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ETHNOBOTANY OF THE LEGA IN THE TROPICAL RAIN FOREST OF EASTERN ZAIRE: PART ONE, ZONE DE MWENGA

Hideaki TERASHIMA
Faculty of Education, Fukui University
Seya KALALA
Centre de Recherche en Sciences Naturelles
Ngandu MALASI
Centre de Recherche en Sciences Naturelles

ABSTRACT Ethnobotanical research was conducted on the traditional use of wild plants among the Lega slash-and-burn agriculturalists of eastern Zaire. Data on 287 plants were collected and matched with scientific names, vernaculars, botanical observations, uses, and name etymology. This report is the first step in a survey that will involve several research sites in Legaland in an attempt to understand man-plant interrelations in the floral environment of tropical rain forests through the ethnobotanical method.

Key Words: Ethnobotany; Plant utilization; Tropical rain forest; Lega; Zaire.

INTRODUCTION

This study aims at understanding man-plant interrelations in the tropical rain forests by describing and analyzing traditional plant utilization among the Lega people of eastern Zaire. The Lega are Bantu-speaking, slash-and-burn agriculturalists who occupy a vast territory west of Lake Kivu. They probably populated the southern part of the region called Maniema from before 1500 (Vansina, 1984) and are described from on early date as one of the most well known people of the "Grand Forest" (Overbergh,1909). They are also famous for their elaborate socio-political and religious institution called *bwami* and the sculptures related to it, which have given much influence to the adjacent societies (Biebuyck, 1973). Although they still live in a rich floral environment in the eastern end of the Congo basin, some environmental deterioration and rapid acculturation in terms of lifestyle are taking place due to the influence of worldwide westernized economic system, and we are afraid that their traditional relation to the environment would soon disappear totally.

Among the Lega, many plants are referred to by their original vernacular names and used in various ways. Many plants are used as medicine, food and resource for material culture. Some are used in rituals and magical practices because they express symbolic meanings. Others are used to foretell natural phenomena like the fertility of the soil. Still others are recurrent themes in proverbs, thus entering deeply into the social and mental life of the Lega. It is apparent that the understanding of the relationship between the Lega and their plant world will provide keys for understanding the Lega culture.

Table 1. Ethnobotanical research by Japanese researchers in the tropical rain forest of central Africa.

place	ethnic groups	references
near Mambasa, Ituri forest, northeastern Zaire	: Mbuti, Efe Bira, Lese	: Terashima et al. (1988) Tanno (1981) Ichikawa (personal comm.)
near Kindu, eastern Zaire	: Songola	: Ankei (personal comm.)
near Bukavu, eastern Zaire	: Nyindu	: Yamada (1984)
near Wamba, central Zaire	: Bongando	: Kimura (personal comm.)
near Wamba, central Zaire	: Boyela	: Sato (personal comm.)
near Gemena, west-central Zaire	: Bambenga	: Tanno (personal comm.)
near Impfondo, northern Congo	: Baka	: Tanno (personal comm.) Takeuchi (personal comm.)
near Souanke, northern Congo	: Baka	: Sato (personal comm.)

Our objectives are as follows:

(1) Identifying the traditional utilization of the plants in the floral environment, namely, of the tropical rain forest: what plants do people use, and in what ways?

(2) Identifying the classification and identification system that the Lega have for their plant world: how do they recognize and think about the plants around them?

(3) Identifying the relations between natural environment and man's cultural behavior: how does the environment influences cultural behavior, and in turn, how does culture select a certain environment to thrive in?

(4) Identifying the influence that the Lega exert on the environment, and in turn, that of the environment on the Lega: how and to what extent do the Lega alter the environment and how does the environment force the Lega to adapt to it?

As shown in the next section, the ethnobotanical study of the Lega will involve four research regions and will be completed when all the data obtained from those investigations are analyzed comprehensively. In this report, we will present the data obtained in the research conducted around Mwenga village in 1988.

This study is within the larger framework of on ethnobotanical survey of the African tropical rain forests that extend from the Atlantic coast to the Great Lakes. Such studies as indicated in Table 1 have been or are being carried out by Japanese researchers. The data from the researches have been accumulated in an on-line database system of plant information in tropical Africa. The database system is named AFlora, and is now being loaded onto the main computer system at the Data Processing Center, Kyoto University. AFlora is expected to be made open to the public soon to promote the ethnobotanical study of Africa (AFCOM, 1988).

Historically in the grand forest area of Africa, many peoples, from pygmy hunter-gatherers to Bantu and Sudanic agriculturalists and fishermen have developed their own forest cultures, and they often strongly influenced other societies in various ways, in the neighboring savannna areas (Vansina, 1984). The equatorial forest itself is not a barrier but rather a filter through which many peoples move and convey their unique culture (Vansina, 1984). It is beyond doubt

that the forest cultures occupy a very important place in the huge kaleidoscope of African cultures.

But unfortunately, the tropical forests in central Africa now faces a serious threat: serious damage is inflicted on the forests, firstly through the intensive clearing and cultivation due to the rapid increase in population, the creation of large cash-crop plantations, commercial logging, cutting down trees for firewood and charcoal that are sold to the people living in larger towns in and around the forest, and so on. The changes in lifestyle, from a traditional one to a westernized one, due to the strong influence from a worldwide economic system is an inevitable process which bring severe consequences to the traditional man-plant relations in the forest. The traditional usage and folk knowledge of the plant world are disappearing along with the disappearance of the forest, as are the traditional lifestyles. Needless to say, ethnobotanical research to record the man-plant interrelations in traditional form is a most urgent task for ethnobotanists now.

STUDY PLANS

The Legaland is roughly divided into four parts, i.e., northern, central, western, and southeastern parts, which roughly correspond to administrative divisions called Zone (Fig.1). We decided on the research time schedule in each division as follows:

(1) Southeastern Lega: Zone de Mwenga: research in 1988 at Mwenga.
(2) Northern Lega: Zone de Walikale: research in 1989 at Nyamakombola, near Itebero.
(3) Central Lega: Zone de Shabunda: research will be conducted in 1991.
(4) Western Lega: Zone de Pangi: after 1991, although we do not have a specific time set.

Because Legaland is so vast, we expect local variation in the floral environment and other natural characteristics and therefore, local cultural variation. Such local variation will document the relationship between the environmental restraints and the cultural factors in plant utilization. On the other hand, beyond such variation, it is expected that some general characteristics common to all the Lega plant utilization will be found.

OUTLINE OF THE RESEARCH IN 1988

In 1988, a study was conducted from September through October around Mwenga village, about 140 km southwest of Bukavu, the largest city in eastern Zaire located on the shore of Lake Kivu. Mwenga is an administrative and commercial center of the *zone* and has a fairly dense population. The land around the village is almost all cleared for cultivation and the floral environment largely consists of secondary growth and bush as well as waste clearings. Along the River Luindi (also called Ulindi) and other large rivers, there remain some patches of primary rain forest.

Mwenga and the area around it has the altitude of ca. 1,200 to 1,500 m above the sea level, and have much rain throughout the year except for a very short dry season from June to August. As we go from Mwenga northward, the land rises, the population declines rapidly and there remain rich forests on the slopes of the steep mountains.

Two informants were hired during the research, to collect information systematically. They were both Lega men in their late 60's, having deep knowledge of the plants and their utilization, but were not *mufumu*. *Mufumu* is a special herbalist who is not only familiar with ordinary medicines but also with sorcery. Our aim is to compile the knowledge at the ordinary level and not at the esoteric. The information we got was almost entirely from those two informants, supplemented somewhat by others.

The plants were collected in roadside bushes, secondary growth, waste clearings, in the forest by the Luindi River, and so on near Mwenga, and in the forest on the mountain slopes about 15 km north of Mwenga. Usually, the informants first pointed to plants which had meant something to them. We would collect them along with botanical and ethnobotanical data. Not only the plants which were considered useful for the informants, but also those with negative usage or connotation, for example, persistent bad weeds in the cultivated fields were collected. In other words, we collected the plants to which the Lega showed any interest, no matter what it was.

Due to the shortness of the research period, we cannot say that we could get information on each plant in full detail and with much care. Even one medical use of a plant would involve a bulk of interrelated information. Our aim is primarily to get an overview of plant utilization, so we tried to gather as much information as possible in the limited research period, rather than to do meticulous investigation on each plant species.

RESULTS AND DISCUSSION

More than 300 specimens were collected along with their ethnobotanical information. They were identified at the Centre de Recherche en Sciences Naturelles at Lwiro, Bukavu. A total of 287 plants were listed in Appendix 1 in alphabetical order by families and species.

We present here a sketch of the results and the points that should be considered in pursuing future research. Brief explanations are given on each description item on the data list.

I. Botanical Identification

The results from the botanical identification conducted at CRSN were as follows:

Identified at species or at least genus level	: 205 spp.
Identified only at family level	: 24 spp.
Unidentified	: 58 spp.

The identified plants belong to 78 families, 161 genera in total.

The poor condition of some plant specimens made the identification very difficult. Unfortunately, due to the timing of their collection, many specimens lacked flowers which were crucial keys to the scientific identification. We have not excluded these from the data list, in the prospect that they may be identified on the basis of better specimens in future.

II. Vernacular and Common Names

Vernacular names were recorded for almost all specimens except two, namely, No.183 and No.186. Lega nouns have singular and plural forms which are distinguished by prefixes. Each vernacular is presented in the list in the singular form followed by plural prefixes in the parentheses when the plural form is different from the singular. When common names, such as English or Swahili names, are available, they are shown after the vernaculars.

Folk classification seems to correspond almost one-to-one to the botanical species as for as the specimen collected are concerned. There is no over-differentiation in folk classification, i.e., differentiating one botanical species into more than one vernacular species, except in two cases (#101 and #102, #136 and #137).

Some vernacular names are apparently compound names that consist of a primary name and a modifier. The opposition of forest vs village, expressed as *mbala* or *mwitu* vs *mbuka*, and male vs female, i.e., *mulume* vs *muashi* are the most frequently used for making those compound vernacular names. The following words were also used as modifiers: *abambale*: centipede, *aluchi* or *uluchi*: water, *ashibondo*: meaning unknown, *atengetenge*: meaning unknown, *atoloela*: small, *bakabo*: ancestors, *basile*: mad persons, *bululu*: bitterness, *ekuba*: field after harvest, *ele*: fruit name, *ilolo*: field after harvest, *iyulu*: frog, *kyoya*: meaning unknown, *mambwe*: toilet, *nganingani*: doubt, *ngoi*: leopard, *nyabilundu*: bitter, *paa*: white.

The botanical status of those plants distinguished by a male-female or wild-village dichotomy seems mostly to be different species of the same genus, or different genera of the same family. More data are, however, necessary to further these comparisons.

III. Observations

Short descriptions are provided for each plant on such items as the life form, habitat, local abundance, and other botanical features, and several measurements on the actual specimens.

In terms of the life form specimens are classified as follows; 117 trees, 35 shrubs, 116 herbs, 20 lianas, 4 palms, 1 bamboo, 7 ferns, and 1 lichen (some species are counted in more than one category of life form, due to their ambiguous characteristics). Among them, 143 were of the forest, primary as well as secondary, 153 of open vegetation, such as roadside bushes and waste clearings, and one was from the riverside. Three species were epiphytic, and 13 were cultivated plants. Plants of fairly various botanical forms and vegetation types were collected. At

least from plant utilization alone, the Lega do not seem to be as exclusively forest-oriented as they are generally thought of. Nearby vegetation may be utilized more frequently than distant one from the village.

IV. Uses

Each usage on the data list is headed by at least one "usage category." The alphabet letter denotes the use category and the number denotes the plant part category. Both categories follow the classification system of AFlora database which is listed in Table 2 (AFCOM, 1988). The actual number of the plants which are classified into each usage category are shown in Table 3.

It is clear that quite many plants are used for medical purposes. This corresponds with the fact that the Lega have a deep concern for their health. According to one informant, every plant has some medicinal effect, and the issue is whether he or she knows it. It is also said that to keep one's health, a Lega takes care of oneself to the extent that he or she may administer some medicine by enema everyday for cleaning the body.

There are much variation among the individuals in the quantity and quality of medicinal knowledge of plants, and among the popularity of each medical treatment. Some individuals have quite a deep and specific knowledge on the medicinal plants, while others are not so sure. Some treatments are quite popular, but others are very uncommon. The *wafumu* (the plural of *mufumu*), whom we mentioned earlier, are those who have much uncommon and esoteric knowledge about the medicinal effects of the plants. How to deal with these variations is apparently one serious problem in the study of ethnomedicine.

Some problems in conducting an ethnomedicinal research are discussed by Croom(1982) in detail. He mentions many points to which ethnobotanists should pay much attention for attaining scientific standards in one's research. In our research, as we have already mentioned, we could not get sufficient information to attain a desired accuracy level, firstly due to the shortness of the collection period, and secondly, due to our primary aim. Of course, we agree that careful follow-up

Table 2. Usage and plant part categories following AFlora (After AFCOM, 1988).

A: Medical	0: Whole, or unspecified part
B: Food and drink	1: Fruit, seed
C: Material culture	2: Flower, flower bud
D: Ritual and magical	3: Leaf
E: Poison	4: Stem (herb), stalk
F: Narcotics, seasonings	5: Root, tuber
G: Oral traditions, indicators of natural phenomena	6: Bark, skin
H: Used by men in indirect ways such as fodder, trap bait	7: Vine-stem, liana
I: Used by wild animals	8: Sap, juice, resin, gum
J: Others	9: Trunk, wood, pith
	X: Other parts

Table 3. The plants used for each category (spp.).

A: 178	B: 38	C: 139	D: 29	E: 3	F: 1	G: 24	H: 24	I: 36

work should be carried out as soon as possible.

In medical practices as well as in other utilizations, some plant uses are still realized in time of need, while others have not been in use from a long time ago. The actuality of each usage is related to the changes in lifestyle, environmental conditions and the socio-cultural belief system. It is one of the important points to be pursued in the future that will enable us to trace ethnobotanically the changes in lifestyle.

We have mentioned that the Lega use many plants in their proverbs for symbolizing various social and cultural phenomena. They systematize experiences in actual life, emotions and cultural values, and thus, use them as a method of education and communication. Although we have only begun collecting them, we realize how important the proverbs are in our study. We believe that the research on plant proverbs will offer a very interesting insight into the ethnobotany of the Lega.

V. Name Etymology

Some vernacular names are shown with their literal meanings and etymologies. Many vernacular names are, however, still need etymological analysis. The comparison of the vernacular names obtained from different research sites would help to analyze them.

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Authors' Names and Addresses: Hideaki TERASHIMA, *Department of Social Science, Faculty of Education, Fukui University, 3-9-1 Bunkyo, Fukui, 910 Japan*; Seya KALALA, *Laboratoire Botanique, Département Biologie, Centre de Recherche en Sciences Naturelles, Lwiro, DS Bukavu, Région de Kivu, Zaïre*; Ngandu MALASI, *Département de Documentation, Centre de Recherche en Sciences Naturelles, Station d'Uvira, B.P. 254 Bujumbura, Burundi.*

Appendix 1. Ethnobotanical data of the Lega of Mwenga.

The data are alphabetically arranged by families and species. Each plant is given a serial number except for *Asplenium africanum* (Aspleniaceae)(#181).

The singular form of the vernacular name is followed by a plural prefix in parentheses when necessary.

Plural prefixes with a hyphen, as in *bi-, mi-, ma-, tu-*, etc., denote that the plural form of the noun is made by replacing the singular prefix; for example, "*ibesebese* (*ma-*)," singular, "*mabesebese*," plural. Plural prefixes with a plus sign, as in *ba+*, denote that the plural prefix is attached to the singular form to make a plural form ; for example, "*nawaoma* (*ba+*)," singular, "banawaoma," plural.

The apostrophe denotes a phoneme of "k", but in usage , it is seldom pronounced.

Common names such as the English (marked (E)) and Swahili (marked(Sw)) are shown with the vernaculars when known.

Acanthaceae

1 *Acanthus pubescens* Engl. (LGM0193)
isabala'i'o (*ma-*)
Observations: An erect herb found on roadsides and in clearings; many spines on leaf edges; leaves elliptic, c. 10 × 30 cm, doubly dentate.
Use: (A3) A leaf-decoction is used as an enema for abdominal pains.
Name etymology: *Isaba-la-'i'o*; "drink of a porcupine." *isaba*: drink, *'i'o*: a porcupine. Many spines recall the porcupine.

2 *Brillantaisia nyanzarum* Burkill (LGM0019)
nalukundu
Observations: An erect herb found on roadsides; leaves opposite, tomentose.
Use: (A3) The plant is used for kwashiorkor, a disease called *bwaki*; a leaf-infusion is given as an enema; the same treatment is also applied to a pregnant woman for easy delivery.
(A3) The leaves are used in vapor-baths for malaria.
Name etymology: *Na-lukundu*; "plant growing on banana fields." *lukundu*: a banana field, *na*: a prefix for making a noun.

3 *Brillantaisia patula* T. Anders. (LGM0072)
'imashumashu (*bi-*)
Observations: An erect herb found on roadsides and in clearings; leaves opposite; seeds in the pods; in tomentose.
Use: (A3) A leaf-decoction is taken for coughs.

4 *Dyschoriste perottetii* (Nees) A. Ktze (LGM0096)
mulunda (*mi-*); *mulendelende* (*mi-*)
Observations: An erect herb found on roadsides.
Use: (B3) The leaves are cooked and eaten as a vegetable; not bitter.

5 *Eremomastax polysperma* (Benth.) Dandy (LGM0131)
pindula
Observations: A shrub found on roadsides.
Use: (A3) A leaf-decoction is taken like tea "to increase blood."
Name etymology: *Pindula* is from *ku-pindua*, a Swahili verb, meaning "to change." The color of a decoction changes from green to red as it is boiled.

6 *Mimulopsis arborescens* C. B. Cl. (LGM0259)
lu'ola'ola
Observations: A tree found in forest; leaves opposite, c. 15 × 15 cm, deeply dentate.
Use: (C9) The wood provides firewood, but is not good for house-construction.
(H1 I1) Birds, especially pigeons, eat the fruits. They eat those fallen on the ground, so people set traps called *muyaya* there.

7 *Thomandersia laurifolia* (T. Anders. ex Benth.) Baill. (LGM0058, LGM0170)
ibesebese (*ma-*)
Observations: A small tree or shrub found on roadsides as well as in forest; leaves opposite, entire, narrowly elliptic, caudate, c. 2.5 × 10 cm, petioles 3–4 cm; fruits round, c. 1–1.5 cm in diam., in spikes.
Use: (A3) A leaf-macerate is taken when the stomach is irritating.
(C9) The thin stems are used for game-traps.
(C9) The wood is used for house-construction and firewood.

8 unidentified (LGM0240)
'alanda (*tu-*)
Observations: A climbing herb or shrub, occurring in forest as well as on roadsides; leaves opposite, narrowly elliptic, c. 2.5 × 7 cm, tips acuminate; flowers growing from axils.
Use: (A3) A leaf-infusion is used as an enema for abdominal pains.

Agavaceae

9 *Dracaena afromontana* Mildbr. (LGM0301)
muwatati (*mi-*)
Observations: A herb to small tree, usually planted in villages.
Use: (A6) The bark powder is put in the cavities of tooth for toothache.
(C0) It is planted as house hedges or planted around tombs as ornament.

10 *Dracaena nitens* Welw. (LGM0268)
'ashishi (*tu-*)
Observations: A small tree found in forest; leaves lanceolate, c. 2 × 25 cm.
Use: (C0 D0) The stick made of the plant is used to show the rank in *bwami* assosiation; the sticks (*iyango*) are set up at the center of men's meeting hut (*baraza*); the number of the sticks shows with the baraza owner's rank in *bwami* association.

Amaranthaceae

11 *Achyranthes aspera* L. var. *sicula* L. (LGM0117)
kolokoshi
Observations: An erect herb found on roadsides; flowers in spikes.
Use: (A3) The leaves are used in vapor-baths for reviving a person who has lost consciousness.
(G0) A proverb: *Nkolokoshi wakushubatila mulusango, ndi wile*; "*Nkolokoshi* attache your clothes when you pass through them, like your friends."

Anacardiaceae

12 *Pseudospondias microcarpa* (A. Rich.) Engl. (LGM0219)
'iyungu (*bi-*)
Observations: A medium-sized tree found in forest; leaves opposite, ovate and oblique, c. 4 × 10 cm.
Use: (A6) A bark-decoction is used as an enema for diarrhea and dysentery; the decoction is boiled off away until there remains a half of the original liquid.
(C9) The wood is used for house-construction and firewood.
(H0) Edible mushrooms called *bukoko* grow on the dead trunks.

Annonaceae

13 *Uvariopsis* sp. (LGM0272)
lusange
Observations: A tree found in forest; leaves alternate, elliptic, c. 3.5 × 8 cm, tips caudate, petioles 2–3 cm long.
Use: (C9) The wood is used for house-construction, spear-handles, pestles and so on.

Apocynaceae

14 *Funtumia latifolia* (Stapf) Schlechter (LGM0110)
mohe (*mi-*)
Observations: A tall tree found in forest and clearings; yielding a white latex.
Use: (C8) The latex is usable as bird-lime (*bulembo*).
(C9) The wood is used for planks and for making a popular musical instrument called *kasambi* or *likembe*; it is made of a small wooden box on which are attached several pieces of iron wire of various length, and played by plucking them with both thumbs.

15 *Hunteria congolana* Pichon. (LGM0299)
nyaluende (*ba+*); *ma'u* (fruit)
Observations: A woody climber occurring in forest; leaves opposite, elliptic to oblong, c. 5 × 13 cm, tips acute, petioles 0.5 cm long; yielding a white latex.
Use: (B1 I1) The fruits, called *magu*, are eaten by man and monkeys.
(C8) The latex is used for making *kabumbu*, a ball emploied for playing football game, and *mupira*, a rubber band for shooting birds.

16 *Tabernaemontana* cf. *crassa* Benth. (LGM0189)
mangelukuma
Observations: A small to medium-sized tree found in forest; leaves elliptic to oblong, c. 10 × 25 cm, tips apiculate, tomentose.
Use: (A6) A bark-infusion is taken for intestinal worms.
(C9) The wood is very good for house-construction.
(H1 I1) The fruit is used as bait of traps for such animals as giant rats.
(J1) Although the plant may look like *mambalushiba* (# 77 *Euphorbia* sp.), its seed-oil being used as a cosmetic, this plant causes itching

and has no use as such.
Name etymology: *Mange-lukuma*; "a tree of a wound in the forehead." *mange*: a tree, *lukuma*: a wound on the forehead due to fighting.

17 unidentified (LGM0237)
nawaoma (*ba*+); *ma'u* (fruit)
Observations: A woody climber found in forest; leaves opposite, ovate to elliptic, 4–5 × 12 cm, tips slightly acuminate, short petioles c. 1 cm; fruit c. 1 cm across, in small clusters; yielding a white latex.
Use: (B1) The fruits (*ma'u*) are eaten by man and monkeys.
(C8) The latex is used for bird-lime (*bulembo*) and for making a ball (*kabumbu*) for playing football; chicken gizzards or *mashuo* (#223 *Usnea* sp.) is used as the core of a ball.

Araliaceae

18 *Polyscias fulva* (Hiern) Harms (LGM0149)
lungo
Observations: A tree found in forest.
Use: (A6) A bark-infusion is administered by enema as a purgative when a person feels abdominal complaints.
(C9) The wood is used for making *mutumbu-wa-mwamba*, an apparatus for regulating the water level of a fish-breeding pond (*mwamba*).

19 *Schefflera myriantha* (Baker) Drake (LGM0048)
'iyungisha (*bi-*)
Observations: A small tree occurring on roadsides, sometimes found growing on the trunks of oil palms or other trees; many small fruits, c. 5 mm, in racemes of c. 20 cm long; compound leaves.
Use: (I1) The fruits are eaten by birds.

181 *Asplenium africanum* Desv. (LGM0263)
'iselya (*bi-*)
Observations: A fern found on forest floor, sometimes found growing on other trees; c. 6 × 40 cm.
Use: (A3) A leaf-infusion is used as an enema for a disease called *ikiinga*, maybe a disease of the spleen.

Balsaminaceae

20 *Impatiens masisiensis* De Wild. (LGM0002)
'ishewa (*bi-*); *itondo* (*ma-*)
Observations: An erect herb, found locally abundant on roadsides; 1–1.5 m in height; flowers white to yellowish; ripe fruits easily burst when touched.
Use: (A3) The plant is used for hemorrhoids; a leaf-decoction is used in vapor-baths for them.
(B3) The young leaves are wrapped with the leaves of Marantaceae plants and put on embers for cooking, then eaten with bananas; it is called "food in forest," but rarely used today.

21 *Impatiens niamniamensis* Gilg. (LGM0164)
'achele-aluchi (*tu-*)
Observations: A herb occurring commonly on riversides; many prickles on petioles; leaves ovate to lanceolate, serrate, spirally arranged.
Use: (B3) The leaves are cooked and eaten as a vegetable; it is said that the plant tastes like *Amaranthus hybridus* L. subsp. *cruenthus* (L.) Thell., a cultivated vegetable called *ikele* or *lengalenga* (Sw).
Name etymology: "*'Achele* of water." *aluchi*: water.

Basellaceae

22 *Basella alba* L. (LGM0067)
ndelama
Observations: A climbing herb occurring in clearings, sometimes planted in fields; leaves alternate.
Use: (B3) The leaves are eaten as a vegetable, usually cooked with *kibishe* (uncollected sp.) or *musamba* (#221 *Urera cameroonensis*); sometimes the plant is cultivated for markets.

Begoniaceae

23 *Begonia ampla* Hook.f. (LGM0172)
'ishindama'ye'ye (*bi-*)
Observations: A small tree or shrub found on roadsides; leaves large, stipulate, asymmetric cordate, c. 15 × 15 cm.
Use: (A3) A leaf-decoction is taken in draught or raw leaves are eaten for "increasing blood"; the same usage as other *'ishindama'ye'ye* (#25, #24).
Name etymology: The vernacular comes from *'ishindi*: a kind of squirrel. The reddish color of the plant recalls the animal. *Ma'ye'ye* may be

the onomatopoeia of its voice.

24 *Begonia meyeri-johannis* Engl. (LGM0173)
'ishindama'ye'ye (*bi-*)
Observations: A shrub found on roadsides; leaves alternate, asymmetric cordate, c. 3.5 × 8 cm, petioles 5 cm.
Remarks: There are three types of *'ishindama'ye'ye* and all have the same uses.
Use and name etymology: See above.

25 unidentified (LGM0116)
'ishindama'ye'ye (*bi-*)
Observations: A herb found in forest; leaves reddish.
Use and name etymology: See above.

Bignoniaceae

26 *Kigelia africana* (Lam.) Benth. (LGM0210)
mushungushungu (*mi-*); sausage tree (E)
Observations: A tree found in forest, sometimes planted in villages; leaves compound, seven to nine leaflets, c. 3 × 10 cm each, oblong-elliptic; the fruit hangs down like a long sausage.
Use: (D1) The plant bears a long fruit shaped like a gourd, which is set in fields to guard crops against thieves; if a man dares to commit a theft, his penis would swell like the fruit.

27 *Spathodea campanulata* P. Beauv. (LGM0184)
'isalasala (*bi-*); African tulip-tree (E)
Observations: A tree found in forest; compound leaves, c. 35 cm long, paripinnate, 10 leaflets; reddish flowers in short dense terminal corymbose racemes.
Use: (A6) A bark-decoction is taken for stomach complaints and given as an enema for diabetes.
(A6 A8) Bark-sap is used for wounds.
(G0) A proverb: *Kisalasala wa undi, na mumonine*; "A strong *kisalasala*, I saw it."

28 unidentified (LGM0148)
'anamu'use (*tu-*)
Observations: A medium-sized tree found in forest.
Use: (C9) The wood is made into a stick called *mulohoshi* which is used for stirring *ugali*, porridge of manioc, one of the staples of contemporary Lega.

Borraginaceae

29 *Cordia ovalis* R. Br. (LGM0225)
mukwangungu (*mi-*)
Observations: A shrub occurring in roadside bush; leaves opposite, round to cordate, c. 9 × 12 cm, tips apiculate, petioles 3–5 cm long.
Use: (A3) A leaf-infusion is used as an enema for abdominal pains; the liquid is left under the sun for a while and used in the evening.
(A3) The leaves are used in vapor-baths for dizziness (*ishimbo*).

Burseraceae

30 *Canarium schweinfurthii* Engl. (LGM0276)
musuku (*mi-*)
Observations: A tree found in forest; leaves compound; leaflets, oblong-lanceolate, 2.5–3 × 12–15 cm, tips caudate, leaflet-stalks c. 1 cm.
Use: (A6 A8) The bark or resin is put into water then the liquid is administered by enema for a disease called *mwanamimba* in Swahili, a female disease.
(A8) A decoction is prepared with the resin of this plant, the leaves of *kakalambwa* (#204, *Selaginella* sp.), and the dried leaves of *itungulu* (#228, *Aframomum laurentii*), and given as a wash for children affected by measles.
(B1) The fruits are eaten by man.
(C8) The resin (*musuku*) is used for torch.
(C9) The wood is very good as firewood.

31 *Dacryodes edulis* (G. Don) H. J. Lam (LGM0271)
lukoshi
Observations: A small tree found in forest; leaves compound, seven leaflets, lanceolate, c. 3.5 × 15 cm.
Use: (C9) The stem is used in house-construction as thin horizontal poles which are attached to the walls to support the mud plastered on them; such poles are called *pito* or *fito*.

Capparidaceae

32 *Cleome* sp. (LGM0082)
musaa-wa-nyabilundu (*mi-*)
Observations: A small herb found in roadside bush, sometimes cultivated; hairs on the stem.
Remarks: A plant with related vernacular:

musaa-wa-abanbale (#59, *Ericastrum arabicum*).
Use: (B3) The leaves are cooked and eaten as a vegetable, which taste bitter.
Name etymology: "Bitter *musaa*." *Nyabilundu* comes from a verb *ku-bilunduka*, to be boiled, meaning something which shows bittery taste.

Caryophyllaceae

33 *Drymaria cordata* (L.) Willd. (LGM0022)
bwaulo
Observations: A short herb found on roadsides; leaves opposite.
Use: (A0) The plant is used for coughs; it is boiled in a pot covered with banana leaves and the vapor is drawn with a pipe through the cover.
(A0) The ash of the plant is sniffed up the nose for coughs and colds.
(A3) The leaves are used in vapor-baths for colds accompanied by headaches, coughs and sniffs.

Commelinaceae

34 *Commelina benghalensis* L. (LGM0020)
mutekya (*mi-*)
Observations: An erect or climbing herb occurring commonly on roadsides.
Use: (A0) A macerate of the plant mixed with soft *matete* (#100 *Pennisetum purpureum*) is given as an enema for dysentery.
(A4 A8) Stem-sap is applied to head skin troubles, especially a disease that causes white patches on the head.
(A4 D4) The stem is put around the neck for a strain one has got while sleeping; the strain is called *anyolela*.
(C8) The sap is also used as a paste for sticking paper.

35 *Palisota ambigua* (P. Beauv.) C. B. Cl. (LGM0053)
itotobanyu (*ma-*)
Observations: A common robust herb found on forest floor.
Use: (A5) A root-decoction is given as an enema for stomach and intestinal troubles called *panga*.
(C3) The long and wide leaves are used to wrap fish, meat and other food.

36 *Palisota hirsuta* (Thunb.) K. Schum. (LGM0232)
'imo'omo'o-'ya-mbala (*bi-*)
Observations: A robust herb found in forest and clearings; leaves oblong-lanceolate, hairs on the petioles and stipules; many small flowers in a spike; this is longer than *itotobanyu* (#35 *Palisota ambigua*).
Use: (C3) The leaves are used to wrap food for cooking.
(C5) The root-stem is said to be as strong as the bamboo and is used for making combs.

Compositae

37 *Ageratum conyzoides* L. (LGM0092)
nishunda (*ba+*)
Observations: An erect herb found on roadsides; leaves opposite; flowers in umbels.
Use: (A3) Mashed leaves are applied to wounds and swellings.
Name etymology: "A smelling plant." *ishunda*: smell.

38 *Aspilia kotschyi* (Sch. Bip.) Oliv. (LGM0069)
'ibabula (*bi-*)
Observations: A herb found on roadsides and in clearings; leaves opposite, tomentose; flowers white.
Use: (A3) A leaf-decoction is used as an enema for stomach-aches or abdominal troubles called *panga*.

39 *Bidens pilosa* L. (LGM0038)
nyasa; Spanish needles or black fellows (E)
Observations: An erect herb occurring on roadsides; white-rayed flowers, c. 1 cm across; rayless flowers attach easily to human clothes.
Use: (A1) The oiled ash of the seeds, mixed with other medicinal plants, is applied to hemorrhoids.
(A3) A leaf-decoction is taken for kidney troubles. It is also used as an enema or taken in draught for serious dysentery called *mukongo*; in case of emergency the leaves are eaten raw.
(F1) A seed-decoction is taken as tea.
(G0) A proverb: *Nyasa, mulumbu wa senga*; "*Nyasa*, the mother of the twins."

40 *Crassocephalum bubense* S. Moore (LGM0086)
mushwalindi (*mi-*)
Observations: An erect herb found on roadsides; flowers in umbels.
Use: (A3) An extract of the leaves is used as eye drops for conjunctivitis.

(C0) The plant is put into a vessel (*mukenge*) for beer fermentation to prevent the beer from going bad.
(C3) The plant is used to cleanse copper products and some other things; they are rubbed with the leaves; a leaf macerate is also used as a soap-substitute for washing clothes.

41 *Crassocephalum vitellinum* (Benth.) S. Moore (LGM0011)
tondobile
Observations: An erect herb occurring commonly on roadsides; yellow to orange colored flowers, c. 1 cm, at the stalk terminals.
Use: (A3) Several drops of the liquid squeezed from the leaves are instilled into the eyes to treat jaundice; or a leaf-decoction, boiled with the leaves of *mapela* (#164 *Psidium guajava*) is used as an enema for it.
(A3) A leaf-decoction is taken for abdominal complaints, and particularly for kidney disorders.

42 *Dichrocephala integrifolia* (L.f.) Kuntze (LGM0043)
'ishindambuka-'ya-mbuka (*bi-*)
Observations: A herb found on roadsides.
Remarks: A related species: *'ishindambuka-ya-uluchi* (#51 *Spilanthes mauritiana*).
Use: (A1) The fruits or seeds are rubbed on the throat for tonsillitis.
(A3) The liquid extracted from crushed leaves (*milangakuba*) is dripped into the eyes to cure mental disorders; the treatment is said to cause severe pains.
(A1 D1) The seeds enter into magical treatment for cataract (*songo*); while the seeds are put on a fire and emitting cracking sounds, the doctor calls the name of the patient repeatedly; it is not necessary that the patient should present there.
Name etymology: "*'Ishindambuka* of the village." *mbuka*: a village.

43 *Erigeron floribunda* Schum. Bip. (LGM0013)
'alumekwanga (*tu-*)
Observations: A common herb found on roadsides; many small yellowish flowers and long narrow leaves.
Use: (A3) The leaves are eaten raw or a leaf-infusion is taken for stomach-aches.
(A3 A8) Several drops of the liquid squeezed from the pounded leaves are dripped into the nose for curing tonsillitis (*kilimi*). The liquid is also instilled into the eyes (for headaches?); the treatment is said to be quite painful.

44 *Erlangea cordifolia* (Benth. ex Oliv.) S. Moore (LGM0123)
mbushi-ya-paa
Observations: A herb found on roadsides; flowers in cymes; the undersurfaces of leaves are whitish.
Use: (A3) A leaf-decoction is taken for tuberculosis (*mishilo*).
Name etymology: "A white goat." *mbushi*: a goat, *paa*: white. The whitish undersurfaces of the leaves suggest the color of the white goat.

45 *Erlangea spissa* S. Moore (LGM0008)
lusele-lwa-mulume
Observations: A common herb found on roadsides; leaves opposite, elliptic, 8 × 12 cm, serrate.
Remarks: Another plant having the same vernacular: #55 *Vernonia jugalis*. Another plant having a related vernacular: *lusele-lwa-muashi*: #53 *Vernonia brachicalyx*.
Use: (A3 A6) The plant is used for dysentery (*mukongo*); a leaf-decoction or a bark-infusion warmed slightly under the sun is given by enema.
Name etymology: "Male *lusele*." *mulume*: male.

46 *Gynura ruwenzoriensis* S. Moore (LGM0007)
'ilelama (*bi-*)
Observations: A herb commonly found on roadsides; leaves alternate.
Use: (A3) A leaf-macerate is used as an enema for children as a purgative and a leaf-infusion is used in baths for fever.

47 *Microglossa pyrifolia* (Lam.) Kuntze (LGM0111)
'abusulamitete (*tu-*)
Observations: A climbing shrub found in secondary forest and waste clearings; the stem has a hole inside; leaves alternate.
Use: (A3) A leaf-decoction is used as an enema for abdominal pains.
(A3) The leaves are pounded and taken by mouth with the sweet sap of oil-palm (*mutobe*) for stomach complaints, or a leaf-infusion is given by enema.
(C0) The stem is used to bore a hole through the midrib of a banana leaf, which is used as a smoking pipe (*lubumbi*); the vernacular name comes from that.
Name etymology: "A thing to make a hole through the banana stalk." *busula*: to make a

hole, *mitete*: the rachises of banana leaves. See the usage.

48 *Mikania cordata* (Burm. f.) B. L. Robinson (LGM0079)
bombwe
Observations: A climbing herb found on roadsides; hairs on the stem.
Remarks: A plant having the same vernacular: #245 unidentified.
Use: (A3) The raw leaves are rubbed on the knee-joints for relieving pains; and the leaves are eaten raw for stomach-aches.

49 *Senecio hochstetteri* Schltz-Bip. ex A. Rich. (LGM0070)
lulamilumo-lwa-mbuka
Observations: An erect herb found on roadsides and in clearings; leaves alternate; yellow flowers, c. 1 cm across.
Remarks: Another *lulamilumo* (#267 unidentified).
Use: (A3) The leaves are eaten raw for stomach-ache and other intestinal complaints.
(A3) The leaves are pounded with the seeds of a marrow, called *kokoliko*, added some water and cooked without oil and taken by women after parturition for promoting a rich milk supply.
(A3 A8) The sap is squeezed from the pounded leaves and dripped into the ears for ear complaints; two kinds of liquid are prepared, a warm one and a cold one; the warm one is given first, then the other.
Name etymology: "One tongue of the village type." *lulami*: a tongue, *lumo*: one, *mbuka*: a village. The form of the leaves looks like human tongues.

50 *Senecio stuhlmannii* Klatt (LGM0130)
lu'ololo
Observations: A shrub found in clearings; leaves large, elliptic to ovate, tomentose, many flowers in cymes.
Use: (A3) A paste of leaves is applied to the wounds called *katunda*, a kind of ulcer or boil which develops mainly on the legs, and can last far up to a year.
(A3) A leaf-decoction is given as an enema for abdominal pains.

51 *Spilanthes mauritiana* (Rich. ex Pers) DC. (LGM0158)
'ishindambuka-'ya-uluchi (*bi-*)
Observations: A herb found in clearings; leaves opposite, ovate, c. 2 × 4 cm, lightly serrate.
Remarks: Related plant: *'ishindambuka-'ya-mbuka* (#42 *Dichrocephala integrifolia*).
Use: (A3) The throat is rubbed with the leaves for treating tonsillitis (*kilimi*).
(A3) A leaf-decoction is given by enema for abdominal complaints.
Name etymology: "*'Ishindambuka* of the water." *uluchi*: water.

52 *Vernonia amygdalina* Del. (LGM0033)
mubilishi (*mi-*); bitterleaf (E)
Observations: A shrub to small tree found on roadsides; hairs on stems; prickles on leaf-edges.
Use: (A3) A leaf-infusion is taken in draught, or the leaves are eaten raw for stomach-ache; it tastes very bitter.
(A3) Crushed leaves are applied to skin-eruptions (*upele*).
(C3) The inside of a beer brewing pot is rubbed with the leaves to make the beer strong.
(C9) The wood is used for house-building and firewood.

53 *Vernonia brachicalyx* O. Hoffm. (LGM0009)
lusele-lwa-muashi; ironweed (E)
Observations: A herb commonly found on roadsides; many small pinkish flowers in panicles; alternate leaves.
Use: (J0) No use recorded; effectiveness against dysentery, ascribed to *lusele-lwa-mulume* (#45 *Erlangea spissa* and #55 *Vernonia jugalis*), is denied by an informant for this species.
Name etymology: "Female *lusele*." *muashi*: female.

54 *Vernonia conferta* Benth. (LGM0063)
mupu'upu'u (*mi-*)
Observations: A small to medium-sized tree found in secondary forest; leaves, oblong-lanceolate, c. 40 × 10 cm; small flowers in racemes.
Use: (A6) The powdered ash of the bark is mixed with palm oil and applied to skin-eruptions (*upele*).
(C3) The large leaves are used for wrapping various things.
(C9) The wood is used as firewood.

55 *Vernonia jugalis* Oliv. & Hiern (LGM0127)
lusele-lwa-mulume
Observations: A herb found on roadsides; orange flowers in large cymes.
Remarks: Related plants with the same vernacular: #45 *Erlangea spissa*, and *lusele-lwa-*

muashi: #53 *Vernonia brachiacalyx*.
Use: (A3) A leaf-infusion, warmed a bit, is used for dysentery by enema.
Name etymology: "Male *lusele*." *mulume*: male.

56 *Vernonia* sp. (LGM0304)
utawatemi
Observations: A woody climber; leaves elliptic, 2.5–3 × 6–7 cm, tips acuminate, petioles c. 1 cm.
Use: (J0) No use recorded.

Convolvulaceae

57 *Cuscuta* sp. (LGM0045)
ndelele
Observations: A climbing herb occurring on roadsides; no leaves; the stems twist around other plants and kill them.
Use: (A4) The stalk is used for children's intestinal worms; the pounded stalks are put into the sweet sap of oil-palm (*mutobe*), and given to children.
(A4) The plant is also used for leprosy (*bibembi*); the powdered ash of the stalks is applied to the affected parts of the body.
Name etymology: "Take care of the children." The vernacular comes from a verb *ku-lela*, "to take care of a child."

Crassulaceae

58 *Kalanchoe crenata* (Andr.) Haw. (LGM0042)
'inee (*bi-*)
Observations: An erect herb occurring on roadsides, sometimes planted around the house; small orange flowers.
Use: (A3) A leaf-decoction is taken in draught for stomach and kidney troubles.
(G0) A proverb: *Mwana wa mwami, inee taulichakwa na butoshi*; "*Inee* is the child of a grand chief; it is not bitten by worms."

Cruciferae

59 *Ericastrum arabicum* Fisch et Mey (LGM0094)
musaa-wa-abambale (*mi-*)
Observations: An erect herb occurring on roadsides; seeds in thin pods.
Use: (B3) The leaves are cooked and eaten as a vegetable, often with cassava porridge called *ugali*; this does not have the bitterness of *musaa-wa-nyabilundu* (#32 *Cleome* sp.).
Name etymology: "*Musaa* of a centipede." *abambale*: a centipede.

Cucurbitaceae

60 *Cogniauxia trilobata* Cogn. (LGM0081)
lenga (*ba+*)
Observations: A climbing herb found on roadsides; tendrils; large palmate leaves.
Use: (H1 I1) The fruit is used as bait for trapping the giant rat (*mukumbi*).

61 *Melothria punctata* (Thunb.) Cogn. (LGM0099)
kukilamasola
Observations: A small tomentose herb found on roadsides.
Use: (A3) The plant is used for persistent coughs in children (perhaps whooping cough); the pounded leaves are put in *mutobe* (banana juice before fermentation into an alcoholic drink) and given to the children.
(A3) When a newborn baby does not discharge excrement well, a leaf-infusion is given as an enema.
(B3) The leaves are eaten raw as a vegetable.
Name etymology: "A plant which covers pumpkins." *ku-kila*: to cover, *masola*: pumpkins. This plant grows a lot in the fields and sometimes covers pumpkins there.

62 *Physedra bequaertii* De Wild. (LGM0216)
mugilegile (*mi-*)
Observations: A climbing herb with tendrils, found in clearings; leaves opposite, cordate, trilobate, c. 13 × 15 cm.
Use: (A1) The powder of the fruits mixed with that of *umbi* fruits (uncollected) is applied to swellings (*ngosha*) that appear behind the ears, after removing the pus by opening them.

63 unidentified (LGM0226)
'atiuto (*tu-*)
Observations: A climbing herb with tendrils found on roadsides; leaves opposite, cordate, c. 8 × 13 cm; hairy red fruit.
Use: (D1 D3) The leaves are smoked or the ash of the fruit is licked or rubbed into scarifications to keep the sorcerers away.

64 unidentified (LGM0132)
'a'usa'usa (*tu-*)
Observations: A climbing shrub occurring on roadsides; leaves trilobate, tomentose.
Use: (A3) For tuberculosis, the leaves are pounded with groundnuts and a bit of salt, or the leaf-sap is mixed with the seeds of *kokoliko*, a kind of marrow, and taken orally.

65 unidentified (LGM0077)
mukandakanda (*mi-*)
Observations: A climbing herb with tendrils, occurring on roadsides.
Remarks: Another *mukandakanda*: #226 *Cissus ukerewensis*.
Use: (A5) The root-powder is licked or is put into water and given as an enema for easy delivery. (A6) Bark-powder is added to the drink called *musululu* which is given to children suffering from *bwema*, probably bronchitis or pneumonia.

66 unidentified (LGM0247)
museme-wa-muashi (*mi-*)
Observations: A climbing herb found in forest and on roadsides; leaves opposite, cordate, c. 6 × 8 cm.
Remarks: Related plant: *museme-wa-mulume* (#277 unidentified).
Use: (A3 D3) The leaves are used in vapor-baths for curing a person possessed by evils.
Name etymology: "Female *museme*." *muashi*: female.

Cyatheaceae

67 unidentified (LGM0024)
'isembekele (*bi-*)
Observations: A very large fern occurring in moist places, usually on primary forest floor; locally common; more than 2 m in height, a hard woody stem.
Use: (A9) The pith is used for enhancing male sexual ability; the scrapings of the pith are put into alcohol drinks and taken by draught, or the infusion is used as an enema.
(C3) The leaves are used for house-construction.
(C9) The stems are very good for house-construction; they are very durable.
(G0) A proverb: *'Isembekele tabe isonge, mwana akande utuna tabute nyachi*; "*Isembekele* cannot bear a fruit, even a big child cannot bear its mother."

Cyperaceae

68 *Scleria barteri* Boeck. (LGM0141)
luelabashubi; *lusesabashubi*
Observations: A grass found on roadsides and in wet places; sharp leaf-edges.
Use: (A3) A leaf-decoction is taken by pregnant women for abdominal pains due to pregnancy.
Name etymology: "A plant that cuts fishermen." *ku-ela* or *ku-sesa*: to cut, *bashubi*: fishers. This plant grows in quantity where fishers set their traps and nets and injures them with the sharp leaf-edges.

Dioscoreaceae

69 *Dioscorea minutiflora* Engl. (LGM0142)
kungumanga
Observations: A climbing herb found on roadsides.
Use: (A5) A root-decoction is used as an enema for abdominal troubles called *panga*.
(A5) The slices of the root are applied to the boils (*jipu*), which become maturate and burst; the boil often develops one after one at the same spot.
(G0) A proverb: *Kungumanga waisuli, taulichakwa*; "*Kungumanga* resembles *mulili*, but it cannot be eaten."

70 *Dioscorea* sp. (LGM0186)
isaa (*ma-*)
Observations: A climbing herb found in forest and clearings; leaves compound, bilobate and tomentose; many prickles on the stems.
Use: (B5) The roots are edible; sliced roots are kept in water for a couple of days for removing bitterness before cooking; today they are rarely used.

71 *Dioscorea* sp. (LGM0080)
i'unju (*ma-*)
Observations: A climbing herb found on roadsides.
Use: (A0 A5) The root or bulbil is scraped with a knife then applied to swellings or boils in order to make them burst quickly.

72 *Dioscorea* sp. (LGM0018)
mulili (*mi-*)
Observations: A climbing herb, occurring commonly on roadsides; many prickles on the stem; leaves opposite.

Use: (B4 B5) The soft stem-terminals are roasted and eaten as a vegetable; the root is also eaten; sometimes it is cultivated in fields.

Euphorbiaceae

73 *Alchornea cordifolia* (Schum. & Thonn.) Mull. Arg. (LGM0015)
lungusu; dovewood or Christmas bush (E)
Observations: A shrub to small tree, occurring commonly on roadsides; small red fruit, c. 1 cm in diam.; leaves alternate.
Use: (A3 A6) A bark- or leaf-infusion is given to children by enema for the treatment of intestinal worms.
(C3) The leaves are used for dying cloths black; cloths are soaked into a leaf-decoction and exposed to the sun for a while.
(I1) The fruits are eaten by birds.

74 *Alchornea* sp. (LGM0061)
'atumbanyi (*tu-*)
Observations: A small tree of roadsides and waste clearings; leaves alternate, ovate, petioles c. 8 cm long, tomentose.
Use: (A3) A leaf-decoction is used as an enema for a baby's disease called *ipele* or *kikoma*; the baby would have the swollen abdomen, constipation, and would be attacked by malaria frequently.
(A9 D9) The wood is used for snake-bites; a piece of wood, c. 10–20 cm, is pressed against the wound; it is said that the wood piece must be cut from the stem only by a single blow of a machete.

75 *Bridelia stenocarpa* Müll. Arg. (LGM0128)
mukembu (*mi-*)
Observations: A tree found in forest; leaves alternate.
Use: (A6) A bark-decoction is used as an enema for abdominal pains.

76 *Elaeophorbia drupifera* (Thonn.) Stapf (LGM0150)
mubamba (*mi-*)
Observations: A tree found in forest, with many prickles; yielding a white latex; leaves containing much water.
Use: (A3) A leaf-decoction with a bit of salt added is taken for coughs.
(C9) The tree makes a good hedge; it roots easily.

77 *Euphorbia* sp. (LGM0233)
mambalushiba
Observations: A tree found in forest, particularly occurring near water; leaves ovate, tips retuse, c. 5 × 12 cm.
Use: (C1) The black seed-oil called *abusa* is used for decorating the body especially by women.
(J9) It is said that the plant is not used for house-construction.
Name etymology: "*Mamba* of the pond." *mamba*: a name of an uncollected tree, *lushiba*: a pond. This plant tends to grow near ponds.

78 *Ficus natalensis* Hochst. (LGM0205)
'aliwe (*tu-*)
Observations: A tree found in forest; leaves alternate, cuneate, c. 2 × 6 cm, yielding latex.
Use: (C8) Bird-lime *bulembo* is made of the latex.
(C9) The wood is used for house-construction and firewood.
(H1 I1) The fruits are eaten by birds, so are used as a bait to trap them.

79 *Macaranga congolensis* Müll. Arg. (LGM0234)
mwoka (*mi-*)
Observations: A tree found in forest, waste clearings and on roadsides; leaves palmate, c. 20 × 20 cm; petioles c. 20 cm long.
Use: (C3) The leaves are used to wrap groundnuts and the seeds of a squash called *u'uma* or *kokoliko*.
(C3) The leaves are also used for making the roofs and walls of temporal huts in the forest.
(C9) The wood is used for house-construction and firewood

80 *Neoboutonia macrocalyx* Pax (LGM0190)
'ishubu (*bi-*)
Observations: A medium-sized tree found in forest; leaves tomentose, cordate, c. 15 × 20 cm.
Use: (A3) The leaves with those of *luo* (#176 *Phytolacca dodecandra*) and *kibishe* (an uncollected plant) are heated over a fire and taken by mouth as a purgative for cleaning bowels; sometimes a leaf-decoction is used as an enema.
(C9) The tree is used for house-construction and firewood.

81 *Phyllanthus capillaris* Schum. & Thonn. (LGM0085)
'amuaga (*tu-*)
Observations: A small tree found on roadsides and in bush.

Remarks: Same vernacular plant: #82 *Plyllanthus* sp.
Use: (A3) The leaves are eaten raw for intestinal troubles called *panga*, or a leaf-decoction is used as an enema.
(C3) Copper products are rubbed with the leaf for cleansing; the pounded leaves are also used as a soap-substitute.
(D3) When it hails, the village chief (*mwami*) chews the leaves then spits them against the rain in purpose of driving it away.
Name etymology: "A plant which spreads out (seeds)." *ku-muaga*: to spread out.

82 *Phyllanthus* sp. (LGM0095)
'amuaga (*tu-*)
Observations: A small tree found on roadsides.
Use: See above.

83 *Ricinus communis* L. (LGM0051)
ikakya (*ma-*); castor bean (E); balika (Sw)
Observations: A tall shrubby herb usually cultivated as castor oil; large palmate leaves, c. 25 cm.
Use: (A1) The seed-oil is used as a purgative for cleaning bowels; this usage is said to have been introduced by Europeans; although the plant is indigenous, people did not know such usage.
(A3 A4) The plant is used for a children's disease called *ndeke*; the stalk is put around the head of the patient; or the leaves are used in vapor-baths.

84 *Tetrorchidium didymostemon* (Baill.) Pax & K. Hoffm (LGM0112)
'abelangwa (*tu-*)
Observations: A tree found in forest and waste clearings.
Use: (C9) The wood is used for hut-construction; but it is not used for firewood due to the smoke which smells bad and causes itching; probably because of some substances in it, the wood shows resistance to insect attack, then good for construction.
(G0) A proverb: *Kabelangwa, mushumbo wa sinda*; "*Kabelangwa*, it is the tree to dig a grave."

85 *Uapaca zanzibarica* Pax (LGM0163)
musela (*mi-*)
Observations: A tall tree found in forest; more than 20 m high; large leaves, ovate, c. 15 × 30 cm, petioles 5 cm.
Use: (C9) The wood provides reddish planks called *mutakatifu* and is used for firewood.
(H0) Edible caterpillars called *milanga* eat the leaves; when a strong wind blows, the caterpillars fall down to the ground, then people gather them to eat.

86 unidentified (LGM0235)
'igulugulu (*bi-*); *lwashumba*
Observations: A tree found in forest; leaves alternate, elliptic, c. 4–5 × 10 cm, tips apiculate.
Use: (A6) A bark-decoction is used as an enema for abdominal pains.
(C9) The tree provides good planks.

87 unidentified (LGM0135)
'iakani (*bi-*)
Observations: A shrub or short tree found in waste clearings and on roadsides; leaves alternate.
Use: (A3) A leaf-infusion is administered by enema for abdominal pains.
(D3) When a woman comes back home from the fields, she rubs her hands and breasts with the leaves in order to prevent bad things from affecting her child.
(G0) A proverb: *Iaka nambyele, ndi iakani*; "A mother kills herself, the child should die."

Flacourtiaceae

88 *Casearia* cf. *engleri* Gilg (LGM0105)
mukango (*mi-*)
Observations: A tree found in forest; leaves alternate.
Use: (A3) A cold leaf-infusion is taken for frequent urination, probably due to diabetes.
(C9) The wood is good for firewood and house-construction.
(I1) The fruits are eaten by wild pigeons (*tumamba*).

Gleicheniaceae

89 *Dicranopteris linearis* (N. L. Burm.) Underw. (LGM0090)
lubalibali
Observations: A fern commonly found on roadsides.
Use: (C4) The hard skin of the stem is used for making fish-traps (*kigoni* or *kisaboka*), beds and chairs.

Gramineae

90 *Arundinaria alpinia* Schumann (LGM0017)
mulonge (*mi-*); muanzi (Sw)
Observations: A bamboo often found on roadsides, around villages.
Use: (C0 C9) The culms are used for house-building, beds, fences etc.; sometimes they are also used as kindling.

91 *Chlaris gayana* Kunth. (LGM0066)
'ibangu (*bi-*)
Observations: A short grass, c. 15 cm high.
Use: (D0) The plant is believed to prevent a miscarriage; it is uprooted and buried in the house of a pregnant woman who is likely to have a miscarriage.

92 *Coelachne africana* Pilger (LGM0222)
bulambo-bwa-atoloela
Observations: There is a short procumbent grass.
Remarks: There is another *bulambo*, i. e. *bulambo-bwa-mulundu* which is said to be taller than this type.
Use: (C0) The plant is used for thatching roofs.
(H0) The plant provides good fodder for cattle and goats.
Name etymology: "Small *bulambo*." *atotoela*: small.

93 *Digitaria horizontalis* Willd. (LGM0039)
mwishi (*mi-*); mushindangombe (Sw)
Observations: A short procumbent grass.
Use: (G0) It is said that the soil where this plant grows in quantity is rich and good to plant crops in; but it is quite hard to remove this plant because of the deep roots.
(H1) The plant provides good fodder for cattle.
Name etymology: "Root." *mwishi*: a root. The Swahili name comes form *mushinda-ngombe*, meaning "the plant that defeats cattle." It has such deep roots that even cattle cannot exhaust it. Cattle usually do great damage to vegetation.

94 *Digitaria* sp. (LGM0181)
'ibolya (*bi-*)
Observations: A grass found on roadsides.
Use: (A3) A leaf-infusion is taken for abdominal complaints.

95 *Digitaria* sp. (LGM0074)
mukunje (*mi-*)
Observations: A grass found on roadsides; many small seeds on ears.
Remarks: This might be *Panicum* sp.
Use: (A3) A cold infusion of young leaves is taken for diarrhea.
(A3) The shoot, mixed with some rat meat, is given to dogs for intestinal worms.

96 *Hyparrhenia* sp. (LGM0036)
bulambo
Observations: A grass with many hairs on the stalks.
Use: (C3) The leaves are used for mashing bananas or other material for brewing beer; same usage as *isanyi* (#101 *Setaria megaphylla*).
(C3) The leaves are also used for hut-construction, particularly for roofs and walls.
(H0 I0) People burn the plant when it becomes dried up in the dry season; then little black larvae called *bise'e* or *banyamukesela* make nests at the bottom of the plant; people gather the larvae to eat.

97 *Imperata cylindrica* (L.) P. Beauv. (LGM0040)
solu; *kilungulungu* (*bi-*) (shoot)
Observations: A grass found locally abundant on roadsides and in waste clearings; the shoots called *bilungulungu* have sharp points and are very dangerous for naked feet.
Use: (A3) The ash of the shoot is mixed with the powder of *mu'unga* and cassava, then rubbed into scarifications for treating a disease called *musonga* which causes severe pain in the thorax, and is often accompanied by a high fever, maybe a kind of pneumonia.
(C0) The plant is used for hut-walls and roofs.
Name etymology: *Kilungulungu* means any kind of thorn.

98 *Olyra latifolia* L. (LGM0292)
'abungulo (*tu-*)
Observations: A grass found on roadsides; the stem is hollow inside; leaves 3.5 × 13 cm, round at base, tips acuminate, no petioles; seeds on a terminal raceme, 5 mm, with hard shells.
Use: (C4) The tube-like stem is used for drinking beer from the pot, and for administering enemas.

99 *Paspalum auriculatum* Presl. (LGM0091)
nakashila (*ba+*); *naisa* (*ba+*)
Observations: A grass found on roadsides.
Use: (J0) No usage recorded.

100 *Pennisetum purpureum* Schum. (LGM0016)
'ise'e (*bi-*); matete (Sw); Napier Grass, elephant grass (E)
Observations: A tall grass found commonly on roadsides; tomentose on the uppersides of the leaves, but not on the undersides.
Use: (A2) The ash of the flower mixed with the ash of cassava is applied to tooth cavities to stop toothache.
(C0) The plant is used for house-construction, roofs and walls.

101 *Setaria megaphylla* (Steud.) Th. Dur. & Schinz (LGM0208)
isani-lya-kyoya (*ma-*)
Observations: A grass; leaves tomentose, larger than 6 × 60 cm.
Remarks: Two kinds of *isani* are distinguished. *-kyoya* has many soft short hairs on the leaves, *-nganingani* (see below, #102) does not.
Use: (A3) A shoot macerate is given to children by enema for diarrhea.
(C0) The plant is used for thatching roofs.
(C3) The leaves are good for mashing bananas for making beer because they have hairy surfaces.
(H3 I3) The plant provides good fodder for domestic animals such as goats and cattle, and for wild ones such as cane-rats (*sengi*).

102 *Setaria megaphylla* (Steud.) Th. Dur. & Schinz (LGM0194)
isani-lya-nganingani (*ma-*)
Observations: A grass; leaves broad (c. 5 × 60 cm).
Remarks: Although identified scientifically as the same species as the former, this plant is glabrous and given a different name.
Use: (C0) The plant is used for thatching roofs.
(G0) A proverb: *Ukanekane, anga isani-lya-nganingani.* "You are in doubt like *isani-lya-nganingani.*" The leaves sway to the light wind and it represents figuratively the unease of the mind in doubt.
(H3 I3) The plant provides fodder for domestic animals such as goats and cattle, and for wild ones such as cane-rats (*sengi*).
Name etymology: "*Isani* of doubt." *ngani*: doubt. See the usage (G0).

103 unidentified (LGM0211)
iyangu; kitosha-alufu (Sw)
Observations: A grass, often cultivated; leaves narrow, fragrant.
Remarks: maybe *Cymbopogon sp.*
Use: (A3) A leaf-decoction is taken for kidney complaints; it is also used in vapor-baths for colds and headaches.
(C3) When the hands smell bad, they are rubbed with the leaves.
Name etymology: The Swahili name *kitosha-alufu* means "a plant for removing bad smell." See the usage (C3).

104 unidentified (LGM0266)
munyaku (*mi-*)
Observations: A short grass found in waste clearings; leaves alternate, lanceolate 2 × 9 cm; racemes oppositely or whorledly arranged at the terminal of the stem.
Use: (C0) The plant is used for a temporal hut in the forest.
(C3) The leaves are used for folding tobacco for smoking.
(G0) It is said that the place where the plant grows in abondunce is suitable for rice cultivation.

Guttiferae

105 *Harungana madagascariensis* Lam. ex Poir. (LGM0010)
mushombo (*mi-*)
Observations: A tree occurring commonly on roadsides; leaves opposite; reddish bark sap.
Use: (A3) The shoots are pounded and fried in a pan then taken by mouth with bananas for dysentery; they are also taken raw when a necessity occurs in forest; it is said that the reddish bark sap recalls the blood.
(A6) A bark-infusion slightly warmed under the sun is given by enema for jaundice.
(C9) The wood is used for house-construction and for charcoal.
(I1) The fruits are eaten by birds.

106 *Lebrunia bushace* Staner (LGM0238)
musebu (*mi-*)
Observations: A tree found in forest; leaves opposite, lanceolate to elliptic, c. 3 × 10 cm, caudate.
Use: (A1) The seed oil is used for skin-eruptions (*upele*).
(C1) The seed oil (*kabumbu*) is rubbed on the body as a cosmetic.
(C9) The tree provides good planks called *buchai.*

107 *Pendadesma lebrunii* Staner (LGM0057)
'iyososе (*bi-*)
Observations: A tall tree found in forest; more than 20 m high; leaves opposite, lanceolate, petioles c. 1.5 cm.
Use: (C9) The wood is used for house-construction and firewood.
(I1) The fruit is eaten by wild animals.

108 *Symphonia globulifera* L. f. (LGM0161)
mulungu (*mi-*)
Observations: A tall tree found in forest; leaves opposite, elliptic c. 3.5 × 10 cm, tips apiculate, cuneate at base.
Use: (A8) The bark-sap is applied to skin-eruptions (*upele*).
(C8) The tree produces a sticky resin called *walika* at the foot of the trunk, which is used as a paste to repair broken vessels.
(C9) The wood is used for planks.

Iridaceae

109 *Gladiolus dalenii* Van Geel (LGM0214)
'abeshi (*tu-*)
Observations: An erect herb occurring in waste clearings, sometimes cultivated.
Use: (A1) The powder of the dried fruits, which grow near the ground, is taken by mouth as an emetic when one has eaten something bad; if available, salt and local pepper, *bunjululu*, (#178 *Piper guineense*) are taken with it.
(A1) Three fruits are decocted in six cups of water until there remain only three cups then it is used as an enema for pains in the lower back.

Labiatae

110 *Coleus varifolius* De Wild. (LGM0114)
nilonga (*ba+*); *nishunda* (*ba+*)
Observations: A short tree found in forest; leaves opposite.
Use: (A3) For abdominal troubles, a leaf-decoction is administered by enema; or it is used in washes and the body is rubbed with the leaves.

111 *Ocimum gratissimum* L. (LGM0052)
senye
Observations: A shrub found on roadsides, sometimes cultivated; leaves alternate.
Remarks: Related plant: *senye-ya-mbala* (#112 *Octomeron montanum*).
Use: (A3) A leaf-decoction or infusion is used as an enema for abdominal pains (*panga*); the plant is often cultivated in the fields.
(G0) A proverb: *Mulanga asaka senye, embe ashunju uulanga*; "A farmer who gives up a field with *senye* cannot cultivate a field with *ashunju* (#135)."

112 *Octomeron montanum* Robyns (LGM0289)
senye-ya-mbala (*ma-*)
Observations: A small herb found on roadsides; leaves opposite, elliptic to ovate, 1.5–2 × 5 cm, serrate; flowers in terminal spikes.
Remarks: Related vernacular plant: *senye*, (#111 *Ocimum gatissimum*).
Use: (A0) A decoction of the plant is used as an enema for some diseases.
(G0) A proverb: see #111.

113 *Tetradenia riparia* (Hochst.) Codd (LGM0213)
mushubya (*mi-*)
Observations: A shrub found on roadsides and in waste clearings; leaves cordate, serrate, 5 × 6 cm, petioles 2 cm long, quite small flowers in panicles.
Use: (A3) A hot infusion of the leaves, sometimes with a bit of salt added, is taken for coughs; it is said that the heat weakens the strength of the medicine.
(A3) A leaf-paste with a bit of salt added is applied to the throat for tonsillitis.
(A3) Leaf-sap is applied to the vagina for itching due to a disease called *kidonda-tumbo* in Swahili, maybe a kind of endometritis.
(A3) Leaf-sap is given to chickens by mouth for a disease called *fotola*, which causes them to move slowly, fall asleep intermittently, and to lose their appetites , eventually leading to death.

Leeaceae

114 *Leea guineensis* G. Don (LGM0146, LGM0243)
lulonga; *poma*
Observations: A small tree found in forest; leaves opposite, elliptic, c. 6 × 16 cm, serrate; flowers in panicles, fruits c. 1 cm in diam., each containing 6 seeds.
Use: (A9 D9) The oiled-ash is applied to fractures (*bubele*). A piece of the wood is sometimes fixed on it.

Leguminosae

115 *Albizia gummifera* (J. F. Gmel.) C. A. Sm. (LGM0202)
'ibanzi (*bi-*); *kungu* (*ba+*)
Observations: A tall tree found in forest; bipinnate.
Use: (A6) One glass of leaf-decoction is administered by enema for intestinal complaints and for warming the body.
(C9) The wood is used for house-construction and firewood.
(H0) Edible mushrooms called *bukoko* grow on the dead trunks.

116 *Arthrosamanea leptophylla* (Harms) Gilbert & Boutique (LGM0220)
musekeseke (*mi-*)
Observations: A tall tree found in forest; bipinnate.
Use: (A6) A bark-decoction is used as an enema for abdominal pains.
(C9) The wood is used for house-construction and firewood.
(H0) Edible mushrooms called *bukoko* grow on the dead trunks.

117 *Cassia kirkii* Oliv. var. *guineensis* Bisteyaert (LGM0100)
'achangachanga (*tu-*); *'akyangakyanga* (*tu-*)
Observations: A shrub to short tree, occurring on roadsides.
Use: (A3) The leaves are taken raw by mouth for snake-bites.
(A3) A decoction of the leaves and other medicinal plants is given as an enema for babies who suffer from *lukunga*, a disease that causes diarrhea and much crying.

118 *Desmodium adscendens* (Sw) DC. (LGM0062)
pumbya
Observations: A climbing herb occurring on roadsides and in waste clearings.
Use: (A3) A leaf-decoction is given as an enema for epilepsy (*lungu*).
(A7) The stem is used to tighten up the limb injured by a snake for stopping the poison going up to the heart.

119 *Erythrina abyssinica* Lam. ex DC. (LGM0104)
'i'oa (*bi-*)
Observations: A small to medium-sized tree found in village compounds; numerous red flowers, hairs on flower stems.
Use: (A6) Bark-sap mixed with the fruit-sap of *itungulu* (#228 *Aframomum laurentii*) is taken for coughs.
(A6) Bark-sap with a bit of salt added is also taken for *musonga*, a disease which causes severe pains in the thorax, maybe a kind of pneumonia; young bark contains much water.
(C0) The tree makes a good protective hedge around the house; the stem has spines which prevent animals or thieves from entering there.
(C9) The wood is used for house-building and firewood.
(C0 D0) The plant makes a symbolical village tree; the tree produces conspicuous red flowers which denotes villages and abondoned villages easily.

120 *Kotschya aeschynomenoides* (Welw. ex Bak.) Dewit & Duvign. (LGM0182)
luwashi
Observations: A small tree found on roadsides and in waste clearings; many hairs on the stems.
Use: (A3) A leaf-infusion warmed slightly is administered by enema for constipation.
(C9) The wood is used for hut-construction.

121 *Milletia dura* Dunn. (LGM0089)
'asunguti (*tu-*)
Observations: A tree found in primary as well as secondary forest; a seed pod, c. 12 cm long.
Use: (C9) The tree is used for hoe and axe-handles.

122 *Mimosa pudica* L. (LGM0250)
kopa; kufa(Sw); sensitive plant (E)
Observations: A small herb occurring in waste clearings and on roadsides; leaves sensitive, collapsing when touched; stems sparsely armed with prickles, c. 5 mm long, tomentose.
Use: (D3) It is said that a person can get much respect from others if he/she eats it with other medicinal plants.

123 *Monopetalanthus microphyllus* Harms (LGM0229)
luse'ele
Observations: A tree found in forest; leaves pinnate, c. 2.5 × 10 cm; leaflets 3 × 15 mm.
Use: (C9) The stem is used for house-construction, firewood and axe-handles.

124 *Newtonia* sp. (LGM0136)
'asolokoshi (*tu-*)

Observations: A climbing shrub found in forest and on roadsides; many short prickles on the stem.
Use: (A0) The plant-ash is licked for bloody sputum due to tuberculosis (*mishilo*).
(A3) The ash of the leaves is applied to *katunda*, a kind of persistent boil; or the boils are rubbed with the leaves.

125 *Newtonia* sp. (LGM0261)
musanya (*mi-*); *nungu* (fruit)
Observations: A tree found in forest; many short prickles on the stem.
Use: (A6) A bark-decoction is used as an enema for abdominal pains.
(C1) The large shell of the fruit is used for bloodletting (*ususeia miila*) for headaches; it is pressed over cuts made on the forehead and a bit of dried leaves of some plant are burnt inside for creating the low pressure.
(C9) The wood is used for axe-handles.
Name etymology: "A tree of prickles." *musanya*: a prickle.

126 *Piptadeniastrum africanum* (Hook.f.) Brenan (LGM0103)
lukungu
Observations: A tree found in forest and waste clearings.
Use: (A3) A leaf-decoction is given by enema for abdominal pains.
(H0) Caterpillars called *tukungukungu* live on the tree, which are collected as food by man.

127 *Rhynchosia albiflora* (Sims) Alston (LGM0285)
musolo (*mi-*); *nyangunga* (*ba+*); *luwaka*
Observations: A woody climber found in forest; leaves elliptic 7.5 × 9.5 cm, tips apiculate, petioles 0.5–1 cm, tomentose on the undersurfaces; flowers on spikes, seeds 1 cm long, covered with dense hairs.
Use: (A3) A leaf-decoction is given to children by enema repeatedly for curing kwashiorkor (*bwaki*).

128 *Tephrosia nana* Kotschy ex Schweinf. (LGM0134)
'aba'a (*tu-*)
Observations: A herbaceous shrub found on roadsides and in waste clearings.
Use: (A3) A leaf-infusion, warmed a bit, is given as an enema in the morning for intestinal worms.
(E3) The plant is used as a fish-poison; the leaves are pounded and put into a stream to paralyze fish.

129 *Vigna vexillata* (L.) Benth. (LGM0125)
'isaunde (*bi-*)
Observations: A climbing herb found on roadsides.
Use: (A3) The leaves are pounded and added a bit of oil then taken without water for dysentery.

Liliaceae

130 *Anthericum* sp. (LGM0287)
ilanga-lya-basile (*ma-*)
Observations: A herb found on forest floor; leaves 20–30 cm long.
Use: (A3 A8) Sap extracted from the leaves is dripped into the nose for curing mental disorders.
(A0 D0) There are many kinds of *ilanga*, growing in gardens; they have various uses, some for medicines and others for sorcery; they change the effect according to the things buried with them; it is said that everyone grows his *ilanga*.
Name etimology: "A medicine for mad people." *ilanga*: a medicine, *basile*: mad people.

Lobeliaceae

131 *Lobelia mildbraedii* Engl. (LGM0187)
mwilumbu (*mi-*)
Observations: A small tree found in forest; leaves huge, c. 15 × 40 cm, ovate-lanceolate, serrate; yielding a white latex; the stem is hollow inside.
Use: (A3) The leaves are given by mouth to dogs for intestinal worms; they are given mixed with the meat of rat or other animals.
(C9) A horn called *panda* is made of the hollow stem, which is blown to convey messages.
(J0) The plant, which dies in a year, is so weak and useless even for firewood.

Loganiaceae

132 *Anthocleista grandiflora* Gilg (LGM0109)
mu'oba'oba (*mi-*)
Observations: A tree found on roadsides and in waste clearings; leaves huge, ovate, c. 15 × 40 cm.
Use: (A6) A bark-decoction is used as an enema for epilepsy (*lungu*).
(A6) The bark-powder mixed with that of *kom-*

ba tree (uncollected) is taken by mouth as an antidote against poisonous food; it acts as an emetic.

Loranthaceae

133 *Phragmanthera rufescens* (DC.) Balle (LGM0180)
nguluanyoni; *nangolongolo* (fruit)
Observations: A parasitic shrub found on roadsides; leaves alternate, ovate, c. 8 × 13 cm, tomentose; flowers 4–5 cm long, reddish.
Use: (C1 C8) Bird-lime (*bulembo*) is made of the sap of the fruit (*nangolongolo*).

Malvaceae

134 *Hibiscus cannabinus* L. (LGM0005, LGM0073)
ngoi; kenaf, Ambari hemp, Decan hemp (E)
Observations: An erect herb occurring commonly on roadsides; small spines on the stem; leaves round and multi-lobed.
Use: (A3) A leaf-decoction is taken for coughs and for "increasing blood"; it is also taken or used as an enema for jaundice taken twice a day, in the morning and evening, together with a leaf-decoction of *amalumbi* (#169 *Biophytum helenae*) for stomach complaints.
(A3) A leaf-decoction is also used as a purgative or an enema for hemorrhoids (*panga*).
(A3) Pounded leaves are wrapped in a leaf and put on embers, then the heated paste is applied to boils which are opened with a knife beforehand; the medicine makes the pus coming out of the boils quickly.

135 *Sida rhombifolia* L. (LGM0032)
'ashunju (*tu-*); tea plant (E)
Observations: A herb to shrub occurring commonly on roadsides and in waste clearings; leaves alternate; pale yellow flowers, c. 1 cm across, in racemes; many small fruits.
Use: (A3) A leaf-infusion is taken for stomach disorders, and a leaf-decoction for kidney troubles.
(G0) A proverb: *Mulanga asaka senye, embe ashunju uulanga*; "A farmer who gives up a field where grows *senye* (#111) cannot cultivate a field where grows *ashunju*."

Marantaceae

136 *Ataenidia conferta* (Benth.) Milne-Redh. (LGM0279)
'aungungu (*tu-*)
Observations: A herb found on forest floor; leaves large, elliptic-ovate, 16–18 × 35–40 cm.
Use: (C3) The leaves are used for wrapping things.
Name etimology: "A little *igungu*." *'a* and *tu*: diminutives for singular and plural nouns respectively. *igungu*: #142 *Megaphrynium macrostachyum*.

137 *Ataenidia conferta* (Benth.) Milne-Redh. (LGM0280)
wela (*ba+*); *mwoli* (*mi-*)
Observations: A herb found on forest floor; leaves 17 × 40–45 cm.
Use: (A3) A leaf-decoction is used as an enema for kwashiorkor (*wela* or *bwaki*).

138 *Haumania liebrechtsiana* (De Wild.) Léonard & Müll. (LGM0230)
'alulu (*tu-*)
Observations: A herb found on forest floor; leaves alternate, ovate, c. 5–6 × 12–13 cm; tips acuminate.
Use: (C4) The stem is used for making fish-traps (*bisabuka*) and rat-traps (*kiya*).

139 *Marantochloa holostachya* (Bak.) Hutch. (LGM0152)
munu'asulu (*mi-*)
Observations: An erect herb found on forest floor, c. 2 m high; leaves fragrant, flowers in a spike.
Use: (C3) Food is wrapped with the leaves and put on ember for cooking; they give the food a good smell.
Name etymology: "A thing that smells good." *ku-nu'a*: to smell, *sulu*: a good smell.

140 *Marantochloa leucantha* (K.Schum.) Milne-Redh. (LGM0244)
mulemba (*mi-*)
Observations: A herb found on forest floor.
Use: (C3) The leaves are used for wrapping things, especially wrapping food for cooking.

141 *Marantochloa purpurea* (Ridl.) Milne-Redh. (LGM0270)
mubungu (*mi-*)
Observations: A herb found on forest floor.

Use: (C3) The leaves are used for wrapping things.
(C6) The bark of the thin stems is split into narrow bands, with which various things are woven such as mats used on the bed (*bikanga*), fish traps (*bigoni*), rat traps and so on.

142 *Megaphrynium macrostachyum* (Benth.) Milne-Redh. (LGM0255)
igungu (*ma-*); *muki* (*mi-*) (shoot)
Observations: A herb found on forest floor; a large elliptic leaf, 20 × 40 cm, at the top of the stem.
Use: (B3) The shoots are eaten as a vegetable.
(C3) The leaves are used for wrapping various things; they are also used for the roofs of houses.
(C4) The stalks are used for making mats for sleeping (*kikanga*).

Marattiaceae

143 *Marattia fraxinea* J. Smith (LGM0056, LGM0143)
itonangwa (*ma-*)
Observations: A large fern, occurring abundantly on roadsides.
Use: (A5) A root-infusion is used as an enema for pregnant women near delivery and for those who suffer from abdominal troubles called *panga*.
(C9 D9) When boys return to the village from the forest for the first time after the initiation ceremony, only the twins and the chief's sons can carry a stick made of this plant in the hand; other children use the sticks of *matungulu* (#228 *Aframomum laurentii*); the stick is generally called *kipondo*.
(I1) A kind of antelope called *pombi* eats the leaves.

Melastomataceae

144 *Dissotis brazzae* Cogn. (LGM0296)
tangani'a-ya-mbala
Observations: A herb occurring in open places; leaves opposite, ovate-lanceolate, c. 3 × 7 cm, petioles c. 5 cm; fruits 0.5–1 cm in diam., in terminal panicles.
Use: (A3) A leaf-infusion is used as an enema for abdominal pains; or given to sterile women by enema for promoting conception.
(G0) A proverb: See #147.
Name etymology: "Bush *tangani'a*." *mbala*: bush or forest.

145 *Dissotis hensii* Cogn. (LGM0297)
tangani'a-ya-ilolo; *nono* (fruit)
Observations: An erect herb occurring on roadsides; leaves opposite, elliptic-lanceolate, c. 2.5 × 6 cm, petioles c. 1 cm, tomentose; flowers on the end of the stems.
Use: (A3) A leaf-infusion is given as an enema for abdominal pains.
(B1) People eat the ripe fruits.
Name etymology: "*Tangani'a* of clearings." *ilolo*: a field after harvest.
(G0) A proverb: See #147.

146 *Dissotis irvingiana* Hook. (LGM0138)
mututu (*mi-*)
Observations: A small tree found on roadsides as well as in forest; tomentose.
Use: (A6) A bark-infusion is used as an enema for diarrhea due to a disease called *lubesha* or *lukunga*; the bark of *lungusu* (#73 *Alchornea cordifolia*) is infused together.

147 *Tristemma incompletum* R. Br. (LGM0037)
tangani'a; *nono* (fruit)
Observations: A herb occurring commonly on roadsides and in waste clearings; leaves opposite, cordate, tomentose; small red fruits, sweet and edible.
Remarks: Most common *tangani'a*. Sometimes this plant is called *tangani'a-ya-mbuka*, i.e. "village *tangani'a*."
Use: (A3 D3) The plant enters into a magical treatment for easy delivery; when a woman gets pregnant, a medicine (*isaba*) is prepared with the leaves and other plants and given to her by enema, and all villagers gather and drink it praying for her easy delivery.
(B1) The ripe fruits are eaten raw by children.
(G0) A proverb: *Tangani'a wa mimeumbwe, muulu wa baluchi*; "Lake Tanganika, it is larger than any other rivers."

148 *Tristemma* sp. (LGM0303)
tangani'a-ya-ekuba
Observations: A herb found in open places; leaves opposite, ovate-elliptic, c. 6.5 × 9 cm, tomentose.
Use: (B1 A3 D3) It is said that this plant is used in almost the same way as the previous one (#147 *T. incompletum*). See above.
Name etymology: "*Tangani'a* of clearings."

ekuba: a field which is left unplanted for three to six months after the harvest.
(G0) A proverb: See #147.

149 unidentified (LGM0159)
tangani'a-ya-mbala
Observations: A herb occurring on forest floor.
Remarks: The specimen has been lost.
Use: (A3) Pregnant women drink a leaf-decoction for easy delivery.
Name etymology: "Forest *tangani'a.*" *mbala*: forest.
(G0) A proverb: See #147.

Meliaceae

150 *Lovoa sp.* (LGM0224)
mutaa (*mi-*); *itongwa* (*ma-*)
Observations: A tall tree found in forest; leaves lanceolate, c. 3.5 × 11 cm.
Remarks: This may be *L. brownii* Sprague or *L. trichilioides* Harms.
Use: (C9) The wood is used for planks and bridges, house-construction, firewood, and so on.

151 *Trichilia welwitschii* DC. (LGM0118, LGM0168)
'iyundi (*bi-*)
Observations: A tall tree found in forest; leaves pinnate; leaflets, ovate-lanceolate, c. 5 × 20 cm.
Use: (A6) A bark-decoction is used as an enema for hemorrhoids and abdominal complaints (*panga*).
(C9) The wood is used for house-construction.

Menispermaceae

152 *Cissampelos macrosepala* Diels. (LGM0295)
obya-ya-mbala (*ba+*)
Observations: A woody or herbaceous climber, sometimes occurring on roadsides; leaves alternate, peltate, c. 11–13 × 13–15 cm, tips acute, petioles 5–8 cm.
Use: (A3) A cold leaf-infusion is taken for abdominal pains.

Moraceae

153 *Ficus capensis* Thunb. (LGM0047)
'ilondolondo (*bi-*); *mugumo* (*mi-*)
Observations: A woody climber found growing on an oil palm tree.
Use: (C6) The bast was used to make bark-cloth (*shushuya* or *mulomba*).
(C8) The latex is used for bird-lime (*bulembo*).
(I1) The fruits are eaten by birds.
(G0) A proverb: *Ilondolondo tanyate, mishinga yake ya nyate*; "*Ilondolondo* does not move, but the roots go around."

154 *Ficus* cf. *capensis* Thunb. (LGM0177)
'isembe (*bi-*)
Observations: A tree found in forest; leaves opposite, ovate, c. 6 × 15 cm, serrate; yielding a white latex.
Use: (A8) The latex is added to a soup called *kindakinda*, made from *kokoliko* (the seeds of a marrow) or *kalanga* (groundnuts), for promoting a rich milk flow of mothers.
(G0) A proverb: *Isusu iyalemaninwa, isembe iyamuno ta iynge*; "A child who was desired strongly by the family does not help the family."

155 *Ficus exasperata* Vahl (LGM0108)
lu'enga
Observations: A tall tree found in forest as well as waste clearings; leaves alternate, coarse surfaces, trilobate.
Use: (A3) A leaf-decoction is taken for kidney complaints.
(C3) The leaf-surface is very rough and used just like sandpaper.
(C9) The wood is made into a vessel called *mukenge*, which is used for the fermentation of alcohol drinks.

156 *Ficus vogelii* (Miq.) Miq. (LGM0185)
itota (*ma-*)
Observations: A medium-sized tree found in forest; large thick leaves, c. 11 × 22 cm, entire, obovate, tips round, petioles long, c. 10 cm; yielding a white latex.
Use: (C8) The latex is used for bird-lime *bulembo*, or it was sold to Europeans in the past as a material to make rubber.
(H1 I1) The fruits are eaten by monkeys and people set traps nearby.

157 *Ficus* sp. (LGM0169)
'ishembe (*bi-*)
Observations: A liane occurring on roadsides; leaves alternate, ovate, c. 8 × 23 cm, tips acute.
Use: (A4 A8) Stem-sap is given to babies by draught for intestinal worms.
(A8) The latex is taken by mouth for promoting

a rich milk supply by mothers; it is added to a dish of the seeds of a marrow called *kokoliko*.
(B8) Stem-sap is taken to quench thirst, particularly during a journey in the forest.

158 *Ficus* sp. (LGM0212)
lu'enje
Observations: A large parasitic tree occurring in forest; leaves oblong-lanceolate, c. 4 × 13 cm, petioles 3–5 cm long.
Use: (C0) The plant is good for hedges because it thrives well.
(C8) Bird-lime (*bulembo*) is made of the latex.

159 *Musanga leo-errerae* Hauman & J. Leonard (LGM0144)
musa'i (*mi-*)
Observations: A tree more than 20 m high found in secondary growth.
Use: (C9) The wood is used for hut-construction, making *mutumbu-wa-mwamba*, an aparatus which regulates the water level of fish-breeding ponds (*mwamba*); It is called *mutumbu*, "a boat," due to its shape. The wood is also used for firewood.

Musaceae

160 *Ensete* sp. (LGM0215)
'ikyombo (*bi-*)
Observations: A wild banana, sometimes growing in villages, fields, and also found in waste clearings.
Use: (A6) Bark-sap is taken by draught or used as an enema for after-birth pains (*kasisita*).
(C1) The seeds are used for playing a board game called *lusolo*.
(C3) The broad leaves are used for covering roofs; sometimes the leaf is used like an umbrella for keeping rain off the head.
(C6 D6) A cord made of the stem-skin is put around the neck of a newborn goat praying that its neck will become thick like the plant stem.
(G0) In the past, when a village was attacked by enemies, a messenger was sent with the leaf in the hand to the next village to call for a help or to urge the villagers to take refuge to somewhere.
Name etymology: "A fight with a spear." *ikyombo*: a fight, war. See the usage (G0).

161 *Myrianthus holstii* Engl. (LGM0064, LGM0147)
'ishie (*bi-*)
Observations: A small to medium-sized tree; leaves digitate, seven lobes, each leaflet, 3 × 25 cm, alternate, serrate; the undersurfaces whitish and conspicuous brown nerves.
Use: (B1) The fruits are eaten by man.
(C9) The wood is used for house-building and firewood.

Myristicaceae

162 *Staudtia gabonensis* Warb. (LGM0227)
bukubi
Observations: A tree found in forest; leaves alternate, elliptic-lanceolate, c. 4 × 12 cm, tips acuminate, petioles c. 1 cm long.
Use: (A6) A bark-decoction is taken for stomach complaints. It is also used as mouthwash for toothache several times a day.

Myrsinaceae

163 *Maesa lanceolata* Forsk. (LGM0049)
muanga (*mi-*)
Observations: A small tree found on roadsides; flowers very small; leaves alternate.
Use: (C9) The wood is used for house-construction and furnishes good firewood.
(H0) Edible caterpillars called *mishigi* feed on the leaves.
(I1) The fruits are eaten by birds.

Myrtaceae

164 *Psidium guajava* L. (LGM0012)
mapela; guava (E)
Observations: A small tree found in open places; the plant was originally introduce by Europeans for its fruits.
Use: (B1) The fruits are eaten by man.
(A3) A leaf-decoction boiled with other medicinal plants such as *tondobile* (41 *Crassocephalum vitellinum*) is used for jaundice.
(A3) A leaf-decoction or infusion is also taken for diarrhea.

Ochnaceae

165 *Ouratea arnoldiana* De Wild & Th. Dur. (LGM0239)
mubelekese (*mi-*)
Observations: A tree found in forest; leaves op-

posite, elliptic-lanceolate, 3 × 14 cm; flowers at the end of the stems in compound racemes; fruit 0.5 cm in diam.
Use: (C9) The tree is used for axe-handles and spear-handles.

166 *Ouratea* sp. (LGM0256)
mubelekese-wa-muashi (*mi-*)
Observations: A tree found in forest; leaves alternate, lanceolate, c. 2.5 × 14 cm; flowers in axillary racemes, fruits c. 5 mm in diam.
Remarks: This plant resembles *mubelekese* (#165 *Ouratea arnoldiana*), but a bit different.
Use: (C9) The wood is used for spear-handles, axe-handles and pestles.
Name etymology: "Female *mubelekese*." *muashi*: female.

Oleandraceae

167 *Nephrolepis bisserrata* (Sw.) Schott. (LGM0004)
'ilelelele (*bi-*)
Observations: A fern, found locally common on roadsides and in waste clearings.
Use: (B0) The plant was cooked and eaten when people felt hunger in the forest.
(D0) The plant is put in dirty water so as to make it clean; children who come to a well to fetch water sing a song of this plant.

Orchidae

168 unidentified (LGM0171)
'inamuu (*bi-*)
Observations: A small herb, often found growing on other trees; leaves solitary, c. 7 × 30 cm, petioles c. 15 cm long.
Use: (J0) No use recorded.

Oxalidaceae

169 *Biophytum helenae* Buscal. & Muschler (LGM0071)
'ilumbi (*bi-*); *'amalumbi* (*tu-*)
Observations: A small erect herb found on roadsides and in open places; 20–30 cm high, leaves pinnate, whorled.
Use: (A3) The plant is used for gastro-intestinal complaints as follows: 1) leaves are eaten raw; 2) raw leaves are eaten with roasted bananas; 3) a decoction of the plant and *ngoi* (#134 *Hibiscus cannabinus*) is taken in the morning and evening.
(A3) For treating *lukunga* or *lubesha*, a disease of children that makes the head very soft, the ash of leaves, mixed with other medicinal plants, is applied to the top of the head and to the upper palate.

170 *Oxalis corniculata* L. (LGM0087)
'ateku (*tu-*); yellow weed sorrel, creeping oxalis (E)
Observations: A short prostrate herb, commonly occurring around villages.
Use: (A0) The plant is used for toothache; the ash of the plant is mixed with powdered excrement of cattle, then applied to the carious cavities of teeth (*kabutetele*).
(C3) The mashed plant is used to cleanse copper products.

Palmae

171 *Calamus deerratus* Mann & Wendl. (LGM0267)
'itinga (*bi-*); *lububi*
Observations: A scrambling palm found in forest; long spines, 1–5 cm, on the midribs and the stems.
Use: (B4) The soft terminals of the stems are eaten raw or roasted as a vegetable.
(C7) The stem is used for making baskets (*kitunga*), chairs, beds, traps and so on.

172 *Eremospatha wendlandiana* Dammer ex Becc. (LGM0175)
lububi
Observations: A palm liane found in forest; many spines on the stems and leaves.
Use: (C7) A lot of things are made of the stem; deep baskets (*kitunga*) that women carry on their backs, shallow ones (*lungo*), carrying baskets for men (*musange* or *ndaa*), beds and chairs; also used as a binding material for house-construction.
(G0) A proverb: *Mukulu lububi, nte na mulimo wasigola mugo*; "The old people are *lububi*, they can be help for anything."

173 *Raphia* sp. (LGM0201)
ibondo (*ma-*); raffia palm (E)
Observations: A palm found in forest; some are cultivated in the village.
Use: (B8) The sap naturally turns into an alcoholic drink which is called by the same name

as the plant itself.
(C3) Threads are made from the fiber of the young leaves, from which clothes and ropes have been made in the past.
(C9) The petiole and leaf rachis are used in joinery, for making bed legs, chairs, doors and so on.
(CX) A strong string called *mu'inga* is taken from the outer covers of the stem; the string was used in traps before the introduction of wire and nylon ropes.

174 *Sclerosperma mannii* Wendl. (LGM0174)
lubishi (*m-*); *mbya*; *kimomo* (*bi-*) (shoot); *bukucha* (soft lower stem); *mutukulu* (*mi-*) (fruit)
Observations: A low palm with no trunk, found in forest; leaves more than 2 m high.
Use: (B1 B3 B4) The fruit, the shoot, and the soft part at the lower stem are eaten raw as vegetables.
(C0) The plant is used for hut-construction, as a material for covering the roofs, walls, and so on.
(H0 I0) Larvae called *poso* live in the dead stems, which are gathered as food; *poso* also live in the dead stem of oil palms and raffia palms.
(H1 I1) The fruit is eaten by giant rats, so is used as bait for trapping them.

Passifloraceae

175 *Adenia* sp. (LGM0145)
'amatonde (*tu-*)
Observations: A woody climbing shrub with tendrils, cordate leaves.
Use: (A8) A lot of sap is taken from the thick stem, which is used as an enema for pains in the lower abdomen.

Phytolaccaceae

176 *Phytolacca dodecandra* L'Hérit. (LGM0191)
luo
Observations: A shrub found in waste clearings; leaves alternate, broadly elliptic, c. 9 × 13 cm, tips mucronate.
Use: (A3) A leaf-decoction is given as an enema for intestinal complaints.
(A3) The young leaves mixed with the leaves of *ishubu* (#80 *Neoboutonia macrocalyx*) and *kibishe* (uncollected) are heated over a fire and taken by mouth as a purgative for cleaning bowels.

Piperaceae

177 *Piper capense* L.f. (LGM0025)
'asukuluki (*tu-*)
Observations: A tall soft shrub found in waste clearings; alternate leaves.
Use: (A3) A leaf-decoction is given as an enema for abdominal disorders called *panga*.

178 *Piper guineense* Schum. ex Thonn. (LGM0054)
bujululu; West African black pepper, guinea pepper (E); pilipili manga (Sw)
Observations: A soft shrubby climber occurring in forest; small round fruits, c. 0.5cm in diam., on spikes.
Use: (A7) A stem-decoction is used as an enema for abdominal complaints called *panga*.
(F1) The spicy seeds are used as a condiment.

179 *Piper umbellatum* L. (LGM0021)
ibilabondo (*ma-*)
Observations: A tall soft shrub occurring on roadsides and in waste clearings; large cordate leaves; spikes axillary umbels of three to six.
Use: (A3) A leaf-infusion is given as an enema for abdominal disorders.
(A4) The ash of the stems is rubbed into scarifications on various joints for the treatment of a children's disease called *ndeke*.

Plantaginaceae

180 *Plantago palmata* Hook.f. (LGM0107)
mbatama
Observations: A herb found on roadsides and in waste clearings; c. 30 cm high, flowers in a spike.
Use: (A3) The leaves are pounded to a paste, mixed with a bit of oil, and rubbed over the body for improving poor health.
(A3) A leaf-paste is also applied to the vagina for promoting conception.

Polygonaceae

182 *Polygonum mildbraedii* (Dam.) J. J. Symons (LGM0192)
ngandu
Observations: An erect herb, occurring on roadsides; c. 50 cm high, leaves alternate, lanceolate,

c. 2 × 5 cm; flowers in spikes.
Use: (A3) The pounded leaves are taken by mouth with cassava porridge (*ugali*) for a disease called *mu'ungulu* which causes a high fever and diarrhea, maybe chronic malaria; that disease is believed to afflict travelers in unfamiliar countries.

183 *Rumex abyssinicus* Jacq. (LGM0097)
mobelanaga (Mashi name, Lega vernacular unrecorded)
Observations: An erect herb found on roadsides.
Use: (A3) The leaf is used in vapor-baths for pains in the lower back; or the decoction is used as an enema; this treatment is also said to be effective against gonorrhea.

184 *Rumex bequaertii* De Wild. (LGM 0041, LGM0196)
mukwangakwanga (*mi-*)
Observations: An erect herb found on roadsides; small flowers in long spikes, c. 20–25 cm.
Use: (A5) The root is chewed or the ash of the roots is licked for tonsillitis (*kilimi*).

185 *Rumex* sp. (LGM0203)
'ashimbaluutu (*tu-*)
Observations: A herb found on roadsides; up to 2 m high, many flowers in panicles.
Use: (A3) The leaf-sap is used for ear pains; two kinds of leaf-paste are prepared, one is heated and the other not; first the liquid from the heated one is administered to the ear then the cold one is emploid.

Primulaceae

186 *Lysimachia ruhmeriana* Vatke (LGM0197)
muyobola (*mi-*) (Mashi name, Lega vernacular unrecorded)
Observations: A herb found on roadsides; flowers in a spike c. 15–20 cm long.
Use: (A3) A leaf-infusion, warmed a bit, is given to children for coughs.
(A3) Pregnant women take a leaf-decoction for easy delivery.

Pteridaceae

187 *Pteridium aquilinum* (L.) Kuhn (LGM0001)
'ishilu (*bi-*); bracken (E)
Observations: A fern found locally abundant on roadsides and in waste clearings.
Use: (A3) A leaf-infusion is given by enema as a purgative for cleaning bowels.
(A3) The shoot is pounded to a paste and applied to swellings.
(B3) The young shoots are eaten; they are pounded, sometimes mixed with other plants such as *itondo* or *ishewa* (#20 *Impatiens masisiensis*), wrapped with Marantaceae leaves then put on embers for cooking; they are seldom utilized today, regarded as a famine-food.
(C0) The plant is used to remove undesirable residue from wine; brewed wine is filtered through a pot with holes at the bottom and filled with the leaves.
(C0) The plant is used for the roofs and walls of temporary huts.

Rhamnaceae

188 *Gouania longispicata* Engl. (LGM0153)
'atiikunji (*tu-*)
Observations: A climbing shrub found in forest.
Use: (A3) A leaf-infusion is used as an enema for a disease of children called *lubesha* that makes the head very soft; it is also used for intestinal worms.
Name etymology: "A covering tree." *'ati*: a plant, *ku-ikunji*: to cover. The plant gathers together and makes a shadow under them.

Rosaceae

189 *Rubus pinnatus* Willd. var. *afrotropicus* Engl. (LGM0121)
luute
Observations: A shrub found in forest as well as in open places; leaves opposite, many prickles on the stems.
Use: (A3) A leaf-infusion is given to infants for intestinal worms which are called *mishigi* or *bishimu*.
(B1) The berries are eaten as food by humans.

Rubiaceae

190 *Bertiera subsessilis* Hiern (LGM0166)
'ashombo-mwitu (*tu-*)
Observations: A small tree found in forest as well as in clearings; leaves opposite, narrowly elliptic-lanceolate, c. 4.5 × 15 cm; small fruits c.

0.5–1 cm in diam., in spikes.
Use: (C9) The wood is used for house-construction.
(I1) The fruits are eaten by birds.
Name etymology: "Small *mushombo* of the forest." *mushombo*: #105 *Harungana madagascariensis*, *'a*: a diminutive, *mwitu*: forest.

191 *Canthium* sp. (LGM0140)
ibila (*ma-*); *mutandakyoya* (*mi-*)
Observations: A tree found in forest; leaves opposite, fruits c. 0.5 cm in diam., small flowers at the axils.
Use: (A6) A bark-infusion is used for abdominal pains; the bark pieces are put into water, left under the sun for a while, then given as an enema.
(C9) The wood is used for house-construction.
(H0 I0) Small ants called *bishise* often colonize the tree; they are used as bait for trapping fish.
(H1 I1) The fruits are eaten by birds; people set traps on the tree.
(G0) A proverb: *Mutandakyoya, taukambakilwa mu 'ishise*; "*Mutandakyoya*, it exists with *'ishise*."

192 *Canthium* sp. (LGM0113)
iuto (*ma-*)
Observations: A shrub found on roadsides and in open places; leaves opposite.
Use: (A3) A leaf-decoction is used as an enema for gastro-intestinal complaints.

193 *Diodia sarmentosa* Schwartz (LGM0065, LGM0124)
'iyumumu (*bi-*); *wasolelanyoko*
Observations: A herb found locally abundant on roadsides and common in clearings; leaves opposite, a troublesome weed of fields.
Use: (A3) A leaf-decoction is taken for tuberculosis (*mishilo*).
(A3) A heated stone is put in a leaf-macerate to warm it a bit, then the liquid is taken for stomach-aches.
Name etymology: "Tell your mother." *wasolela*: tell, *nyoko*: your mother.

194 *Galiniera coffeoides* Engl. (LGM0195)
lubondo
Observations: A small tree in forest; leaves opposite, lanceolate-elliptic, c. 4 × 15 cm, tips apiculate, petioles 2 cm; small flowers in cymes.
Remarks: Same vernacular plant: #198 (Rubiaceae, unidentified).
Use: (C9) The wood is used for house-construction and firewood.
(I1) The fruits are eaten by birds.

195 unidentified (LGM0154)
'akulu (*tu-*)
Observations: A small tree in forest; leaves lanceolate and oblong, apiculate, cuneate, petioles very short, c. 7 × 22 cm.
Use: (A1) Kernel oil is applied to the skin-eruptions (*pele* or *upele*).
(A6) A bark-decoction is taken for stomach complaints, and for severe diarrhea with consequent dehydration.
(C3) The leaves are used for thatching roofs.
(I1) The fruits are eaten by wild animals such as giant rats.

196 unidentified (LGM0167)
ibuka (*ma-*)
Observations: A small tree in forest; leaves opposite, elliptic-lanceolate, tips acuminate, c. 4 × 10 cm.
Use: (C9) The wood is used for spear-shafts (*ishumu*), and for house-construction; thin stems are used for game-traps.

197 unidentified (LGM0156)
'isanda (*bi-*)
Observations: A small to medium-sized tree found in forest; leaves lanceolate-oblong, c. 4 × 22 cm, apiculate.
Remarks: Same vernacular plants: *'isanda* (#259 unidentified).
Use: (A3) A leaf-decoction is used as an enema for treating jaundice (*binjani*).
(E6) The bark is used as a fish-poison; it is pounded and put into streams for paralyzing fish.

198 unidentified (LGM0178)
lubondo
Observations: A tree found in forest as well as in open places; leaves opposite, elliptic, sometimes broadly elliptic, c. 7–10 × 15 cm, tips apiculate.
Remarks: Same vernacular plant: #194 *Galiniera coffeoides*.
Use: (C9) The wood is used for house-construction and firewood.
(I1) The fruits are eaten by birds.

199 unidentified (LGM0157)
luelele
Observations: A small tree in forest; leaves narrowly elliptic, c. 3 × 13 cm, small flowers on racemes.

Use: (A3) A leaf-decoction, mixed with other medicinal plants, is used as an enema for epilepsy (*lungu*).
(C9) The wood is used for hut-construction.

200 unidentified (LGM0236)
nyanja
Observations: A tree found in forest; leaves whorled (three), elliptic c. 4–5 × 10 cm, tips apiculate; stems triangular.
Use: (A6) The bark-powder which is said to be salty is taken by mouth for abdominal complaints.
(C9) The wood is used for house-construction.

Rutaceae

201 *Fagara inaequalis* Engl. (LGM0282)
'anyabumbu (*tu-*)
Observations: A tall tree found in forest; leaves imparipinnate, leaflets elliptic-oblong, asymmetric, c. 6 × 22 cm, tips acuminate, petioles very short, less than 0.5 cm.
Use: (A6) A bark-decoction is used as an enema for severe diarrhea (*kalanda*), maybe due to the diseases such as cholera.
(C9) The wood provides planks and is used for bridges.

Sapotaceae

202 *Chrysophyllum* sp. (LGM0265)
bulonge
Observations: A tree found in forest; leaves oblong-elliptic, c. 5 × 18 cm, petioles c. 0.5 cm long, tips acuminate.
Use: (C9) The wood provides good planks.
(I1) The fruits are eaten by birds.

Scrophulariaceae

203 *Alectra senegalensis* Benth. (LGM0133)
mubembimulilukono (*ba-*)
Observations: An erect herb found on roadsides; many small coarse leaves on the stems.
Use: (A3) The leaf-ash is licked by children who suffer from a disease called *ndeke*, which causes a high fever and a frequent faint.
(A3) The leaves are boiled with other medicinal plants, then the decoction is given by enema to children who suffer from kwashiorkor (*bwoela* or *bwaki*).
(G0) A proverb: *Mubembi uli lukono, tashike mwabo mu shikalue*; "A man of leprosy destroys others, he does not like to stay home."
Name etymology: The vernacular comes from *mubembi-muli-lukono* meaning "a patient of leprosy destroys (other people)." *mubembi*: a patient of leprosy, *lukono*: to destroy.

Selaginaceae

204 *Selaginella* sp. (LGM0059)
'akalambwa (*tu-*); club moss (E)
Observations: A crawling fern found on roadsides and in waste clearings.
Use: (A3) The leaves decocted with the dried leaves of *matungulu* (#228 *Aframomum laurentii*) and the resin of *musuku* (#30 *Canarium schweinfurthii*), are used in baths for measles (*kalo*); this treatment is called *lubindi*.
(A7) The plant is used for snake-bites; the limb just above the wound is tightened up with the stem to stop the snake poison going up the body.

Smilacaceae

205 *Smilax kraussiana* Meisn. (LGM0115)
musulindi (*mi-*)
Observations: A climbing shrub found on roadsides as well as in forest; many prickles on the stem, leaves alternate.
Use: (C7) The stem which splits longitudinally is used for weaving baskets *lushi* (*n-*) (*kitunga* in Swahili), a shallow vessel *luibo* (*n-*) (*lungo* in Swahili), and mats *kikanga* (*bi-*) (*mukega* in Swahili).

Solanaceae

206 *Datura aureae* (LGM0034)
(vernacular name unrecorded)
Observations: A shrub found on roadsides and in villages, originally introduced by Europeans as an ornamental plant.
Use: (C0) This is cultivated as an ornamental plant for its large white flowers.

207 *Physalis angulata* L. (LGM0253)
butulituli; ground cherry (E)
Observations: A herb found in waste clearings and on roadsides; leaves alternate, ovate, c. 2.5 × 4 cm, petioles c. 4 cm long.
Use: (A3) A cold leaf-infusion is given to

children as an enema for intestinal worms.
(B1) The fruits called by the same name are eaten by humans.

208 *Solanum aculeastrum* Dunal (LGM0031)
lutobotobo; *ishibanjila* (*ma-*)
Observations: A small tree; yellow round fruit, many prickles on the stems and leaves.
Use: (A1) The ash of the seeds with a bit of salt added is licked for coughs.
(A1) Three fruits are infused and administered by enema as a purgative for cleaning bowels; the effect is so strong that only one cup is enough, and not usable for children; sometimes *ilelama* (#46 *Gynura ruwenzoriensis*) is used together to decrease the strength.
(C0) The plant is planted around fields to prevent goats or thieves from entering them with its sharp thorns.
(D1) The fruit is buried at a door step to keep evils off the house.
Name etymology: The vernacular comes from *ishiba-njila* meaning "a plant that close a path." *ku-shiba*: to close, *njila*: a road or path. See the usage (C0).

209 *Solanum dasyphyllum* Schum. & Thonn. (LGM0252)
'amboshanabubu (*tu-*)
Observations: A herb found on roadsides; many spines on the stems and leaves; tomentose; leaves c. 5 × 7 cm, roughly dentate.
Use: (A1) A fruit-infusion warmed by the sun is used as an enema for abdominal troubles (*panga*).
(A3) The plant is used for pains in the side abdomen, around the place of the spleen (*kiinga* or *kambalimbali*); the ash of the leaves is rubbed on scarifications made at the aching places.
Name etymology: "Ghost's *ambo*." *nabubu*: a ghost, *ambo*: a kind of edible vegetable. The plant bears fruits which look like *ambo*, but not edible.

210 *Solanum incanum* L. (LGM0223)
'asongo-'a-bululu (*tu-*)
Observations: A shrub found on roadsides, sometimes cultivated; leaves tomentose, ovate-lanceolate, c. 5 × 12 cm.
Use: (A1) The fruit is taken by mouth for stopping nausea.
(F1) The fruit is added to the dish of *ndelama* (# 22 *Basella alba*) as a seasoning.
Name etymology: "Bitter *'asongo*." *bululu*: bitterness. Another kind is called *'asongo-'a-ambo* (*Solanum* sp.), which is commonly cultivated as a vegetable.

211 *Solanum nigrum* L. (LGM0207)
mulunda (*mi-*)
Observations: A herb found on roadsides and in open places; leaves alternate, ovate-elliptic, tips apiculate, c. 2 × 6 cm, small black fruits, 2–3 mm in diam., in umbels between nodes of the stems.
Use: (B3) The leaves are cooked and eaten as a vegetable.

Tiliaceae

212 *Grewia mildbraedii* Burret (LGM0228)
mushingo (*mi-*)
Observations: A tree found in forest; leaves alternate, ovate-lanceolate c. 4 × 15 cm, tips caudate.
Use: (B1 I1) The fruits are eaten by humans and other animals.
(C6) The bark which easily comes off the trunk is used for making a shelter for sleeping in the forest.
(C9) The wood is used to make a fire building stick (*bukya*); the wood is also used for a torch; it burns very well even raw.

213 *Triumfetta cordifolia* Guill. & Perr. (LGM0014)
mu'unga (*mi-*)
Observations: A small tree or shrub occurring commonly on roadsides; dense hairs on large soft leaves.
Use: (A2) A flower-infusion is administered by enema as a purgative for cleaning bowels.
(A2)The flower is used to stop nausea; it is crashed and put into water, then taken by draught.
(A2) A decoction of the dried flowers is given to children who suffer from a disease called *ndeke*.
(C7) The stem provides a binding material for house-construction.
(C9) The wood is used for house-construction, firewood, and sticks with which a fire is built.

214 unidentified (LGM0160)
ishukue (*ma-*)
Observations: A tall tree found in forest; leaves opposite, undersurfaces whitish with brown nerves, elliptic, c. 5 × 10 cm, leaf-tip acuminate.
Use: (A6) A bark-infusion is used as an enema for intestinal worms. It is also given by draught to dogs for intestinal worms.

(C9) The wood provides good planks called *licheche*, and is used for making a lot of things like mortars, drums, slit-gongs, beer fermenting vessels (*mukenge*) and so on.

Truneraceae

215 *Stapfiella claoxyloides* Gilg (LGM0165)
muondobesha (*mi-*)
Observations: A herb occurring on forest floor as well as in open places; leaves alternate, ovate-lanceolate, c. 6 × 16 cm, serrate.
Use: (A3) A leaf-infusion is used as an enema or a wash for skin-eruptions (*upele*); sometimes the leaves are roasted and taken with bananas.
(A3) The leaves with other medicinal plants are used in vapor-baths to cure a children's disease called *ndeke*; the decoction is administered by enema after bathing in it.

Ulmaceae

216 *Celtis dubia* De Wild. (LGM0218)
mwingili (*mi-*)
Observations: A tree found in forest; leaves alternate, ovate-lanceolate, acuminate, c. 3–4 × 12–15 cm.
Use: (A3) The leaves are pounded and added *makali*, salty black liquid made from the ash of banana stem skin, then rubbed on skin-affections called *lubenja* that causes large white spots on the head.
(C9) The wood is used for a musical instrument called *kasambi* or *likembe*, which is made of a small wooden box with several pieces of iron wire of various length and played by plucking them with both thumbs.
(H0 I0) The leaves are eaten by caterpillars called *mishigi* that are gathered and eaten by the Lega.
(H1 I1) The fruits are eaten by birds, and used as bait in bird-traps.

217 *Trema orientalis* (L.) Blume (LGM0029, LGM0102)
nawishomea; *nawibingila*; charcoal tree or Indian nettle tree (E)
Observations: A tree found on roadsides as well as in forest; leaves alternate.
Use: (A3) A leaf-decoction is used as an enema, or taken in draught for jaundice (*binjani*).
(A3 A9) A leaf-decoction is taken for fractures; or the ash of the wood is applied to the broken parts.
Name etymology: *Nawi-shomea*; "a tree which stands firmly." *ku-shomea*: to stand, *nawi*: a thing which has (something). *Nawi-bingila*; "a tree which has laws." *bingila*: to give laws to oneself.

Umbelliferae

218 *Hydrocotyle bonariensis* Lam. (LGM0076)
mwenemubukindu (*be-*)
Observations: A short herb, c. 20–30 cm high, found on roadsides; a solitary round leaf.
Use: (A3) Sap of the leaves is used as eye-drops for sore eyes.
(A3) The leaves are pounded to a paste which is applied to fractures. The leaf-paste is also applied to swellings and boils; when the boils are large they will burst quickly.
Name etymology: "The owner of an abandoned village." *bukindu*: an abandoned village. This plant grows much in abandoned villages.

219 *Hydrocotyle confusa* H. Wolff (LGM0098)
wakilawapa
Observations: An erect herb, 20–30 cm high, found on roadsides.
Use: (A3) A leaf-decoction is taken for stomach and intestinal pains.
(D3) When a conflict takes place in a village, the plant is used to reconcile those who oppose each other; the pounded leaves are added into beer and served to the people in the village.

220 *Hydrocotyle* sp. (LGM0044)
bula-bwa-iyula
Observations: A short herb, c. 20 cm high, found on roadsides.
Use: (A3) Leaf-sap is dripped into sore eyes.
Name etymology: "A frog's intestines." *bula*: intestines, *iyula*: a frog.

Urticaceae

221 *Urera cameroonensis* Wedd. (LGM0221)
musamba (*mi-*)
Observations: A woody climber found in forest; leaves alternate, elliptic, tips apiculate, c. 8 × 17 cm, petioles 2–5 cm long.
Use: (B3) The plant is cooked with *ndelama* (#22 *Basella alba*) when *kibishe* (uncollected) is unavailable; the latter is usually more preferred

than this plant.
(C7) The stems are used for making fishing-nets.

222 unidentified (LGM0030)
mubululu (*mi-*); *kundukundu*
Observations: An erect herb found on roadsides; leaves opposite, petioles c. 5–6 cm, tomentose; often a weed of crop fields.
Use: (B3) The young leaves are eaten as a vegetable; they are wrapped with Marantaceae leaves and put on embers for cooking.

Usneaceae

223 *Usnea* sp. (LGM0273)
ishuo (*ma-*)
Observations: A lichen found growing on other trees in forest.
Use: (C0) The plant is used for building a fire because it lights very easily.
(C0) It is filled into the holes and cracks of pots for repairing.

Verbenaceae

224 *Clerodendrum bucholzii* (Gürke) (LGM0075)
'i'utabatemi (*bi-*)
Observations: A shrub found on roadsides; leaves opposite, often growing on crop fields in quantity.
Use: (A3) A decoction of the leaves mixed with other medicinal plants is given to pregnant women by draught or by enema for easy delivery.
(G0) A proverb: *'I'utabatemi ali mawkono tali na mbiilila*; "*'I'utabatemi* can hurt somebody, but not severely."
Name etymology: *'I'uta-batemi*; "a thing that makes farmers tired." *'i'uta*: to make tired, *batemi*: farmers.

225 unidentified (LGM0198)
'amuchamucha (*tu-*)
Observations: A woody climber found on roadsides; leaves opposite, asymmetric, elliptic, c. 5 × 12 cm, apiculate.
Use: (A3) A leaf-decoction is given by enema for abdominal pains.

Vitaceae

226 *Cissus ukerewensis* Gilg. (LGM0078)
mukandakanda (*mi-*)
Observations: A climbing herb found on roadsides.
Remarks: Same vernacular plant: #65 *Curcurbitaceae sp.*
Use: (A5) The powder of dried root is licked by pregnant women for easy delivery; or sometimes an infusion of root powder is used in baths for that purpose.
(A6) Bark-powder is put into *musululu* drink which is given to children suffering from bronchitis and pneumonia.

227 *Cissus* sp. (LGM0106)
mutimbwa (*mi-*)
Observations: A climbing shrub found in forest; leaves compound and alternate.
Use: (A3) The ash of the leaves is licked by pregnant women for easy delivery.
(A3 A5) Pregnant women use a leaf-decoction as an enema for cleaning bowels; also they use a root-decoction by enema for easy delivery; and it is emploied for curing a kind of epilepsy (*lungu*).
(J0) This plant is said to belong to the same category as *mukandakanda* (#65 Cucurbitaceae sp., and #226 *Cissus ukerewensis*), but *mutimbwa* is considered to have stronger medicinal effects than *mukandakanda*.

Zingiberaceae

228 *Aframomum laurentii* J. Thon. (LGM0003)
itungulu (*ma-*); *tolo* or *ntolo* (fruit)
Observations: A tall erect herb occurring commonly on roadsides as well as in forest undergrowth; more than 2 m in height; red aromatic fruits at the foot of the plant.
Use: (A4) A decoction of the dried stem is used for measles, together with other medicinal plants such as *'akalambwa* (#204 *Selaginella sp.*) and *musuku* (#30 *Canarium schweinfurthii*).
(A8) The liquid squeezed from the pith is dripped into the eyes to treat jaundice.
(B1) The fruit is eaten raw as a refreshment; it has an agreeable sour taste.
(C0) The plant is used for house-construction, particularly for hut-roofs.
(C0 D0) The plant is used to make *kipondo*, a stick that ordinary initiation candidates carry in

the parade. See #143.
(C3) The leaf is used for wrapping things.

229 *Costus dewevrei* De Willd. & Th. Dur. (LGM0028)
ilenge-lya-bakabo (*ma-*)
Observations: A tall robust herb, occurring commonly on roadsides as well as in forest; more than 2–3 m high.
Use: (A4) The plant is used for curing abdominal complaints called *panga*; the liquid extracted from pounded stems is taken by draught, or used as an enema.
(B8) The stem contains sweet sap and children enjoy sucking it just like sugar cane.
Name etymology: "Ancestor's sugar cane." *ilenge*: sugar cane, *bakabo*: ancestors.

Unidentified plants

230 unidentified (LGM0269)
'abungushimya (*tu-*)
Observations: A woody climber found in forest; leaves alternate, compound, three leaflets in each, petioles 4–10 cm; leaflets ovate-elliptic, c. 5 × 12 cm.
Use: (C9) The tree provides firewood.
Name etymology: *'A-bungu-shimya*; "a village inhabited only by one person." *'a*: a diminutive, *ku-bunga*: to move, *ku-shimya*: to extinguish. Those who have moved away put off the fire.

231 unidentified (LGM0283)
'achinga (*tu-*)
Observations: A tree found in forest; leaves alternate, elliptic, c. 6 × 13 cm, tips acuminate, petioles c. 1 cm long.
Use: (C9) The wood is used for house-construction.
(I1) The fruits are eaten by birds.

232 unidentified (LGM0231)
'akata (*tu-*)
Observations: A woody climber found in forest; leaves opposite, oblong-lanceolate, acuminate, c. 3 × 15 cm.
Use: (B1 I1) The fruits, called by the same name, are eaten by man and monkeys.

233 unidentified (LGM0258)
'alyababinga (*tu-*)
Observations: A woody climber found in forest; leaves opposite, elliptic to ovate, c. 6 × 16 cm, petioles 2–3 cm long, short hairs on the stems.
Use: (B1) The fruits, called by the same name, are eaten by human beings, particularly by hunters in the forest.
(C7) The stems are used for making the frames of large baskets (*kitunga*).
Name etymology: *'Alya-babinga*; "hunters' food." *'alya*: food, *babinga*: hunters.

234 unidentified (LGM0083)
'ama'ingi (*tu-*)
Observations: A small tree found in forest and waste clearings; leaves opposite.
Use: (A3) The plant is used for abdominal complaints; in case of children a leaf-decoction is given as an enema and in case of adults the decoction, or raw leaves, are taken orally.

235 unidentified (LGM0305)
'amatonde (*tu-*)
Observations: A climbing herb or shrub found on roadsides; tendrils; leaves alternate, round c. 1.5–3 cm.
Use: (J0) No usage recorded.

236 unidentified (LGM0162)
'anianjoku (*tu-*)
Observations: A tall tree found in forest; leaves alternate, entire, oblong-lanceolate, c. 6 × 16 cm, apiculate, petioles c. 2 cm long.
Use: (C9) The wood is used for planks, bridges and so on.
Name etymology: "A plant of elephants." *ani*: a plant, *njoku*: an elephant or elephants.

237 unidentified (LGM0188)
'ase'ese'e (*tu-*)
Observations: A tree found in forest; compound leaves, alternate, three leaflets, lanceolate to elliptic, c. 5 × 15 cm, tips apiculate.
Use: (C9) The wood is used for house-construction and firewood.
(H3 I3) The leaves are eaten by caterpillars called *'ase'ese'e* which the Lega gather and eat.

238 unidentified (LGM0249)
'asukule (*tu-*)
Observations: A shrub or short tree found in forest as well as on roadsides; leaves alternate, lanceolate, c. 1.5–2 × 5–7 cm, a few small fruits at axils.
Use: (A3) The leaves are cooked with cassava flour and the flour called *bulo* or *uleji*, that is reddish in color, then eaten with *kokoliko* seeds when a woman has too much menstrual bleeding *bulumbu*.

(C3) The plant is used as a red dye; cloths are put in a leaf-infusion.
Name etymology: "A plant that makes a good color." *ku-suka*: to make a good color.

239 unidentified (LGM0288)
'ati-'a-mambwe (*tu-*)
Observations: A short tree found on roadsides as well as in forest; leaves lanceolate, c. 4 × 17 cm, tips acuminate, petioles 1–2 cm; fruits 5 mm in diam, in racemes.
Use: (C0) The tree is used for hedges because it roots easily.
(C9) The wood is used for house-construction, especially for toilets.
Name etymology: "Wood of the toilet." *ati*: a tree, *mambwe*: a toilet.

240 unidentified (LGM0217)
'atondo (*tu-*)
Observations: A small tree found in forest as well as on roadsides; leaves opposite, oblong-lanceolate, c. 4–5 × 15 cm; fruits c. 1 cm in diam.
Use: (A6) A bark-decoction is used as an enema for malaria.
(A6) Bark-powder is put into *mutobe* drink (banana juice before fermentation into an alcoholic drink) and taken for intestinal worms.

241 unidentified (LGM0281)
'aumbilabise (*tu-*)
Observations: A woody climber found in forest; leaves compound, 25 × 35 cm; leaflets nine to eleven, elliptic to oblong, c. 3.5 × 13 cm, caudate, petioles 0.5 cm.
Use: (C7) The stem is used for making *bise*, a ring of 20 cm in diam., which is attached to both ends of a rope for climbing up the oil palm tree.
Name etymology: "A plant for bending *bise*." *ku-umba*: to bend. See the usage.

242 unidentified (LGM0129)
bembe
Observations: A herb found on roadsides.
Use: (A3 A4) An infusion of the leaves and stems is given to children by enema for intestinal worms.
(A3) For a person who has lost consciousness, leaf-sap is given orally; or the leaves are rubbed and sniffed up the nose of the patient, emitting a strong smell which helps the person to regain consciouness.

243 unidentified (LGM0176)
benjebenje
Observations: A climbing herb found in forest; tendrils; leaves lanceolate.
Use: (A3) The pounded leaves are added to local beer such as *kasikisi* (a beer made of bananas), *ngazi* (palm-wine of oil-palm) and *musululu* and taken for treating male impotence.

244 unidentified (LGM0200)
bomba-bwa-ngoi
Observations: A climbing herb found in forest; tendrils; leaves alternate, compound, 4–5 leaflets; leaflets lanceolate to elliptic, c. 2–3 × 6–8 cm.
Use: (A3 A5) The root and the leaves are pounded and put in water which is taken for diarrhea.
(C3) The leaves mixed with some meat such as rat are fed to dogs for making their sense of smell sharper.
(D5) The plant has a magical power for succeeding in tough negotiations or debates; the root is chewed before the negotiation or debate.
Name etymology: "The smell of leopards." *bomba*: smell, *ngoi*: a leopard.

245 unidentified (LGM0088)
bombwe
Observations: A climbing herb found on roadsides; leaves opposite.
Remarks: Same vernacular plant: #48 *Mikania cordata*.
Use: (A3) The knee-joints are rubbed over with the leaf for relieving pains; and the leaf is eaten raw for stomach and intestinal pains.

246 unidentified (LGM0264)
iboka-lya-mulume (*ma-*)
Observations: A tree found in forest; leaves opposite, lanceolate to elliptic, c. 3.5 × 10 cm, tips acuminate.
Remarks: Related plant: *iboka-lya-muashi* (uncollected). It is said that *mulume* (male) is black, while *muashi* (female) is white.
Use: (A3) The vapor of leaf-decoction is applied to sore eyes; or the liquid is given as a wash to the eyes.
(C9) The wood is used for house-construction, spear-handles (*shati*), pestles (*mishi*) and so on.
Name etymology: "Male *iboka*." *mulume*: male. See Remarks.

247 unidentified (LGM0209)
ilonde (*ma-*); *lukoshi*; *kilombilo* (*bi-*) (fruit)
Observations: A tree found in forest; leaves com-

pound, c. 15 × 20 cm, 6–9 leaflets, imparipinnate, alternate; leaflets ovate-lanceolate c. 2.5 × 10 cm, tips apiculate.
Use: (A1 B1 I1) The fruit is eaten as food and also taken for "increasing blood"; the fruit has bloody color; the fruits are eaten by monkeys.
(C9) The wood is used for house-construction and firewood.

248 unidentified (LGM0179)
isasa-lya-atengetenge (*ma-*)
Observations: A tree found in forest; many spines on the stem; leaves opposite, ovate-lanceolate, 3.5 × 8 cm, tips apiculate, petioles 3 cm.
Use: (C9) The wood is used for house-construction and firewood.
(H1 I1) The fruits are eaten by birds, and so is used as bait in traps.

249 unidentified (LGM0204)
isasa-lya-muashi (*ma-*)
Observations: A tree found in forest; leaves alternate, ovate, c. 8 × 11 cm, tips apiculate, serrate, petioles 2–6 cm long.
Use: Same usage as *isasa-lya-atengetenge* (#248 unidentified).
Name etymology: "Female *isasa*." *muashi*: female. Also called *isasa-lya-iashi*; *iashi* is an adjective meaning female.

250 unidentified (LGM0206)
isasa-lya-mulume (*ma-*); *isasa-lya-ashibondo* (*ma-*)
Observations: A medium-sized tree found in forest; leaves alternate or spirally arranged, oblong-ovate, c. 6 × 17 cm, tips apiculate, petioles 5–7 cm.
Remarks: There are three types of *isasa*. It is said that "male" *isasa* has light-colored bark, while "female" *isasa* is dark, and *katengetenge* has prickles; however, all have the same uses.
Use: Same usage as *isasa-lya-muashi* (#249 unidentified) and *isasa-lya-atengetenge* (#248 unidentified).
Name etymology: "Male *isasa*." *mulume*: male.

251 unidentified (LGM0248)
isesa (*ma-*)
Observations: A tree found in forest; leaves opposite, elliptic, tips apiculate, cuneate at base, slightly serrate, c. 6 × 13 cm; flowers in spikes from axils.
Use: (C9) Combs are made of the wood.
(D0) It is believed that if a piece of the tree is thrown into a house, those who live in the house would begin to quarrel.

252 unidentified (LGM0068)
'ienda (*bi-*)
Observations: A trailing herb; flowers yellow, c. 1 cm across.
Use: (A1) The plant is used for breast pains; the seeds are chewed and spitted out several times on the breasts.
(A3) Mashed leaves are taken for stomach-aches or put in a tooth cavity for relieving toothache.

253 unidentified (LGM0151)
'ikangelamili (*bi-*)
Observations: A tree found in forest; very large leaves, c. 12 × 35 cm.
Use: (C3) The leaves are good for wrapping crabs (*mili*) as the vernacular name suggests.
(C9) The wood is used for house-construction.
Name etymology: "A plant for wrapping crabs." *ku-kanga*: to wrap, *mili*: crabs.

254 unidentified (LGM0254)
'ikindama (*bi-*)
Observations: A tree found in forest; leaves elliptic to lanceolate, c. 3.5 × 9 cm, petioles 2–3 cm long, serrate.
Use: (C9) The wood is used for house-construction, firewood, and provides good charcoal.

255 unidentified (LGM0298)
'ilelemba (*bi-*)
Observations: A shrub or woody climber found in forest; leaves alternate, elliptic to lanceolate, c. 3.5 × 10 cm, tips acute, round at base, petioles very short, less than 5 mm.
Use: (C7) The stem is long and durable, so is used for making the round roof of a round-shaped house (*'asonge*).

256 unidentified (LGM0055)
'ilendea (*bi-*)
Observations: A tree found in forest; seeds large and round, about 3 cm in diam.; leaves alternate.
Use: (A1) The seeds are said to enhance male sexual strength; they are scraped with a knife then mixed with other food to eat.
(C9) The wood provides good planks, called *kiba*.
Name etymology: "A thing which tastes very slippery." *ku-lenda*: to make slippery.

257 unidentified (LGM0119)
'i'o'ote (*bi-*)
Observations: A tall tree found in forest; leaves opposite.
Use: (A6) The bark-powder is put into *mutobe* (a banana juice before fermentation into an alcoholic drink) then taken for intestinal worms.
(A8) White sap is taken with *mutobe* as a tonic for men.
(C9) The wood is good for house-construction and firewood.
(H0) Edible mushrooms called *bukoko* grow on the fallen trunks.

258 unidentified (LGM0260)
'isale (*bi-*)
Observations: A tree found in forest; leaves alternate, oblong-elliptic, c. 7 × 22 cm, caudate, petioles 1 cm long.
Use: (C9) The wood is durable and used for construction; and provides good firewood.

259 unidentified (LGM0060)
'isanda (*bi-*)
Observations: A tree found in forest; leaves oblong-lanceolate, alternate.
Use: (A6) A bark-decoction is used as an enema for jaundice.
(C9) The wood is used for planks and house-construction.
(E6) The bark is used as a fish-poison; the pounded bark is put into small streams to paralyze the fish there.

260 unidentified (LGM0294)
'isengesenge (*bi-*); *'i'omba* (*bi-*)
Observations: A tree found in forest; leaves spirally arranged, ovate-elliptic, c. 6 × 21 cm, tips obtuse or slightly acute, petioles 1 cm.
Use: (B1 I1) The fruits are eaten by man and monkeys.
(C9) The wood provides good planks.

261 unidentified (LGM0262)
'i'usu (*bi-*)
Observations: A woody climber found in forest; leaves opposite, elliptic, c. 4 × 8 cm, tips apiculate, petioles 0.5 cm long.
Use: (C7) The fibers of the stem is used as a binding material in house-construction; the thick stem is split into fibers when beaten hard.
(C7) Fish traps (*bigoni*), baskets (*kitunga*) and other things are made of the stem fibers.

262 unidentified (LGM0139)
'isu (*bi-*)
Observations: A tree found in forest as well as in bush; leaves opposite, round black fruits c. 1 cm in diam.
Use: (A6) A bark-infusion is used for children's diarrhea; the bark pieces are put into water and exposed to the sun until the evening; then the liquid is given by enema.
(C9) The wood is used for hut-construction.
(H1 I1) The fruits are eaten by birds; so are used as bait for trapping them.

263 unidentified (LGM0101)
'iyasaashi (*by-*)
Observations: A tree found in forest; leaves opposite.
Use: (A9) Wood-ash with a bit of salt added is licked for coughs.
(C9) The wood is used for house-construction and firewood.

264 unidentified (LGM0257)
'iyungangoshi (*bi-*)
Observations: A tree found in forest; leaves whorled at the terminal of the stem, elliptic-ovate, 10 × 17 cm, tips apiculate, petioles 3–5 cm long.
Use: (C6) The strips of the bark are used for the brow-bands for carrying baskets on the back.
(C9) The wood is used for joinery, such as making door frames.

265 unidentified (LGM0120)
luambalamasa
Observations: A woody climber found on roadsides.
Use: (A7) A stem-decoction is used as an enema for hemorrhoids (*panga*).
(D7) When a woman has borne her husband twins, he wears a ring made of the stem on his shoulder to show the fact to other villagers; he can play a joke on or speak ill of others freely because having twins is a quite respectful matter.
Name etymology: *Luambula-masa*; "a thing which is worn for twins." *ku-ambula*: to wear, *masa*: twins. See the usage (D7).

266 unidentified (LGM0199)
lukongo
Observations: A climbing herb found in forest; leaves opposite, narrowly elliptic, tips apiculate, c. 3.5 × 8 cm.
Use: (A6) A reddish bark-infusion is taken as a purgative for cleaning bowels.

267 unidentified (LGM0155)
lulamilumo
Observations: A crawling herb found on roadsides; leaves opposite, cordate, c.1.5 × 2.5 cm, hairs on the stems.
Remarks: Same vernacular plant: #50 *Senecio chlorocephalus*.
Use: (D3) The plant is believed to bring good luck; people chew the raw leaf for assuring success in love or for something else.
Name etymology: *Lulami-lumo*; "one tongue." *lumali*: a tongue, *lumo*: one. The shape of the leaf looks like a tongue.

268 unidentified (LGM0275)
lulanga
Observations: A tree found in forest; leaves alternate, elliptic-oblong, c. 6–7 × 20 cm, tips acuminate, petioles very short, 0.5 cm; the bast is yellowish.
Use: (A3 A6) The leaves are used in vapor-baths for jaundice (*binjani*). Or bark-sap is dripped into the eyes for it.
(C9) The wood is used as firewood.
(D0) It is said that if a stick of the plant is set in a field secretly, all crops there would go dry up.

269 unidentified (LGM0291)
lushie
Observations: A tall tree found in forest; leaves alternate, ovate, 5.5 × 18 cm, tips apiculate, almost no petiole.
Use: (C9) The wood is used for house-construction and firewood.
(H0 I0) The leaves are eaten by the caterpillars called *mishigi* which are gatherd and eaten by the Lega.

270 unidentified (LGM0286)
lushimyambulu
Observations: A tree found in forest; leaves opposite, elliptic-lanceolate, c. 4 × 9 cm, tips acuminate, no petioles, tomentose.
Use: (C9) The wood is used for firewood.
(I1) The fruits are eaten by birds.

271 unidentified (LGM0246)
lwashi
Observations: A tree commonly occurring in secondary forest; leaves alternate, elliptic, c. 6.5 × 13 cm, petioles 1 cm.
Use: (A3 D3) The leaves are used in vapor-baths for curing a person possessed by evils; sometimes leaf-sap is dripped on the top of the head or into the nose.

272 unidentified (LGM0245, LGM0278)
muapu (*mi-*)
Observations: A tree found in forest; the wood is flexible; leaves opposite, oblong-elliptic, c. 3.5–7 × 13–15 cm, tips apiculate; quite small fruits on the axils.
Use: (C9) The stems are used as *fito* for house-construction; they are thin poles horizontally attached to the walls for plastering mud on them; fishing rods (*tulindi*) is also made of the stem.

273 unidentified (LGM0126)
mu'ala'ala (*mi-*)
Observations: A tall tree found in forest as well as in open places; leaves alternate.
Use: (A6) A root-decoction is used as an enema for dysentery; 4 cups of water are boiled off away until there remain 2 cups of the liquid.

274 unidentified (LGM0274)
mugunguli (*mi-*)
Observations: A small tree found in forest; leaves alternate, ovate 4 × 8–9 cm, slightly serrate, petioles 0.5–1 cm, tips acuminate.
Use: (A3) A leaf-decoction is used as an enema for jaundice and for stomach complaints.
(A6) The bark is taken with the fruit of *matungulu* (#228 *Aframomum laurentii*) as a purgative for cleaning bowels.
(A6) A cup of bark-infusion is administered by enema for gonorrhea.

275 unidentified (LGM0290)
muole (*mi-*)
Observations: A tree found in forest; leaves alternate, oblong-lanceolate, c. 3 × 18 cm, tips acuminate, petioles 0.5 cm.
Use: (C6) Brow-bands for carrying baskets on the back are made of the bark strips.
(C9) The wood is used for house-construction.

276 unidentified (LGM0284)
muowe (*mi-*)
Observations: A tree found in waste clearings; leaves alternate, round to cordate, c. 11 × 15 cm, tips apiculate, petioles 3–5 cm long, short hairs on the stems.
Use: (C9) The wood is used for a musical instrument called *likembe*; it is also used for house-construction and firewood.

277 unidentified (LGM0241)
museme-wa-mulume (*mi-*)
Observations: A woody climber; leaves opposite, elliptic to ovate, 3.5 × 8 cm; tomentose.

Use: (A3 D3) The plant is said to provide a medicine for *mulonge*, a disease caused by a sorcerer who uses the bamboo plant (*mulonge*) to get a poison for his sorcery; a cold leaf-infusion is rubbed on the boils of *mulonge* or over the scarifications made around them.

278 unidentified (LGM0183)
mushiki-wa-ele (*mi-*); *ele* or *ma'u* (fruit)
Observations: A woody climber, found on roadsides; leaves lanceolate, tips caudate, c. 2.5 × 13 cm, flowers in a small cluster at the bifurcations of the stems; yielding a white latex.
Remarks: Maybe Apocynaceae plant.
Use: (B1 I1) The fruits are eaten by man and monkeys.
(C8) The white latex was exported in the past as a material for making rubber.
Name etymology: "*Ele*'s liana." *ele*: the fruit of this plant, *mushiki*: a climber.

279 unidentified (LGM0251)
mwenemaa (*mi-*)
Observations: A tree found in forest; leaves alternate, ovate-elliptic, c. 4 × 11 cm, tips apiculate, petioles 0.5 cm.
Use: (C9) The wood is used for poles and other things emploied in house-construction.
Name etymology: "A plant that grows in the village called *Maa*." *mwene*: the owner of (something), *Maa*: a village name.

280 unidentified (LGM0084)
obya
Observations: A climbing herb found on roadsides; leaves opposite; hard stems.
Use: (A7) An infusion of burnt stem is used as an enema for stomach and intestinal pains.

281 unidentified (LGM0122)
osongoshi
Observations: A herb found on roadsides.
Use: (A3) A leaf-infusion is given as an enema to infants for intestinal worms.

282 unidentified (LGM0293)
pona (*ba+*); *muanjoka* (*mi-*); polomosha (Sw)
Observations: A tree found in forest; leaves spirally arranged, cordate to elliptic, c. 8 × 10 cm, serrate, tomentose; the surface of the trunk is very slipperly.
Use: (C9) The wood is used for making *mutumbu-wa-mwamba*, a device to control the water level of fish breeding ponds.
Name etymology: *M-ua-njoka*; "a tree to slip down the snakes." *ku-ua*: to slip down, *njoka*: a snake.

283 unidentified (LGM0093)
sangani
Observations: An erect herb found on roadsides.
Use: (A3) The leaves are pounded and applied to swellings.
(A3) A leaf-decoction is taken for stomach and liver complaints.

284 unidentified (LGM0137)
teyamutima
Observations: A climbing shrub found on roadside; leaves opposite.
Use: (A3) The leaves are smoked for treating excess heart pulsations; or a leaf-decoction is taken twice a day, in the morning and evening.
Name etymology: *Teya-mutima*; "a plant to cure the heart." *ku-teya*: to cure or to calm down, *mutima*: a heart.

285 unidentified (LGM0242)
tongatonga
Observations: A tree found in forest; leaves alternate, oblong-ovate, c. 5.5 × 23 cm, petioles very short, tips caudate.
Use: (C4 C8) The sap affects human skin and leaves welts on it, so was used to draw patterns like tattoos on the skin, and the leaf-stalk was used for prickling the skin.
Name etymology: "Tip." *tonga*: a tip or a point (of something).

286 unidentified (LGM0277)
tungu; *ipinji* (*ma-*)
Observations: A woody climber found in forest; leaves elliptic, c. 2.5 × 6 cm.
Use: (C7) Traps for large game such as buffaloes are made of the stems.

287 unidentified (LGM0026)
umba
Observations: A small tree found on roadsides and in secondary growth; leaves alternate, ovate or elliptic, 1–2 × 2–3 cm, apiculate.
Use: (A3) The leaves are eaten raw for relieving abdominal pains.
(C9) The plant is good as a building material and firewood.

Appendix 2. Index to scientific names.

Scientific name	Family	Plant No.
Acanthus pubescens Engl.	Acanthaceae	1
Achyranthes aspera L. var. *sicula* L.	Amaranthaceae	11
Adenia sp.	Passifloraceae	175
Aframomum laurentii J. Thon.	Zingiberaceae	228
Ageratum conyzoides L.	Compositae	37
Albizia gummifera (J. F. Gmel.) C. A. Sm.	Leguminosae	115
Alchornea cordifolia (Schum. & Thonn.) Müll. Arg.	Euphorbiaceae	73
Alchornea sp.	Euphorbiaceae	74
Alectra senegalensis Benth.	Scrophulariaceae	203
Anthericum sp.	Liliaceae	130
Anthocleista grandiflora Gilg	Loganiaceae	132
Arthrosamanea leptophylla (Harms) Gilbert & Boutique	Leguminosae	116
Arundinaria alpinia Schumann	Gramineae	90
Aspilia kotschyi (Sch. Bip.) Oliv.	Compositae	38
Asplenium africanum Desv.	Aspleniaceae	181
Ataenidia conferta (Benth.) Milne-Redh.	Marantaceae	136, 137
Basella alba L.	Basellaceae	22
Begonia ampla Hook.f.	Begoniaceae	23
Begoina meyeri-johannis Engl.	Begoniaceae	24
Bertiera subsessilis Hiern	Rubiaceae	190
Bidens pilosa L.	Compositae	39
Biophytum helenae Buscal. & Müschler	Oxalidaceae	169
Bridelia stenocarpa Müll. Arg.	Euphorbiaceae	75
Brillantaisia nyanzarum Burkill	Acanthaceae	2
Brillantaisia patula T. Anders.	Acanthaceae	3
Calamus deerratus Mann & Wendl.	Palmae	171
Canarium schweinfurthii Engl.	Burseraceae	30
Canthium sp.	Rubiaceae	191, 192
Casearia cf. *engleri* Gilg	Flacourtiaceae	88
Cassia kirkii Oliv. var *guineensis* Bisteyaert	Leguminosae	117
Celtis dubia De Wild.	Ulmaceae	216
Chlaris gayana Kunth.	Gramineae	91
Chrysophyllum sp.	Sapotaceae	202
Cissampelos macrosepala Diels.	Menispermaceae	152
Cissus ukerewensis Gilg	Vitaceae	226
Cissus sp.	Vitaceae	227
Cleome sp.	Capparidaceae	32
Clerodendrum bucholzii (Gürke)	Verbenaceae	224
Coelachne africana Pilger	Gramineae	92
Cogniauxia trilobata Cogn.	Cucurbitaceae	60
Coleus varifolius De Wild.	Labiatae	110
Commelina benghalensis L.	Commelinaceae	34
Cordia ovalis R. Br.	Borraginaceae	29
Costus dewevrei De Wild. & Th.Dur.	Zingiberaceae	229
Crassocephalum bubense S. Moore	Compositae	40
Crassocephalum vitellinum (Benth.) S. Moore	Compositae	41
Cuscuta sp.	Convolvulaceae	57
Dacryodes edulis (G. Don) H. J. Lam	Burseraceae	31
Datura aureae	Solanaceae	206
Desmodium adscendens (Sw) DC.	Leguminosae	118
Dichrocephala integrifolia (L.f.) Kuntze	Compositae	42
Dicranopteris linearis (N. L. Burm.) Underw.	Gleicheniaceae	89

Digitaria horizontalis Willd.	Gramineae	93
Digitaria sp.	Gramineae	94,95
Diodia sarmentosa Schwartz	Rubiaceae	193
Dioscorea minutiflora Engl.	Dioscoreaceae	69
Dioscorea sp.	Dioscoreaceae	70,71,72
Dissotis brazzae Cogn.	Melastomataceae	144
Dissotis hensii Cogn.	Melastomataceae	145
Dissotis irvingiana Hook.	Melastomataceae	146
Dracaena afromontana Mildbr.	Agavaceae	9
Dracaena nitens Welw.	Agavaceae	10
Drymaria cordata (L.) Willd.	Caryophyllaceae	33
Dyschoriste perottetii (Nees) A. Ktze	Acanthaceae	4
Elaeophorbia drupifera (Thonn.) Stapf	Euphorbiaceae	76
Ensete sp.	Musaceae	160
Eremomastax polysperma (Benth.) Dandy	Acanthaceae	5
Eremospatha wendlandiana Dammer ex Becc.	Palmae	172
Ericastrum arabicum Fisch et Mey	Cruciferae	59
Erigeron floribunda Schum. Bip.	Compositae	43
Erlangea cordifolia (Benth. ex Oliv.) S. Moore	Compositae	44
Erlangea spissa S. Moore	Compositae	45
Erythrina abyssinica Lam. ex DC.	Leguminosae	119
Euphorbia sp.	Euphorbiaceae	77
Fagara inaequalis Engl.	Rutaceae	201
Ficus capensis Thunb.	Moraceae	153
Ficus cf. *capensis* Thunb.	Moraceae	154
Ficus exasperata Vahl	Moraceae	155
Ficus natalensis Hochst.	Euphorbiaceae	78
Ficus vogelii (Miq.) Miq.	Moraceae	156
Ficus sp.	Moraceae	157,158
Funtumia latifolia (Stapf) Schlechter	Apocynaceae	14
Galiniera coffeoides Engl.	Rubiaceae	194
Gladiolus dalenii Van Geel	Iridaceae	109
Gouania longispicata Engl.	Rhamnaceae	188
Grewia mildbraedii Burret	Tiliaceae	212
Gynura ruwenzoriensis S. Moore	Compositae	46
Harungana madagascariensis Lam. ex Poir.	Guttiferae	105
Haumania liebrechtsiana (De Wild.) Léonard & Müll.	Marantaceae	138
Hibiscus cannabinus L.	Malvaceae	134
Hunteria congolana Pichon	Apocynaceae	15
Hydrocotyle bonariensis Lam.	Umbelliferae	218
Hydrocotyle confusa H. Wolff	Umbelliferae	219
Hydrocotyle sp.	Umbelliferae	220
Hyparrhenia sp.	Gramineae	96
Impatiens masisiensis De Wild.	Balsaminaceae	20
Impatiens niamniamensis Gilg	Balsaminaceae	21
Imperata cylindrica (L.) P. Beauv.	Gramineae	97
Kalanchoe crenata (Andr.) Haw.	Crassulaceae	58
Kigelia africana (Lam.) Benth.	Bignoniaceae	26
Kotschya aeschynomenoides (Welw. ex Bak.) Dewit & Duvign.	Leguminosae	120
Lebrunia bushaie Staner	Guttiferae	106
Leea guineensis G. Don	Leeaceae	114
Lobelia mildbraedii Engl.	Lobeliaceae	131
Lovoa sp.	Meliaceae	150
Lysimachia ruhmeriana Vatke	Primulaceae	186
Macaranga congolensis Müll. Arg.	Euphorbiaceae	79

Selaginella sp.	Selaginaceae	204
Senecio hochstetteri Schltz-Bip. ex A. Rich.	Compositae	49
Senecio stuhlmannii Klatt	Compositae	50
Setaria megaphylla (Steud.) Th. Dur. & Schinz	Gramineae	101, 102
Sida rhombifolia L.	Malvaceae	135
Smilax kraussiana Meisn.	Smilacaceae	205
Solanum aculeastrum Dunal	Solanaceae	208
Solanum dasyphyllum Schum. & Thonn.	Solanaceae	209
Solanum incanum L.	Solanaceae	210
Solanum nigrum L.	Solanaceae	211
Spathodea campanulata P. Beauv.	Bignoniaceae	27
Spilanthes mauritiana (Rich. ex Pers) DC.	Compositae	51
Stapfiella claoxyloides Gilg	Truneraceae	215
Staudtia gabonensis Warb.	Myristicaceae	162
Symphonia globulifera L. f.	Guttiferae	108
Tabernaemontana cf. *crassa* Benth.	Apocynaceae	16
Tephrosia nana Kotschy ex Schweinf.	Leguminosae	128
Tetradenia riparia (Hochst.) Codd	Labiatae	113
Tetrorchidium didymostemon (Baill.) Pax & K. Hoffm	Euphorbiaceae	84
Thomandersia laurifolia (T. Anders. ex Benth.) Baill.	Acanthaceae	7
Trema orientalis (L.) Blume	Ulmaceae	217
Trichilia welwitschii DC.	Meliaceae	151
Tristemma incompletum R. Br.	Melastomataceae	147
Tristemma sp.	Melastomataceae	148
Triumfetta cordifolia Guill. & Perr.	Tiliaceae	213
Uapaca zanzibarica Pax	Euphorbiaceae	85
Urera cameroonensis Wedd.	Urticaceae	221
Usnea sp.	Usneaceae	223
Uvariopsis sp.	Annonaceae	13
Vernonia amygdalina Del.	Compositae	52
Vernonia brachicalyx O. Hoffm.	Compositae	53
Vernonia conferta Benth.	Compositae	54
Vernonia jugalis Oliv. & Hiern	Compositae	55
Vernonia sp.	Compositae	56
Vigna vexillata (L.) Benth.	Leguminosae	129

unidentified species:

Acanthaceae	8
Apocynaceae	17
Begoniaceae	25
Bignoniaceae	28
Cucurbitaceae	63, 64, 65, 66
Cyatheaceae	67
Euphorbiaceae	86, 87
Gramineae	103, 104
Melastomataceae	149
Orchidae	168
Rubiaceae	195, 196, 197, 198, 199, 200
Tiliaceae	214
Urticaceae	222
Verbenaceae	225

Appendix 3. Index to vernacular names.

Appendix 4. Index to usages.

Usage	Plant No.	Species
A: Medical uses		
abdominal complaints	1:	*Acanthus pubescens*
	7:	*Thomandersia laurifolia*
	8:	*'alanda* (Acanthaceae sp.)
	18:	*Polyscias fulva*
	27:	*Spathodea campanulata*
	29:	*Cordia ovalis*
	35:	*Palisota ambigua*
	38:	*Aspilia kotschyi*
	41:	*Crassocephalum vitellinum*
	43:	*Erigeron floribunda*
	47:	*Microglossa pyrifolia*
	48:	*Mikania cordata*
	49:	*Senecio hochstetteri*
	50:	*Senecio stuhlmannii*
	51:	*Spilanthes mauritiana*
	52:	*Vernonia amygdalina*
	58:	*Kalanchoe crenata*
	68:	*Scleria barteri*
	69:	*Dioscorea minutiflora*
	75:	*Bridelia stenocarpa*
	81:	*Phyllanthus capillaris*
	86:	*'igulugulu* (Euphorbiaceae sp.)
	87:	*'iakani* (Euphorbiaceae sp.)
	94:	*Digitaria* sp.
	110:	*Coleus varifolius*
	111:	*Ocimum gratissimum*
	115:	*Albizia gummifera*
	116:	*Arthrosamanea leptophylla*
	125:	*Newtonia* sp.
	126:	*Piptadeniastrum africanum*
	134:	*Hibiscus cannabinus*
	135:	*Sida rhombifolia*
	143:	*Marattia fraxinea*
	144:	*Dissotis brazzae*
	145:	*Dissotis hensii*
	151:	*Trichilia welwitschii*
	152:	*Cissampelos macrosepala*
	162:	*Staudtia gabonensis*
	169:	*Biophytum helenae*
	176:	*Phytolacca dodecandra*
	177:	*Piper capense*
	178:	*Piper guineense*
	179:	*Piper umbellatum*
	191:	*Canthium* sp.
	192:	*Canthium* sp.
	193:	*Diodia sarmentosa*
	195:	*'akulu* (Rubiaceae sp.)
	200:	*nyanja* (Rubiaceae sp.)
	209:	*Solanum dasyphyllum*
	219:	*Hydrocotyle confusa*
	225:	*'amuchamucha* (Verbenaceae sp.)

	113: *Tetradenia riparia*
	184: *Rumex bequaertii*
tuberculosis	44: *Erlangea cordifolia*
	64: *'a'usa'usa* (Cucurbitaceae sp.)
	124: *Newtonia* sp.
	193: *Diodia sarmentosa*
urination (excess)	88: *Casearia* cf. *engleri*
warming the body	115: *Albizia gummifera*
other disease	
ikiinga	181: *Asplenium africanum*
mu'ungulu	182: *Polygonum mildbraedii*
musonga	97: *Imperata cylindrica*
	119: *Erythrina abyssinica*
B: Food, drink	
fruit, seed	15: *Hunteria congolana*
	17: *nawaoma* (Apocynaceae sp.)
	30: *Canarium schweinfurthii*
	145: *Dissotis hensii*
	147: *Tristemma incompletum*
	148: *Tristemma* sp.
	161: *Myrianthus holstii*
	164: *Psidium guajava*
	174: *Sclerosperma mannii*
	189: *Rubus pinnatus* var. *afrotropicus*
	207: *Physalis angulata*
	212: *Grewia mildbraedii*
	228: *Aframomum laurentii*
	232: *'akata*
	233: *'alyababinga*
	247: *ilonde*
	260: *'isengesenge*
	278: *mushiki-wa-ele*
leaves	4: *Dyschoriste perottetii*
	20: *Impatiens masisiensis*
	21: *Impatiens niamniamensis*
	22: *Basella alba*
	32: *Cleome* sp.
	59: *Ericastrum arabicum*
	61: *Melothria punctata*
	211: *Solanum nigrum*
	221: *Urera cameroonensis*
	222: *mubululu* (Urticaceae sp.)
shoot	142: *Megaphrynium macrostachyum*
	167: *Nephrolepis bisserrata*
	174: *Sclerosperma mannii*
	187: *Pteridium aquilinum*
stem	72: *Dioscorea* sp.
	171: *Calamus deerratus*
	174: *Sclerosperma mannii*
root	70: *Dioscorea* sp.
	72: *Dioscorea* sp.
sap, juice	157: *Ficus* sp.
	173: *Raphia* sp.
	229: *Costus dewevrei*

C: Material culture
(The use of the plants for houce-construction and firewood is not included in this list.)

basket ..... 171: *Calamus deerratus*
172: *Eremospatha wendlandiana*
205: *Smilax kraussiana*
233: *'alyababinga*
261: *'i'usu*

binding material ..... 172: *Eremospatha wendlandiana*
213: *Triumfetta cordifolia*
261: *'i'usu*

bird-lime ..... 14: *Funtumia latifolia*
17: *nawaoma* (Apocynaceae sp.)
78: *Ficus natalensis*
133: *Phragmanthera rufescens*
153: *Ficus capensis*
156: *Ficus vogelii*
158: *Ficus* sp.

brow-band for carrying basket ..... 264: *'iyungangoshi*
275: *muole*

charcoal ..... 105: *Harungana madagascariensis*
254: *'ikindama*

cleaning
copper products ..... 40: *Crassocephalum bubense*
81: *Phyllanthus capillaris*
170: *Oxalis corniculata*
wine ..... 187: *Pteridium aquilinum*

cloth ..... 153: *Ficus capensis*
173: *Raphia* sp.

comb ..... 36: *Palisota hirsuta*
251: *isesa*

cooking
beer making ..... 40: *Crassocephalum bubense*
52: *Vernonia amygdalina*
beer making vessel ..... 155: *Ficus exasperata*
214: *ishukue* (Tiliaceae sp.)
mashing bananas for beer ..... 96: *Hyparrhenia* sp.
101: *Setaria megaphylla*
mortar ..... 214: *ishukue* (Tiliaceae sp.)
pestle ..... 13: *Uvariopsis* sp.
166: *Ouratea* sp.
246: *iboka-lya-mulume*
pipe to drink beer ..... 98: *Olyra latifolia*
porridge stirring stick ..... 28: *'anamu'use* (Bignoniaceae sp.)

cosmetic ..... 103: *iyangu* (Gramineae sp.)
106: *Lebrunia bushace*

dye
black ..... 73: *Alchornea cordifolia*
red ..... 238: *'asukule*

fire-building stick ..... 212: *Grewia mildbraedii*
213: *Triumfetta cordifolia*

fishing
net ..... 221: *Urera cameroonensis*
rod ..... 272: *muapu*

folding tobacco for smoking ..... 104: *munyaku* (Gramineae sp.)
game *lusolo* ..... 160: *Ensete* sp.

79: *Macaranga congolensis*
136: *Ataenidia conferta*
141: *Marantochloa purpurea*
142: *Megaphrynium macrostachyum*
228: *Aframomum laurentii*

D: Ritual, magic, sorcery
cause quarrel — 251: *isesa*
celebration of the twin — 265: *luambalamasa*
damage crops — 268: *lulanga*
drive away the hai — 181: *Phyllanthus capillaris*
get respect — 122: *Mimosa pudica*
grow goat quickly — 160: *Ensete* sp.
guard crops against thieves — 26: *Kigelia africana*
keep evil away — 87: *'iakani* (Euphorbiaceae sp.)
keep evil away — 208: *Solanum aculeastrum*
keep sorcerers away — 63: *'atiuto* (Cucurbitaceae sp.)
clean dirty water — 167: *Nephrolepis bisserrata*
cure evil possession — 271: *lwashi*
medicine for sorcery — 130: *Anthericum* sp.
prevent a miscarriage — 91: *Chlaris gayana*
reconcile opponents — 219: *Hydrocotyle confusa*
success in love or other — 267: *lulamilumo*
success in negotiations — 244: *bomba-bwa-ngoi*
symbolical village-tree — 119: *Erythrina tyssinica*

E: Poison
fish poison — 128: *Tephrosia nana*
197: *'isanda* (Rubiaceae sp.)
259: *'isanda*

F: Condiment
tea — 39: *Bidens pilosa*
condiment — 178: *Piper guineense*

G: Oral tradition, indicator
proverb — 11: *Achyranthes aspera*
27: *Spathodea campanulata*
31: *Dacryodes edulis*
58: *Kalanchoe crenata*
69: *Dioscorea minutiflora*
84: *Tetrorchidium didymostemon*
87: *'iakani* (Euphorbiaceae sp.)
102: *Setaria megaphylla*
111: *Ocimum gratissimum*
112: *Octomeron montanum*
135: *Sida rhombifolia*
144: *Dissotis brazzae*
145: *Dissotis hensii*
147: *Tristemma incompletum*
148: *Tristemma* sp.
149: *tangani'a-ya-mbala* (Melastomaceae sp.)
153: *Ficus capensis*
154: *Ficus* cf. *capensis*

	172: *Eremospatha wendlandiana*
	191: *Canthium connatum*
	224: *Clerodendrum bucholzii*
indicator	93: *Digitaria horizontalis*
	104: *munyaku* (Gramineae sp.)
anecdote	60: *Ensete* sp.
H: Indirect use	
host of mushroom	12: *Pseudospondias microcarpa*
	115: *Albizia gummifera*
	116: *Arthrosamanea leptophylla*
	257: *'i'o'ote*
food for edible insects	85: *Uapaca zanzibarica*
	96: *Hyparrhenia* sp.
	126: *Piptadeniastrum africanum*
	163: *Maesa lanceolata*
	174: *Sclerosperma mannii*
	216: *Celtis dubia*
	237: *'ase'ese'e*
	269: *lushie*
fodder for cattle/goats	101: *Setaria megaphylla*
	102: *Setaria megaphylla*
trap bait for birds	6: *Mimulopsis arborescens*
	78: *Ficus natalensis*
	216: *Celtis dubia*
	248: *isasa-lya-atengetenge*
	262: *'isu*
giant rats	16: *Tabernaemontana* cf. *crassa*
	60: *Cogniauxia trilobata*
	174: *Sclerosperma mannii*
a fish	191: *Canthium connatum*
set a monkey trap	156: *Ficus vogelii*
a bird trap	191: *Canthium* sp.
I: Used by animals	
food for birds	6: *Mimulopsis arborescens*
	19: *Schefflera myriantha*
	73: *Alchornea cordifolia*
	78: *Ficus natalensis*
	88: *Casearia* cf. *engleri*
	105: *Harungana madagascariensis*
	153: *Ficus capensis*
	163: *Maesa lanceolata*
	190: *Bertiera subsessilis*
	191: *Canthium* sp.
	194: *Galiniera coffeoides*
	198: *lubondo* (Rubiaceae sp.)
	202: *Chrysophyllum* sp.
	216: *Celtis dubia*
	231: *'achinga*
	248: *isasa-lya-atengetenge*
	262: *'isu*
	270: *lushimyambulu*
food for cane-rats	101: *Setaria megaphylla*
	102: *Setaria megaphylla*

food for monkeys	156: *Ficus vogelii*
	232: *'akata*
	247: *ilonde*
	260: *'isengesenge*
	278: *mushiki-wa-ele*
food for wild animals	107: *Pendadesma lebrunii*
	143: *Marattia fraxinea*
	212: *Grewia mildbraedii*
food for giant rats	16: *Tabernaemontana* cf. *crassa*
	60: *Cogniauxia trilobata*
	174: *Sclerosperma mannii*
	195: *'akulu* (Rubiaceae sp.)