

Progress report from Joachem Nyamande,
Coordinator of Discover Zimbabwe

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Discover Zimbabwe is a community-based organization that seeks to encourage communities to generate and use locally available resources and skills to discover how to become healthier and more self-reliant and to live in peace. We use innovative and collaborative approaches. In the face of COVID-19, we have been actively involved in sensitizing communities on the dangers of contracting and transmitting the virus. We have been encouraging all people in the community to ‘stay at home’, ‘wash hands’, ‘wear face masks’ and ‘maintain social distance in public spaces’.

Through our mantra ‘let your food be your medicine and your medicine be your food’, we have encouraged communities to use local medicinal remedies as a preventive measure against the disease. We have followed the fine example of Madagascar, that has had notable success in dealing with the corona virus. The President, Andry Rajoelina, has claimed that this success is

largely due to the “Covid-Organics drink”, which is a preventive and curative remedy that contains *Artemisia annua* and other local herbs.

Encouraged by this experience from Madagascar and also by the success that Discover Zimbabwe has had in using *Artemisia annua* with malaria patients and people living with HIV/AIDS, we have developed a product which we call “Makomo Natural Tonic Solution”. In the local language, Makomo means ‘mountainous area’ upon which medicinal plants are grown or gathered. The main constituent of this tincture is *Artemisia annua*. It also contains four local herbs that include the resurrection plant (*Mythromnus flabellifolius*) whose health benefits are well documented. Discover Zimbabwe is convinced that Makomo Natural Tonic Solution has strong preventive properties against colds, bronchitis, fever, cough and general body weakness. The tonic is a combination of effective herbal remedies that traditionally have been used to manage similar conditions since time immemorial.



Bottles of Makomo Natural Tonic Solution

Discover Zimbabwe has established a “Project for COVID-19 Prevention” which is registered with the Traditional Medical Practitioner’s Council.

Each of the 20 project members were issued with a 100ml bottle of Makomo Natural Tonic Solution. The members comprise 6 females and 14 males, including Chief Marange, and are from Wards 10 and 17 of Mutare Rural District. Each member will take one teaspoonful at bedtime for 30 days, after which the results will be analysed. This process will be repeated for a further 30 days and another analysis will be made. In addition, each member is expected to maintain social distance, wash hands and wear a face mask. To monitor the effectiveness of the tonic, a monitoring form has been designed.



The details of each project member have been recorded. The occurrence of common colds, cough, sore throat, bronchitis, fever and general body malaise will be recorded every seven days. Provided the results are successful, this Makomo Natural Tonic Solution will be made available at the national level.



Locally, Discover Zimbabwe took COVID Awareness to the Marange community and the Hobhouse Suburb of Mutare during a one-week campaign in which they used a hailer system to tell the community to stay at home, to keep distance from others and to wear a face mask.

At Chief Marange's Court, Discover Zimbabwe project members clean their hands with sanitizer before

starting a project meeting. The Chief commended Discover Zimbabwe for their contribution to overcoming the impact of the virus in the region and country. He was presented with a T-shirt and three *Artemisia annua* seedlings by Discover Zimbabwe Green4Life project.

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