

The logo for 'Discover' features the word 'Discover' in a black, cursive-style font. To the right of the text is a stylized map of the African continent in shades of brown and orange. A green leaf with white veins is superimposed on the southern part of the map.

Discover Starter-pack

Discover information about six plants,
how to treat diarrhoea,
how to stay healthy,
how to make ointment
and tips about cancer

Discover encourages you

- ❖ *to discover local resources for health and healing,*
- ❖ *to discover what you can do yourselves, and*
- ❖ *to rediscover and use your traditional vegetables, medicines and skills.*

November 2017

Discover gratefully acknowledges the books “Natural Medicine in the Tropics” published by anamed international (www.anamed.org) as the source of much information on these pages.

Discover has compiled this Starter-Pack with the best possible interests of its readers in Africa at heart. Discover cannot be held responsible for any negative consequence of following any of the procedures described.

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The Discover Prayer



which can be prayed by Christians and Moslems
together.

Leader: Lord God almighty, creator and sustainer of life, we are gathered here in Your name and in the strength that You give us.

We thank you for the wonders of Your creation and the knowledge of our mothers and fathers.

All: May we follow Your light.

Leader: We thank You that there are many new things to learn and new things to be discovered.

All: Open our eyes and give us wisdom we pray.

Leader: We thank You that our families and our communities may benefit from this knowledge.

All: Help us to share our knowledge to serve the whole human family.

May we live in peace and give glory to you.

All: Amen

Cymbopogon citratus: lemon grass

Lemon grass makes a very pleasant tasting and very healthy tea.



Lemon grass tea helps to

- **strengthen the immune system.** In particular, it helps to **protect one from coughs and colds.**
- **detoxify the body.** It stimulates the function of the liver and kidneys and increases the rate of urination and perspiration.
- **reduce fever,** because it helps to remove impurities from the body.

Cancer: Research in Israel indicates that lemon grass contains a substance called citral which may help to **protect one from cancer.**

HIV/AIDS: In South Africa the Moretele Hospice uses many medicinal plants with their AIDS patients. They have the experience that, after drinking lemon grass, **seriously sick people develop an appetite again** and start on the road to recovery.

Lemon grass tea does one good and is very safe!

To prepare: Pour 1 litre of boiling water over a two handfuls of fresh lemon grass. For maximum benefit, the tea may be boiled with the water for two or three minutes. For healing purposes, drink 2 litres in the course of the day.

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Aloe vera: Aloe

Aloe gel, from several varieties of aloe, is a remarkable substance for healing wounds and burns, both externally and internally. It also strengthens the immune system.



To collect the gel: Wash the leaf with a clean cloth and warm water while it is still on the plant. Take a very clean, sharp knife and cut the leaf off the plant. Cut off the thorns at the edges of the leaf. Cut through the centre of the leaf from edge to edge to give two large surfaces of the lovely, transparent gel. Do not use the yellow sap – this is bitter and very laxative.

Burns, cuts and wounds: Smear aloe gel from a freshly cut leaf all over the affected area. If the wound is deep, fill all the space with aloe gel. Repeat four times per day. If necessary, keep the patient under a mosquito net to keep the flies away.

Aloe gel disinfects the wound and promotes the growth of the skin and flesh. Wounds treated with aloe develop only very light scars.

Stomachache and gastritis. Take a generous tablespoonful of aloe gel on an empty stomach every day for 14 days. Take with warm water if preferred.

To strengthen the immune system: Take 1 to 2 tablespoons of aloe gel each day for as long as required. In elderly people, one spoonful of gel every day can help blood circulation, improve digestion, support the function of the heart, improve mental alertness, help with sleep problems, prevent hardening of the arteries and help to prevent arthritis.

Taking 1 to 2 tablespoons of aloe gel each day also **improves the skin, hair and nails.**

Moringa oleifera

Moringa is a miracle tree. The leaves are very nutritious. They contain vitamins, minerals and proteins. A wonderful plant for malnutrition!

Moringa oleifera grows well even in the desert. It is very drought resistant. It is often used for fences.

Moringa is called the “never die” tree, because the more you cut it the more it grows. It is also called “mother’s best friend” because it is very nutritious.

For nutrition:

- 1) Eat the leaves as a vegetable, but do not overcook. Boil in salted water for only one or two minutes. You may add slices of raw onion.
- 2) Eat as moringa leaf powder: Wash fresh leaves in clean water, then in salt water, and again in clean water. Shake and hang to dry on a string in a well-ventilated room – allow dried leaves to fall onto a clean sheet. When very dry separate the leaves from the stems, pound them and sieve. Store in an air-tight container in a cool, dark and dry place.



Add a teaspoonful of moringa leaf powder to your food at any mealtime.

Moringa is particularly valuable for undernourished children, AIDS patients, pregnant mothers and breast feeding mothers – moringa stimulates milk production.

Diabetes and high blood pressure: For chronic diabetes, mix a heaped tablespoon of moringa leaf powder in the food three times a day. New diabetic patients and those wishing to prevent diabetes should mix one teaspoon in their food three times a day.

Caution: When you start to take moringa, start slowly. It may cause diarrhoea at first.

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Capsicum frutescens Chilli



Chillies are excellent for the treatment of **rheumatism, sprains, muscle pains, arthritis, lumbago, sciatica and general body pains.**

- a) Pound one spoonful of fresh or dried chilli and mix thoroughly with one spoonful of vegetable oil. Allow to stand for a few minutes. Vigorously massage the patient with this mixture. Afterwards keep the joint warm.
- b) Make rheumatism oil and ointment. In this way you can always have the medicine available.

Caution: Chillies contain an enzyme called capsaicine. This is hot to the taste and has a burning effect on the skin; this is why chillies are so effective in stimulating the blood circulation, but it also why chillies are actually quite dangerous. Always wash your hands carefully with soap and water after producing or using a medicine containing chillies. Avoid any contact with the eyes, nose, anus, genitals or open wounds. **Capsaicine can lead to blindness when it gets into the eyes.** Make sure you inform every person who makes or uses this medicine about this.

***Carica papaya* (pawpaw or papaya)**



The pawpaw is a pharmacy in itself, because it can treat so many health problems.

The seeds and the white sap of the unripe fruit contain the enzyme papain which has antiviral, antifungal and antibacterial properties.

Nutrition

Eat plenty ripe pawpaw fruits. The ripe fruit is rich in Vitamins A, B and C and minerals.

Asthma

Dry and crush young pawpaw leaves and smoke them as cigarettes. Alternatively burn the leaves next to your bed and inhale the smoke.

Malaria

Pour one litre of boiling water over one handful of clean, fresh leaves. You may also add one handful of neem leaves. Leave to stand for 15 minutes and filter. Drink in portions through the day. In addition, drink 2 litres of lemon grass tea. Treat for 7 days.

To prevent and treat intestinal worms

Chew and eat one teaspoonful of pawpaw seeds first thing in the morning. Take fewer at first to get used to them. They taste better with honey! When taken as treatment, you must also take a laxative so you go to the toilet within a few hours.

Infected wounds and burns

Use “pawpaw sugar”. Collect sap from an unripe pawpaw as described above. Mix ten drops of sap with 2 tablespoons of sugar. Make this fresh every day. Apply plenty of this pawpaw sugar to the wound. As soon as the mixture becomes damp, add more, maybe 2 or 3 times a day. When the wound begins to hurt then the infection has gone. Stop this treatment and dress the wound with sugar alone, adding more sugar 2 or 3 times a day.



Artemisia annua

Artemisia is an amazing medicinal plant. It is a natural anti-biotic and can help with very many health complaints and diseases.

Cultivation

The seeds are tiny. They germinate in the light. The seedlings must be cared for in a nursery, and then planted out at the start of the rainy season. Dig a large hole for every plant and fill loosely with compost and top soil. Give plenty water. It must never dry out.

Make new plants by taking cuttings during the period of vigorous growth.

Leaf powder

Harvest the leaves when the plants are growing strongly. You can harvest several times during the year. Dry the leaves thoroughly and rub them through a sieve. Store in sealed containers.

Malaria

Pour boiling water over a heaped teaspoonful of dried artemisia powder in a 250ml cup, let it stand for 10 minutes and then drink. Repeat 4 times a day and continue for 5 days, even after the symptoms disappear. Also drink 2 litres of lemon grass tea each day.



A single leaf of *Artemisia annua*



A plantation of *Artemisia annua* plants at Tooro Botanical Gardens, Fort Portal, Uganda.

HIV/AIDS

Drink artemisia tea as for malaria. Add a heaped teaspoonful of moringa leaf powder to your food at every mealtime.

Other health complaints

Drink artemisia tea also for **coughs, colds, bronchitis, cholera, asthma, haemorrhoids, bilharzia, any internal infection and as a general “pick me up”**.

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How to treat Diarrhoea

1. Replace the lost liquid with home-made ORS (oral rehydration solution)

Ingredients:

1 Litre of boiling water

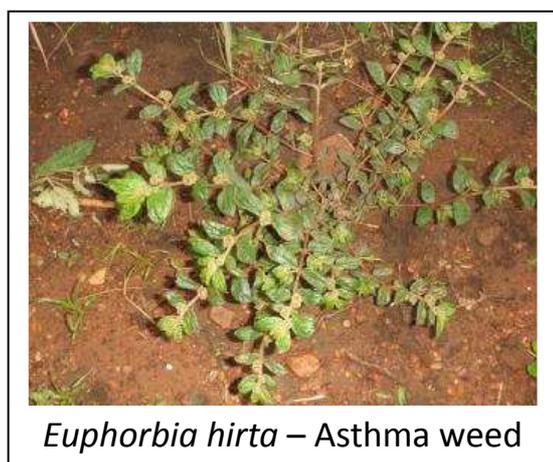
1 level teaspoon of salt

4 heaped tablespoons of honey, or 2 of sugar

Drink as much as you can. Adults are recommended to drink 3½ litres each day. Keep sipping throughout the day.



2. Treat the bacteria, virus or amoeba that causes the diarrhoea



Euphorbia hirta – Asthma weed

Asthma

weed: Wash one handful of the above ground parts. Boil in 1 litre of water for 2 to 3 minutes in a pot with a lid, then allow



Psidium guajava - guava

to stand for 30 minutes. Drink 1 litre of tea in the course of the day

You can also use the same procedure with: **guava leaves, pawpaw leaves or young fresh green mango leaves.**

For a very strong treatment, take a handful of asthma weed, a handful of guava leaves and a handful of fresh young mango leaves. Boil in one litre of water for 3 minutes, allow to stand for 30 minutes, filter and drink 1 litre in the course of the day. Continue this treatment for three or four days after all symptoms have disappeared.



Mangifera indica - mango

Some ways that help you to remain strong and healthy



Have lots of nutritional and medicinal plants in your garden as here in Uganda. Then you will have good, healthy food and medicine at hand!

Staying healthy is even more important than knowing how to treat infections! With a strong immune system, the chances of malaria, cholera, typhoid and other diseases are much reduced.

The so-called “lifestyle” diseases are affecting more and more people, especially in Africa. They include cancer, high blood pressure, heart problems and diabetes. They are caused by physical inactivity, unhealthy diet, tobacco and other drug use, chemicals and too much alcohol. **This means they are preventable!**

The suggestions below are also very important if you are HIV positive.

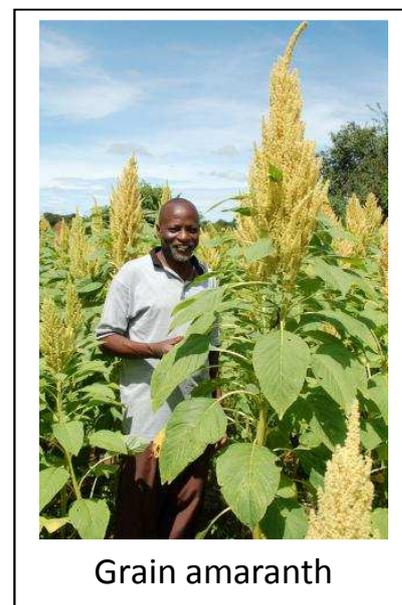
Nutrition: Eat plenty fruit and green leafy vegetables; they contain vitamins and minerals. For protein, eat beans, moringa, grain amaranth, eggs, fish and a little meat. Drink water, different herbal teas and fruit juices. Avoid all commercial fizzy drinks. In your garden, use no artificial pesticides and avoid food from plants on which pesticides have been used.

Keep physically fit: Walk, cycle or do some physical work in the garden every day. Avoid polluted water and air. Relax, sleep long and avoid stress.

Hygiene: Wash your hands with soap and running water after using the toilet, before preparing food and before eating. Wash the whole body every day.

In your garden include:

1. ***Allium sativum* (garlic):** Chop garlic cloves into small pieces and stir into the food.
2. ***Aloe vera*:** Regularly take a tablespoonful of gel.
3. ***Artemisia annua*, *Cymbopogon citratus* (lemon grass) and *Hibiscus sabdariffa* (roselle):** Drink regularly as tea.
4. ***Citrus limon* (lemon):** Drink the juice of one lemon in warm water at the start of the day.
5. Add ***Moringa oleifera*** leaf powder to your food and eat **grain amaranth** as porridge.
6. **Many traditional leafy vegetables:** These withstand drought and are nutritious, for example African spinach, okra, jute, cowpea, black night shade, amaranth, sweet potatoes and pumpkin.



Grain amaranth

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Making Medicinal Oils and Ointments

Equipment needed:

2 cooking pots, one small, one large, to make the water bath.

1 measuring jug, 1 fine sieve or filter cloth and 4 clothes pegs. Small containers.

Materials needed

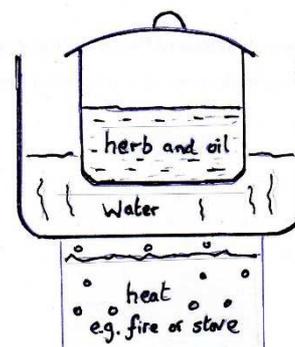
Washed, dried and pounded herb, e.g. chillies, artemisia leaves, neem leaves. Use chillies for arthritis and general body pain, and neem or artemisia leaves for sores and rashes.

Good quality vegetable oil and beeswax or wax candles

1. Heat the plant material in oil.

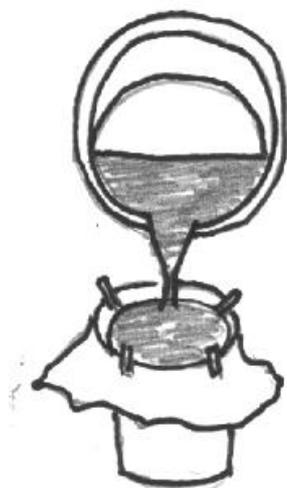
Prepare a water bath as shown in the diagram. The smaller cooking pot stands on 3 small stones to lift it off the bottom. In this way the temperature of the oil never exceeds 100°C.

Put 4 cups of vegetable oil and 1 cup of finely pounded, dried herb into the inner pot of the water bath. Place the whole unit on the stove or fire. Heat the oil and plant material in this way for an hour after the water has started to boil. Stir the mixture every 10 or 15 minutes. Do not allow water to mix with the oil, or the ointment will quickly spoil.



2. Filter the mixture.

Filter the mixture into the measuring jug. Squeeze the plant material to collect all the valuable medicinal oil you have produced. Your medicinal oil is now ready and can be used as it is for massage.



3. To produce an ointment, add wax.

Add beeswax or candle wax until the volume increases by 10 - 15%, depending on whether the wax is hard or soft. Add the wax in very small pieces. Stir well until all the wax has melted.

Quickly and carefully pour the mixture into small containers. Allow to cool a little and then put the lids on.

4. **Write labels:** Labels are essential! In your own language write: Your name, the name of the ointment, the date the ointment was made, the expiry date (1 year later) and "For external use only".

Note on the use of chilli oil or ointment: Rub vigorously on the area affected by any sort of rheumatic pain or sprain, but avoid any place where the skin is damaged. Wash your hands thoroughly after use. Ensure that no chilli ointment touches the eyes or anus.

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Cancer

Diet and lifestyle

See page 10 for advice. Good nutrition, exercise and sleep are very important.

Treatment

We are slowly gaining experience in the natural treatment of cancer. We certainly cannot guarantee success! Some colleagues however have had positive results with the following:

1. *Artemisia annua*: Prepare one litre of tea from one handful of lemon grass, 5 grams of dried *Artemisia annua* and, if available, 5 grams of dried cypress (*Cupressus lusitanica*) leaves. Sieve and pour into a thermos flask. Drink $\frac{1}{4}$ of a litre at 6 hourly intervals. This should be prepared and drunk every day.
2. A retired oncologist recommends the following:
Once each day take 5g of dried *Artemisia annua* as powder, made by pounding the dried leaves. This powder may be mixed with honey, yoghurt or banana. In addition, add moringa leaf powder to your food two or three times a day.
3. *Carica papaya*: Boil one handful of young pawpaw leaves in one litre of water for several minutes. Take one or two tablespoons twice daily. *Carica papaya* contains some components called acetogenins which have been shown to have anti-cancer properties.
4. *Annona muricata* (Graviola or soursop).
For skin cancer, make an infusion from the leaves, soak a cloth in this tea and put over the affected area. For other forms of cancer, prepare a decoction by boiling one handful of powdered bark in one litre of water for 40 minutes. Take four tablespoons three times daily.
5. *Phyllanthus niruri* (Chanca piedra or stone-breaker). Pour one litre of boiling water over one handful of fresh leaves. Cool, filter and drink slowly during the day.



Annona muricata

For the relief of acute pain: Boil one handful of fresh *Cannabis sativa* leaves in half a litre of water for 2 minutes. Allow to cool, filter and keep in a clean bottle. For pain relief take a sip of this tea. Make fresh every day.