

Discover News-sheet
for colleagues in Africa
February 2016



Dear Friends,

Centella asiatica

As promised in my last newsletter, I attach information about *Centella asiatica*. It is also on our website: <http://discover-src.net/de/wp-content/uploads/2016/12/2016-Info-Centella-asiatica.pdf>

It is used as tea to

- a) improve blood circulation – thus improving the memory and relieving stress,
- b) treat wounds, both internally and externally, and
- c) support the liver in its function of purifying the blood.

Please give me feedback. What have you discovered about this plant?

Great news about artemisia!

Recent clinical studies have compared the effectiveness of tea from *Artemisia annua* with Coartem.

The studies showed that *Artemisia annua* tea is more effective than Coartem in treating malaria. They showed also that the tea has no side effects; Coartem does sometimes have the side effects of diarrhea and nausea.

These studies showed something that is even more exciting. That is that tea from *Artemisia afra* is also very effective in treating malaria. *Artemisia afra* is found in eastern Africa, from South Africa up to Ethiopia.

Thus it is possible to cultivate and use a locally available plant for malaria treatment.

According to the book “Medicinal Plants of South Africa”, *Artemisia afra* is also used to treat coughs, colds and influenza, loss of appetite, headache and intestinal worms. Its common name is African wormwood.



Artemisia afra, Zimbabwe 2010

Please share with me what you have discovered about *Artemisia afra*. For more information, see www.malariaworld.org/blog/breaking-news-clinical-trials-artemisia-plants

Many blessings!

Keith