
<i>Funtumia elastica</i>	Male impotence, tonic for hemorrhoids, skin infection	Stem, twigs	9
<i>Gomphocarpus stenophyllus</i>	Diarrhea, venereal diseases	Leaves, stem, roots	6
<i>Gymnema sylvestre</i>	Tonic, anti-inflammatory, snakebite remedy, destroy sense of taste	Roots, stem	6, 7
<i>Haplophyton cimicidum</i>	Venereal diseases, hypotensive, fevers	Roots, stem bark	16
<i>Holarhena floribunda</i>	Analgic, antiparasitic, antimicrobial, dysentery, syphilis	Roots, stem bark	6, 7
<i>Hoodia gordonii</i>	Appetite suppressant, hemorrhoids, tuberculosis, cancer, indigestion	Stems	18
<i>Humteria congolana</i>	Geriatric memory aid, blood pressure, aphrodisiac	Aerial parts	
<i>Humteria umbellata</i>	Bitter tonic, anthelmintic, piles, yaws, diabetes, cardiotoxic	Leaves	
<i>Kanahia laniflora</i>	Abortifacient, central nervous system (CNS) activity, diuretic, convulsion in children	Leaves	14
<i>Landolphia dulcis</i>	Antiparasitic, fevers	Roots, stem bark	6, 7
<i>Landolphia kirikii</i>	Tuberculosis, female sterility	Roots, leaves	6, 7
<i>Landolphia owariensis</i>	Colic, venereal diseases, teeth cleaning	Twigs, leaves, stem	6, 7
<i>Leptadenia lancifolia</i>	Venereal diseases, stomachache, flatulence	Roots	7, 19
<i>Lochnera rosea</i>	Maniac syndrome, diabetics, ritual	Roots, leaves	7
<i>Marsdenia latifolia</i>	Anthelmintic, laxative, arthritic pains, mouth sores, chew sticks	Stem, leaves, fruits	6, 11
<i>Mascarenhasia arborescens</i>	Essential oil as insecticide	Leaves, exudates	

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Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Mondia whiteii</i>	Malaria, aphrodisiac, uterine stimulant, gastrointestinal disorders, constipation, anorexia, bilharzia, refreshing drink, schistosomiasis, cough, bronchitis, chest complaints and expectorant	All parts of the plant	4, 14
<i>Nerium oleander</i>	Skin infections, dysentery, cardiotonic, diaphoretic, diuretic, emetic, scabies, expectorant, sternutatory, poisonous	Leaves, latex	4, 7, 11
<i>Orbea dummeri</i>	Painkiller, fever	Aerial parts	
<i>Pachycarpus lineolatus</i>	Infertility, aphrodisiac, tonic, abortifacient, carminative	Roots	6, 7, 19
<i>Parquetina gabonica</i>	Fever, gonorrhea	Leaves	
<i>Pentarrhinum insipidus</i>	Leaves and fruits as vegetables, boil dressing	Aerial parts	
<i>Pergularia daemia</i>	Expectorant, diarrhea, fever, emetic	Fruits, leaves	9, 11
<i>Periploca linearifolia</i>	Fevers, antibacterial	Aerial parts	
<i>Periploca nigrescens</i>	Anti-infective, fever	Aerial parts	
<i>Picralima nitida</i>	Malaria, sleeping sickness, local anesthetic, memory enhancer, analgesic, arthritis, cough, aphrodisiacs, diabetes, mental illness	Seeds, stem, roots	6, 7
<i>Pleioceras barberi</i>	Abortifacient, urethritis, emmenagogue	Roots, stem	6
<i>Plumeria rubra</i>	Laxative, fevers, skin diseases, antianxiety	Leaves, roots, latex	6, 7
<i>Rauvolfia caffra</i>	General body swelling, rheumatism, pneumonia	Stem bark, leaves	7, 11
<i>Rauvolfia manni</i>	Hypertension, fever	Roots, stem bark	
<i>Rauvolfia mombasiana</i>	Fevers, anxiety states, malaria	Roots, stem bark	6, 7
<i>Rauvolfia vomitoria</i>	Fevers, sedative in manic syndromes, hypertension, emetic	Roots, stem, leaves	6, 7
<i>Sarcostemma viminale</i>	Genitourinary disorders, ulcers, lactation, rituals, tonic	Aerial parts	
<i>Schizoglossum heudelotianum</i>	Fevers, stomachache	Tubers	
<i>Schizozygia coffaeoides</i>	Application to sores, dysentery	Roots	19
<i>Secamone afzelii</i>	Juice applied externally for abscesses, purgative, poisonous	Leaves	14
<i>Stathmostelma welwitschii</i>	Edema, leaves as purgative	Stem, roots	
<i>Strophanthus emini</i>	Local pain, arrow poison	Seeds, stem	7, 11
<i>Strophanthus gratus</i>	Poison, rituals, severe constipation	Leaves, seeds	7
<i>Strophanthus hispidus</i>	Cardiac insufficiency, arrow poison	Seeds	11
<i>Strophanthus kombe</i>	Arrow poison, ritual, body pains	Seeds, leaves	6
<i>Strophanthus sarmentosus</i>	Poison, syphilis	Seeds, leaves	7
<i>Tabernaemontana brachyantha</i>	Vermifuge, fevers, topical anti-infective	Bark, twigs	11

<i>Tabernaemontana crassa</i>	Conjunctivitis, constipation, headache, colds, sinusitis, fatigue, hematuria, ovarian problems, gonorrhea, kidney pain, anthrax, rheumatism, insanity, skin parasites, filariasis, abscess, pains	Stem, leaves, roots, sap	4, 14
<i>Tabernaemontana elegans</i>	Aphrodisiac, cancer, pulmonary diseases, venereal diseases, hypermenorrhea (as vaginal wash), tuberculosis, wounds	Roots, endocarp	14
<i>Tabernaemontana glandulosa</i>	Pain, poultice for boils, ingredient in ordeal poisons	Roots, stem, leaves	11, 15
<i>Tabernaemontana holstii</i>	Local pains, fevers, constipation, stomachache, sleep aid, conjunctivitis, headache, fatigue, cuts	Roots, fruits	7, 11, 14, 16
<i>Tabernaemontana pachysiphon</i>	Lymphatic glandular swelling, breast inflammation in women, purgative, stomachache, headache, scabies, hypnotic	Fruit sap, leaves, roots	14
<i>Tabernanthe iboga</i>	Debilitating illness of unknown origin, aphrodisiac, hallucinogen, tonic, neurasthenia, fevers, tonic	Roots, stem bark	16
<i>Tacazzea apiculata</i>	Aerial parts for fevers, roots as anti-infective	Aerial parts, roots	
<i>Thevetia nerifolia</i>	Febrifuge, local analgesic, arrow poison ingredient	Leaves, fruits, latex	11
<i>Urechites subrecta</i>	Arrow poison, purgative, skin diseases, edema	Stem bark, roots	16
<i>Voacanga africana</i>	Diuretic, infant tonic and convulsion prophylaxis	Roots, stem bark	16
<i>Xysmalobium undulatum</i>	Stomachache, bitter tonic	Tubers	16
Aponogetonaceae			
<i>Aponogeton distachyos</i>	Aquarium plant, wound healing	Aerial parts	
<i>Aponogeton ulvaceus</i>	Veterinary medicine	Leaves	
<i>Ilex mitis</i>	Ritual wash, laxative	Leaves, seeds	
Aquifoliaceae			
Araceae			
<i>Amorphophallus aphyllus</i>	Snakebite remedy, local application for pains	Tubers	6, 11
<i>Anchomanes difformis</i>	Constipation, cough, rubefacient, edema	Roots, leaves	6
<i>Cercestis camerunensis</i>	Ingredient in a liver medicine, antiemetic	Leaf	
<i>Colocasia esculenta</i>	Cosmetics, abortifacient, whitlow, potheb, rheumatism, throat pain, hemorrhoids, abscess	Tubers, leaves	6
<i>Culcassia scandens</i>	Tonic, diaphoretic, stomachache, pneumonia, rheumatism, colic, otitis, gonorrhoea	Leaves	16
<i>Diefenbachia maculata</i>	Skin eruptions, topical anti-inflammatory, poisonous	Aerial parts	4, 17
<i>Pistia stratiotes</i>	Skin diseases, cough and fevers	Aerial parts	

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Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Xanthosoma sagittifolium</i>	Boiled leaves good laxative for infants, tubers to reduce swelling, rituals	Leaves, tubers	19
<i>Zamioculcas zamiifolia</i>	Earache, skin diseases	Leaves	6, 19
<i>Zantedeschia albomaculata</i>	Skin diseases, fevers	Aerial parts	
Araliaceae			
<i>Cuphocarpus inermis</i>	Tonic, cough, inflammation, aphrodisiac	Roots, whole plant	7
<i>Cussonia arborea</i>	Leprosy, painful menstruation, biliousness, epilepsy, purgative, convulsion in children, skin diseases	Leaves, aerial parts, roots	7
<i>Cussonia paniculata</i>	Beverage, ingredient in colic remedy	Roots	16
<i>Cussonia zimmermannii</i>	Veneral diseases, fevers, bronchitis	Leaves, roots	6, 7
<i>Hydrocotyle mannii</i>	Headache, liver diseases, viral infections, anti-inflammatory	Leaves, stem bark	11
<i>Polyscias fulva</i>	Fever and malaria, enema to treat colic, and purgative	Stem bark	
<i>Schefflera abyssinica</i>	Malaria, inflammation, insanity	Leaves, flowers (nectar)	
Areaceae			
<i>Areca catechu</i>	Tonic, laxative	Fruits, leaves	16
<i>Borassus aethiopicum</i>	Bronchial complaints, coughs, asthma	Fruits, sap	6, 7
<i>Cocos nucifera</i>	Poison antidote, cardiac tonic, refreshing drink	Fruits	6, 7
<i>Elaeis guineensis</i>	Analgesic (roots), leaves antibacterial, oil poison antidote	Leaves, root, fruits	6
<i>Hyphaena guineensis</i>	Oxytocic, dysmenorrhea, premenstrual pain	Terminal buds, stem pit	4, 14
<i>Hyphaena thebaica</i>	Exhaustion, jaundice, stomachache, bladder infections, blood in urine, trachomatous conjunctivitis	Leaves, root, fruits	14
<i>Laccosperma secundiflorum</i>	Vermifuge, tonic, fevers, dysentery	Shoot, sap	16
<i>Pandanus veitchii</i>	Dysentery, gastroenteritis, ashes as salt substitute	Stem bark, leaves	16
<i>Phoenix dactylifera</i>	Tonic, refreshing drink, young bud as laxative	Sap, fruit, bud	7
<i>Phoenix reclinata</i>	Tonic drink, thorn ingredient in remedy for pleurodynia and pleurisy	Sap, juice	6
<i>Raphia hookeri</i>	Promote lactation, syphilis	Sap	7
Aristolochiaceae			
<i>Aristolochia alba</i>	Stomach, tonic, malaria and other fevers, local analgesic, ingredient in quinea worm remedy	Roots	7
<i>Aristolochia angustifolia</i>	Dysentery, cough, sore throat, fevers, snakebite	Roots	6, 7

Asclepiadaceae (APG: Apocynaceae)

Asphodelaceae (see Asparagaceae, Xanthorrhoeaceae)

Asparagaceae

<i>Agave sisalana</i>	Anti-inflammatory	Sap, leaves	6, 11
<i>Albuca abyssinica</i>	Arrow poison ingredient, aphrodisiac, rheumatism, otitis	Bulb	
<i>Aloe babadaniensis</i>	Skin care, tonic, guinea worm, wound dressing, vertigo	Exudate, leaves	4, 6, 8
<i>Aloe bakeri</i>	Antiviral, wound dressing, inflammation	Leaves, exudate	11
<i>Aloe excelsa</i>	Jaundice, asthma, abdominal pains	Leaves	6
<i>Aloe ferox</i>	Wound dressing, laxative	Leaves, exudate	6
<i>Aloe secundiflora</i>	Antiviral, analgesic, antifungal	Leaves	6
<i>Asparagus africanus</i>	General tonic, malnutrition, bronchial infections, syphilis, diuretic, hematuria	Leaves	4-7
<i>Asparagus asparagoides</i>	CNS disorders, sore eyes, gastrointestinal disorders, purgative	Aerial parts, roots	4, 7
<i>Asparagus flagellaris</i>	Syphilis, otitis, stomach cramps, wounds, dermatosis, angina	Roots, twigs	
<i>Asparagus laricinus</i>	Conjunctivitis, whitlow, lumbar pain, gonorrhea	Whole plant	
<i>Asparagus racemosus</i>	Schistosomiasis, fevers, anti-inflammatory	Root pulp	
<i>Asparagus rubicundas</i>	Stomachache, tonic	Aerial parts	
<i>Asparagus fromontana</i>	Skin diseases	Aerial parts	
<i>Dracaena africomontana</i>	Gonorrhea, joint swelling and pains, hair loss	Leaves	
<i>Dracaena angustifolia</i>	Antifungal, abortifacient, angina, epilepsy, smallpox, gonorrhea, inflammation of the uterus, headache, tachycardia, convulsion	Stem bark, leaves	14
<i>Dracaena arborea</i>	Skin diseases		
<i>Dracaena ellenbeckiana</i>	Tropical fever remedy, anti-infective, anti-inflammatory, rheumatism, anemia, measles, palpitation, labor pains	Fruits	
<i>Dracaena fragrans</i>	Venereal diseases, skin eruptions	Fruits, leaves, roots	6, 7, 14
<i>Dracaena laxissima</i>	Vermifuge, coughs, edema, cardiac pain, toothache, fish poison, antifungal, syncope, skin care, vomiting, spleen pain, abscess, mouthwash	Roots	6
<i>Dracaena mannii</i>	Pothenb, anti-inflammatory	Stem bark, leaves	8, 14
<i>Dracaena reflexa</i>	Antifungal, abortifacient, dysentery, epilepsy, smallpox, gonorrhoea, coughs, diuretic, malaria, stomachache	Stem	
<i>Dracaena usambarensis</i>	Anti-inflammatory, tonic, skin diseases	Fruit, stem bark, leaves	4, 14
<i>Drimia altissima</i>	Emetic, expectorant	Bulbs, leaves	6, 11
<i>Drimia elata</i>		Bulbs	11

Continued

Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Drimys maritima</i>	Hypertension, cardiac insufficiency, tonic	Bulbs	11
<i>Eriosepium andogense</i> +A571	Aphrodisiac, tonic for fetus	Tuber	11
<i>Eriosepium flagelliforme</i>	Abscess, furuncle, lupus, aphrodisiac, poultry to increase egg production and for diseases	Roots, leaves	14
<i>Eucomis undulata</i>	Abdominal distension, stomachache, topical painkiller	Bulb (fruit)	11
<i>Ledebouria camerooniana</i>	Abscess, wounds	Leaves	14
<i>Ledebouria cooperi</i>	Prenatal medication after first trimester of pregnancy, inebriate boys during circumcision	Bulbs	14
<i>Ledebouria ovatifolia</i>	Gastrointestinal disorders, influenza, back pain, increase girls' breast development in puberty, purgative	Bulbs	14
<i>Ledebouria revoluta</i>	Lumbago, rash, wounds, sores	Bulbs	14
<i>Ornithogalum longibracteatum</i>	Wounds	Bulbs	14
<i>Ornithogalum thyrsoides</i>	Inflammation, wound dressing	Bulbs, aerial parts	4
<i>Sansevieria ehrenbergii</i>	Analgesic, tonic	Leaves	11
<i>Sansevieria liberica</i>	Fevers, tonic	Roots, leaves	11
Asteraceae (see Compositae)			
Balanophoraceae			
<i>Thonningia sanguinea</i>	Bronchial asthma, vermituge, skin diseases, dysentery, sore throat	Flower, roots, stem	9
Basellaceae			
<i>Basella alba</i>	Laxative, conjunctivitis, fevers, vegetable	Aerial parts	17
Begoniaceae			
<i>Begonia macrocarpa</i>	Vegetable, fever remedy ingredient	Leaves	
<i>Begonia mannii</i>	Antiseptic	Leaves	
<i>Begonia meyeri-johannis</i>	Wound healing	Leaves	
Berberidaceae			
<i>Berberis holstii</i>	Stomach disorders, wound dressing, ash given to newborn	Leaves	
Bignoniaceae			
<i>Crescentia cujete</i>	Skin infections	Fruits, leaves	7, 11

<i>Fernandoa adolfi-friderici</i>	Malaria, antidiabetic, severe coughs	Stem	4
<i>Fernandoa madagascariensis</i>	Fevers, pains	Leaves, flowers	
<i>Jacaranda mimosifolia</i>	Skin diseases, fish poison, antiparasitic	Leaves, seeds	16
<i>Kigelia africana</i>	Dysentery, constipation, wound dressing, boils, malaria, aphrodisiac, kidney diseases, solar keratosis, diarrhea, cosmetics, dysentery, inflammation, malaria	Roots, stem, leaves	6, 7
<i>Kigelia moosa</i>	Fevers, antiparasitic, cosmetics, antimicrobial	Leaves, roots	6
<i>Markhamia lutea</i>	Fevers, flu, antimicrobial, coughs, conjunctivitis, stomachache	Leaves, stem, fruits	7
<i>Markhamia tormentosa</i>	Dropsy, gout, diuretic, painkiller conjunctivitis	Aerial parts	
<i>Newbouldia laevis</i>	Febrifuge, wound dressing, stomachache	Stem, leaves	6, 7
<i>Rhigozum obovatum</i>	Anti-infective		
<i>Spathodea campanulata</i>	Fevers, wound dressing, constipation, gastrointestinal disorders, malaria, schistosomiasis vector, antidiabetic	Stem bark, leaves	7
<i>Stereospermum acuminatissimum</i>	Dressing for sores and wounds, hemostatic agent	Stem bark, pods	7, 16
<i>Stereospermum kunthianum</i>	Skin eruptions, venereal diseases, wound dressing, coughs (pods)	Stem bark, leaves	16
<i>Tabebuia rosea</i>	Fevers, antiparasitic	Roots, stem	
<i>Tecomaria capensis</i>	Tonic, skin infections, fevers		
<i>Bixa orellana</i>	Febrifuge, cosmetic dye, anti-infective	Leaves, fruits	7
Bixaceae			
Bombacaceae (see Malvaceae)			
Boraginaceae			
<i>Amebia hispida</i>	Root dye for skin eruptions, leaves for edema, yellow fever	Roots, leaves	6, 11
<i>Bourreria teltensis</i>	Children's skin diseases, eczema	Aerial parts	
<i>Cordia abyssinica</i>	Tonic, fatigue and exhaustion; with fruits of <i>Hibiscus cannabinus</i> , nose bleeding, anthelmintic, headache, vomiting in pregnancy	Stem, bark	7, 16
<i>Cordia aurantiaca</i>	Vermifuge, inflammation	Exudate, leaves	6, 11
<i>Cordia monoica</i>	Ritual peace plant, malaria, vomiting in children, genitourinary disorders, fever; sensory disorders, eye infections, retained placenta	Leaves, stem bark	
<i>Cynoglossum coeruleum</i>	Antipyretic, antimicrobial, snakebite, antispasmodic, cramps, pregnancy pains	Stem bark, roots	11, 16
<i>Echiostachys incanus</i>	Skin diseases	Leaves, stem bark	
<i>Ehretia amoena</i>	External application for pains, backache	Aerial parts	
<i>Ehretia coerulea</i>	Back pain, wound healing	Leaves, stem bark	6, 7

Continued

Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Ehretia cyamosa</i>	Dysentery, infantile convulsion, bath for fevers, laxatives, dysmenorrhea, aphrodisiac, scabies, gastric ulcers	Roots, leaves, juice	7
<i>Ehretia obtusifolia</i>	Analgasic, toothache, painful menstruation, infertility in women	Leaves, roots	16
<i>Ehretia trachyphylla</i>	Skin infections, amenorrhea, fevers	Stem bark	6
<i>Heliotropium indicum</i>	Fevers, eye lotion, threatened abortion, abortion, wound dressing, vermifuge	Leaves	7
<i>Lithospermum arvense</i>	Purgative, measles, fevers	Leaves	6, 11
<i>Lobostemon fruticosus</i>	Stomachache, anti-infective	Aerial parts	6, 11
<i>Trichodesma africanum</i>	Fevers, anti-inflammatory, diarrhea	Leaves	6, 11
<i>Trichodesma zeylanicum</i>	Fevers, analgesic, scorpion bite	Leaves	6, 11
Brassicaceae			
<i>Armoracia rusticana</i>	Rubifacient, bronchitis, inflammation	Roots	6, 11
<i>Brassica juncea</i>	Galactagogue, insect repellent, tonic	Leaves, oil	16
<i>Brassica napus</i>	Skin diseases, embrocation	Seed oil, leaves	6, 11
<i>Brassica rapa</i>	Skin infections, snakebite, potheb	Seed oil, leaves	11
<i>Brucastrium arabicum</i>	Famine vegetable, skin diseases, high blood pressure	Aerial parts	16
<i>Heliphilia suavissima</i>	Tonic, divination ritual	Leaves	6, 11
<i>Lepidium africanum</i>	Cough remedy, embrocation for sprains	Leaves	16
<i>Lepidium sativum</i>	Bacterial and fungal infections, diarrhea, dysentery, cough, poison antidote	Whole herb, seeds	11
<i>Nasturtium officinale</i>	Anthrax remedy	Leaves, stem	11
<i>Raphanus raphanistrum</i>	Hemorrhoids, malaria, skin diseases	Seeds	11
Bromeliaceae			
<i>Ananas comosus</i>	Arthritis, venereal diseases, laxative, skin eruptions	Fruits, leaves	11
Bruniaceae			
<i>Berzella lanuginosa</i>	External use in cosmetics	Aerial parts	
<i>Brunia alopecuroides</i>	External use		
<i>Nebelia paleacea</i>	External use		

Burseraceae

<i>Boswellia hildebrandtii</i>	Diuretic, wound dressing, gonorrhhea	Roots	6
<i>Boswellia sacra</i>	Anti-inflammatory, wound healing, acne, amenorrhea, cancer, analgesic, diuretic, antiseptic, cystitis, cervical spondylosis, carminative, expectorant, genital infections, sedative, ulcers	Sap (resin)	18
<i>Canarium madagascariense</i>	Sedative, analgesic	Stem exudate, leaves	11
<i>Canarium schweinfurthii</i>	Coughs, exudate for venereal diseases	Fruits, stem bark	6
<i>Commiphora africana</i>	Stem chew sticks, stomachic carminative, colds, rituals, migraine, anemia, dysentery, gonorrhhea, arthritis, dysmenorrhea, aphrodisiac, threatened abortion, scrotal swelling, gonorrhhea, snakebite, malaria, jaundice	Exudates, leaves, stem	11, 14
<i>Commiphora dalzielii</i>	Insecticide	Stem bark, resin	
<i>Commiphora edulis</i>	Dysentery, wound dressing, disinfectant, aphrodisiac	Stem bark, resin, roots	14
<i>Commiphora erlangiana</i>	Stomachache, expulsion of placenta after childbirth, gargle	Roots, juice	16
<i>Commiphora madagascariensis</i>	Antipyretic, analgesic, antimicrobial, anti-inflammatory	Exudate, leaves	6
<i>Commiphora mollis</i>	Hypermenorrhagia, toothache, fever, digestive disorders	Twigs, leaves	14
<i>Commiphora myrrha</i>	Inflammations, mouthwash, stomachache, stimulant, wound dressing, purgative, snakebite	Gum resin, sap, oil	18
<i>Commiphora pilosa</i>	Toothache, fevers, sore throat, purgative	Fruits, latex	11
<i>Commiphora pteleifolia</i>	Analgesic, antimicrobial	Exudate, leaves	6
<i>Dacryodis edulis</i>	Parasitic skin diseases, wound dressing, fevers	Stem exudate, leaves	16
<i>Pachylobus barteri</i>	Antidiarrhea, coughs	Exudate, leaves	6, 11
<i>Santiria trimera</i>	Whooping cough, anthelmintic, chest problems, yaws, diarrhea, lumber pains, scabies, pulmonary pains	Stem bark	4, 14

Cactaceae

<i>Opuntia dillenii</i>	Inflammation, rheumatism	Whole plant, roots	
<i>Opuntia ficus-indica</i>	Diarrhea, burns (radiation therapy), general pains, hair growth, ulcers, cosmetics for blemishes, swellings, wound dressing	Whole plant, leaves	
<i>Opuntia tuna</i>	Convulsions, diuretic, rheumatism, tumors, gonorrhhea, body stiffness	Leaves, twig	
<i>Opuntia vulgaris</i>	Digestive disorders, intestine, diarrhea, injuries, hemostatic	Stem, exudate, leaves	
<i>Nopalea cochenillifera</i>	Inflammation, eyes, muscular-skeletal system disorders, pain, earache, toothache, subcutaneous tissue disorder, rheumatism	Exudate, whole plant	

Continued

Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Rhipsalis baccifera</i>	Earache, chest complaints, gonorrhoea, purgative	Aerial parts, roots	
<i>Rhipsalis cassytha</i>	Inflammation, skin disorders	Aerial parts	
Caesalpiniaceae (see Leguminosae)			
Calophyllaceae			
<i>Calophyllum inophyllum</i>	Rheumatism, analgesic, psoriasis, sore eyes, hemorrhoids, ulcers, phthiasis, orchitis, lung affections, purgative, gonorrhoea, dysentery	Leaves, seed oil	
<i>Calophyllum tacamahaca</i>	Hypertension, diuretic	Leaves, stem bark	
<i>Endodesmia calophylloides</i>	Filariasis—as a topical application to the eyes	Leaf sap	
<i>Mammea africana</i>	Fevers, skin infections, diarrhea, bronchitis, anthelmintic, rheumatism	Fruits, leaves, bark	16
<i>Mesua ferrea</i>	Hemostatic, antidyenteric and antidiarrhetic, childbirth	Seed oil, flowers	
Campanulaceae			
<i>Cyphia glandulifera</i>	Emetic, stomachache	Leaves	
<i>Lightfootia nodosa</i>	Skin diseases	Aerial parts	
<i>Lobelia situhmannii</i>	Anti-infective	Aerial parts	
<i>Wahlenbergia erecta</i>	Pains, fever, local embrocation	Leaves	19
Canellaceae			
<i>Cinnamosma fragrans</i>	Antiseptic	Aerial parts	
<i>Warburgia salutaris</i>	Malaria, colds, cough, rheumatism	Aerial parts	
<i>Warburgia ugandensis</i>	Flu, fevers, pains, stomachache, gastrointestinal disorders	Stem bark, roots	6
Cannabaceae			
<i>Celtis gomphophylla</i>	Cardiovascular disorders, fevers, menstrual pains	Roots	
<i>Celtis philippensis</i>	Antispasmodic, fevers, diarrhea, eczema	Whole plant	
<i>Celtis tessmannii</i>	Body pains, diarrhea, severe headache	Roots	
<i>Celtis zenkeri</i>	Epilepsy, coughs, elephantitis, analgesic, body pains	Leaves, stem bark	
<i>Trema guineense</i>	Cough, bronchitis congestion, asthma, anthelmintic, antispasmodic, female infertility	Stem bark, leaves	11
<i>Trema orientalis</i>	Coughs, sore throat, asthma, bronchitis, gonorrhoea, yellow fever, toothache, vermifuge, antiplasmodium	Aerial parts	

Capparaceae (Capparidaceae)

<i>Boscia senegalensis</i>	Veneral diseases, malaria, wound dressing, diabetes, stomachache, dressing, aphrodisiac, eyewash	Leaves, berries	11
<i>Bulcholia coriacea</i>	Ritual, seeds and young twigs as stimulants	Aerial parts	6, 7
<i>Cadaba farinosa</i>	Antiviral, analgesic	Leaves	6
<i>Capparis decidua</i>	Fevers, vermifuge, chronic arthritis, jaundice	Aerial parts	7
<i>Capparis fascicularis</i>	Muscular-skeletal disorders, anti-infective, used as pickles, chutney	Roots, stem bark	7
<i>Crateva adansonii</i>	Earache, analgesic, wound dressing	Seeds, roots	7
<i>Eudenia eminers</i>	Aphrodisiac, earache remedy, conjunctivitis	Aerial parts	4
<i>Maerua aethiopica</i>	Analgesic, labor, fever	Stem	6
<i>Maerua angolensis</i>	Local pain relief, oral hygiene	Leaves	7
<i>Maerua kirkii</i>	Mouth sores, fevers	Leaves, fruits	6, 7
<i>Maerua triphylla</i>	Earache, fevers, anti-infective	Roots, leaves	7
<i>Ritchiea capparoides</i>	Sleeping sickness, filariasis, guinea worm, tonic	Roots	6
<i>Ritchiea reflexa</i>	Anthelmintic, anti-inflammatory, earache remedy	Roots	14
<i>Ritchiea simplicifolia</i>	Anti-inflammatory, tonic	Whole plant	7, 14
<i>Thilachium monophyllum</i>	Stimulant, aphrodisiac	Leaves, stem, roots	
<i>Thilachium panduriforme</i>	Toothache, fevers, malaria, headache, snakebite, aphrodisiac, abdominal pain, anthelmintic		

Caprifoliaceae

<i>Sambucus africana</i>	Antiphlogistic, cholagogue, diuretic, diuretic, expectorant	Aerial parts	4
<i>Valeriana capensis</i>	Epilepsy, hysteria, nervous disorders	Roots	11

Caricaceae

<i>Carica papaya</i>	Refreshing drink, fevers, malaria steam therapy, wound dressing; seeds as abortifacient, digestive aid	Leaves, fruits, seeds	6
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Caryophyllaceae

<i>Drymaria cordata</i>	Analgesic, cough remedy	Leaves	6, 7
<i>Polycarpea linearifolia</i>	Tonic, rituals	Leaves	7
<i>Silene macrostylo</i>	Skin diseases	Aerial parts	

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Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
<i>Casuarina equisetifolia</i>	Toothache, dysentery	Leaves	6, 7
Celastraceae			
<i>Cassine matabelica</i>	Fevers, aphrodisiac, diarrhea, to reduce vaginal opening, pain	Roots, stem bark	
<i>Cassine papillosa</i>	Sores, venereal diseases	Whole plant, roots	
<i>Cassine transvaalensis</i>	Menorrhagia, dysmenorrhea, diuretic, venereal diseases	Roots, stem bark	
<i>Catha edulis</i>	Stimulant, antidepressant, colds, influenza, nervous system	Leaves	7
<i>Celastrus madagascariensis</i>	Fevers, arthritis, earache	Leaves	
<i>Celastrus paniculatus</i>	CNS disorders, ritual	Aerial parts	
<i>Elaeodendron buchananii</i>	Diarrhea, skin diseases, abdominal pains, infertility, coughs	Roots, leaves	6
<i>Elaeodendron croceum</i>	Constipation, dysentery, syphilis, ordeal poison, snakebite	Roots, stem bark	
<i>Gymnosporia pufferlickioides</i>	Laxative, urinary tract infection	Leaves	
<i>Gymnosporia senegalensis</i>	Gastrointestinal remedy, antihelmintic, laxative, dysentery	Root bark, leaves	6
<i>Hippocratea myriantha</i>	Induction of labor, uterine contractions, dysentery, abdominal pains, headache, high blood pressure	Aerial parts	
<i>Loeseneriella africana</i>	Malaria, spleen inflammation, aphrodisiacs, menstrual pains, chew stick for teeth cleaning, sores, skin diseases	Aerial parts	
<i>Maytenus buchananii</i>	Wound dressing, mouth infections, gastrointestinal disorders	Stem bark, leaves	6, 7
<i>Maytenus heterophylla</i>	Viral infections, anti-inflammatory	Leaves, roots	6
<i>Maytenus senegalensis</i>	Dysentery, colic, antimicrobial	Roots, leaves	7
<i>Mystrolyon aethiopicum</i>	Respiratory tract infections, stomachache, anemia, coughs	Aerial parts	
<i>Reissantia indica</i>	Fevers, poultice for rheumatism, heated leaves after childbirth	Aerial parts	
<i>Salacia krausii</i>	Tapeworm, epilepsy in children	Roots, stem	11
<i>Simicratea welwitschii</i>	Antifungal, antimicrobial, pain relief, hepatitis	Root bark	9
Chenopodiaceae (see Amaranthaceae)			
Chrysobalanaceae			
<i>Acioa edulis</i>	Ritual, skin diseases	Whole plant	
<i>Acioa barberi</i>	Root decoction in cardiac remedy, pains	Roots, leaves	6

<i>Afrolicania elaeosperma</i>	Topical analgesic, cosmetic stimulates hair growth	Seed oil, leaves	6
<i>Dactyladenia barteri</i>	Purgative, skin diseases	Leaves, root bark	
<i>Magnistipula bandweolensis</i>	Diarrhea	Stem bark	
<i>Magnistipula tessmannii</i>	Diarrhea, fevers, colic	Stem bark	
<i>Maranthes cuneatifolia</i>	Jedi-jedi; venereal infections	Stem bark	
<i>Maranthes polyandra</i>	Genitourinary diseases, genital stimulants/depressants; pains, febrifuge, skin, mucosal venereal diseases, skeletal muscle	Leaves, roots	
<i>Parinari capensis</i>	Genitourinary system disorders, fertility, catharacts, ear drops	Root, stem bark	
<i>Parinari curatellifolia</i>	Cardiovascular stimulant, pneumonia, coughs, pain in labor	Fruits, leaves, stem	
<i>Parinari excelsa</i>	Insanity; vermifuges; diarrhea, dysentery, blood disorder, tonic, wound dressing	Stem bark, roots, fruit	6, 7
<i>Parinari macrophylla</i>	Toothache, malaria, leprosy, aphrodisiac, venereal diseases, epilepsy, abortifacient	Aerial parts	
Cleomaceae			
<i>Cleome (Gynandropsis) gynandra</i>	Rubefacient and vesicant, rheumatism, oil substitute for olive oil, potheerb	Aerial parts	
Clusiaceae			
<i>Allanblackia floribunda</i>	Local pain relief, cosmetics application, antiviral	Fruits, leaves	6, 7
<i>Garcinia atzeli</i>	Laryngitis, diabetes, aphrodisiac, diarrhea, stimulant, chew sticks	Seeds, stem, root	
<i>Garcinia epunctata</i>	Diarrhea, diuretic, coughs, stomachache	Stem bark, leaves	
<i>Garcinia huillensis</i>	Aphrodisiac, tumors, hypertension, anthelmintic	Roots, stem bark	
<i>Garcinia kola</i>	Cough, inflammation of the respiratory tract, diabetes, stimulant, aphrodisiac, poison antidote, tumors, arterial hypertension, hepatitis	Seeds, stem, root	6, 19
<i>Garcinia livingstonei</i>	Cough, fevers, parasitic diseases	Fruits, stem	7, 11, 15
<i>Garcinia mannii</i>	Oral hygiene, aphrodisiac, cough, diarrhea, dysentery	Roots, fruits	6, 7
<i>Garcinia ovalifolia</i>	Dysentery, hypotension, diabetes, bronchitis, cough, laryngitis	Leaves, seeds	
<i>Garcinia punctata</i>	Purgative, constipation, aphrodisiac, headache, colic, pharyngitis	Leaves, seeds, stem bark	
<i>Garcinia smeathmannii</i>	Inflammation, eye infection, purgative, wounds, male sterility	Fruits, leaves, stem	6, 11
<i>Ochrocarpus africanus</i>	Venereal diseases, skin infections	Stem bark, roots	17
<i>Pentadesma butyracea</i>	Vermifuge, fever, skin diseases, genital stimulants/depressants	Fruits, leaves	11
<i>Symphonia gabonensis</i>	Diuretic, wound dressing, venereal diseases	Stem bark, gum	17
<i>Symphonia globulifera</i>	Stomachic, appetite stimulant, gonorrhoea, diuretic, tonic		

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Table 2.1 (Continued) Catalog of Major African Medicinal Plants

Plant Name	Medicinal Use	Parts Used	References
Cochlospermaceae (Bixaceae)			
<i>Cochlospermum planchonii</i>	Jaundice, circulatory disorders, gonorrhoea, cardiac palpitations, genitourinary system disorders, menstruation, constipation	Leaves, rootstock, stem	
<i>Cochlospermum religiosum</i>	Naso-pharyngeal affections, sedatives, "katira-gum" or "kaday-gum"	Fruit-pod, resins	7
<i>Cochlospermum tinctorium</i>	Skin colorant, burn, stomach ache, diarrhea, urethritis, pain, emmenagogue, postpartum medication, edema, epilepsy, dysmenorrhoea, schistosomiasis, pneumonia, bronchitis, conjunctivitis, gastritis, indigestion, skin infections	Roots, fruit, leaves	
<i>Cochlospermum vitifolium</i>	Digestive system disorders, hepatitis, eye infections	Leaves, flowers	
Colchicaceae			
<i>Gloriosa minor</i>	Stomach pain, aphrodisiac	Roots	14
<i>Gloriosa superba</i>	Anthelmintic, animal poisoning, smallpox, impotence, hydrocele, rheumatism, neuralgia, arthritis, aphrodisiac, coughs, hemorrhoids, female sterility, skin parasites, ulcers, toothache, breast enlargement, insanity	Fruits, leaves, roots	4, 16
Combretaceae			
<i>Anogeissus leiocarpus</i>	Fevers, anthelmintic	Fruit, roots	6, 7
<i>Combretum bauchiense</i>	Aphrodisiac, tonic	Roots	
<i>Combretum collinum</i>	Dysentery, gastrointestinal disorders, ulcers, malaria, jaundice	Roots	
<i>Combretum dolichopetalum</i>	Stomach disorders, tonic	Leaves, roots	11
<i>Combretum glutinosum</i>	Diuretic, constipation, fevers, dysentery, epilepsy, jaundice, high blood pressure, caries, toothache, fatigue, urinary tract infections	Latex, leaves, roots	
<i>Combretum micranthum</i>	Guinea worm, diuretic, wound healing, fevers, diabetes	Leaves, fruits, stem	6
<i>Combretum molle</i>	Fevers, diarrhea, dysentery, colic, wound dressing, anthelmintic, abortifacient, stomachache	Leaves	7
<i>Combretum nigricans</i>	Colic, intestinal complaints, rheumatism, cough	Leaves, stem, roots	
<i>Combretum paniculatum</i>	Convulsions, diarrhea, dysentery, anthelmintic, infertility	Root bark	
<i>Combretum schumannii</i>	Wound dressing, fevers, colic	Leaves, fruits	6
<i>Guiera senegalensis</i>	Added to food to increase lactation, general tonic, blood restorer after exhausting conditions, general prophylactic for children, fevers, diarrhea, dysentery, prevention of leprosy, externally used as poultice for swelling and skin diseases		
<i>Pteleopsis myrtifolia</i>	Antiseptic, insecticide	Aerial parts	
<i>Quisqualis indica</i>	Vermifuge, antiseptic lotions	Leaves	7