

ETHNOBOTANY OF THE LEGA IN THE TROPICAL RAIN FOREST OF EASTERN ZAIRE: PART TWO, ZONE DE WALIKALE

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ABSTRACT Ethnobotanical research was conducted at Nyamakombola, a village of the Lega slash-and-burn agriculturalists, located in the tropical rain forest of northern Legaland, in 1989. Two hundred fifty-eight plants were collected along with ethnobotanical information. Scientific names, vernacular names, botanical observations, uses and name etymology were identified for the collected plants. This is the second step in an ethnobotanical survey of the Lega, started in 1988 in Zone de Mwenga, the south eastern part of the Legaland.

Key Words: Ethnobotany, Plant utilization, Tropical rain forest, Lega, Zaire

INTRODUCTION

We started the ethnobotanical research of the Lega in 1988 in order to understand man-plant interrelations in the tropical rain forest of eastern Zaire. First, we decided to get an overview of the traditional plant utilization of the Lega through the research of several localities in the vast Legaland, because plant utilization may vary according to many factors, environmental as well as cultural, even within an ethnic group. Studying variations in plant environment and those in local plant culture, we expected to obtain some general characteristics of man-plant interrelations of the Lega.

In 1988 we conducted a survey around a village called Mwenga, located in the Zone de Mwenga of south eastern Legaland and collected 287 plants, along with ethnobotanical data (Terashima, H., Kalala, S. and Malasi, N., 1991). *Zone* is a middle level administrative division, consisting of several *collectivités*, which, in turn, include several groups of local villages. This time, we conducted research in a village called Nyamakombola, located in the northern part of Legaland, Zone de Walikale, Collectivité de Itebero, in 1989. This report is primarily concerned with presenting the data obtained in this research.

In Mwenga, we collected a proverb, “*ukanekane, anga isani-lya-nganingani*,” which means that “you are in doubt, just like *isani-lya-nganingani* in a wind.” *Isani-lya-nganingani* is a grass, (*Setaria megaphylla* (Steud.) Th. Dur. & Schinz), with long and broad leaves which sway even in a gentle breeze. Unease of the human mind which is filled with doubt is associated with the light movement of the grass in a breeze. The proverb is short, but invokes a picturesque image. It cuts off

a moment of nature like a photograph, and matches it with an aspect of human existence. Demonstrated typically in this proverb, the Lega are great observers of nature and have the talent to combine such observations with experiences in their social life in a sophisticated way.

Based on such acute observations, the Lega utilize many plants in various ways. For example, among 287 plants we collected in Mwenga, about 180 plants were recognized to produce medical effects and about 140 species were regarded as resource for material culture. This time we collected 258 plant specimens in Nyamakombola, of which 83 plants were for medical use, 28 for food, 152 for material culture, and so on. Such numbers were a surprise to us, since the research both in Mwenga and Nyamakombola was so limited and must have revealed only a part of the human relations to the plant world. The grand forest environment has doubtlessly fostered Lega plant culture so far, and, in turn, the natural environment is given a meaning as a human environment by the Lega.

RESEARCH AREA

As mentioned above, the research was conducted around a village called Nyamakombola, situated about 30 km south of Walikale, a central town of the Zone de Walikale, from October to November 1989 (Figure 1.) The village is located on the road which connects Bukavu, a capital city of Kivu Région, and Walikale, and inhabited by about 20 households. Along the road, there were small villages of a few hundred people situated a few kilometers apart. The road condition was very bad especially in the rainy season, and there was only limited traffic. There are two dry periods called *mange*, from February to March, and from July to August. The inhabitants of Nyamakombola were primarily the people called Bakano, or Lega-Bakano, a subgroup of the Lega. Besides the Bakano, a few families of the Batembo have lived there for about 5 years. According to Biebuyck (1973, pp.20–21) the Bakano are a small group which mark a transition between the Lega and other ethnic groups such as Nyanga, Hunde, and Havu who occupy the areas north-east of the Legaland. We were told by some villagers that they were of the same origin as the Havu who live near Lake Kivu. Biebuyck also mentions that the Kano were a part of the Tembo, which seems to form an older substratum in the areas west of Lake Kivu. The Bakano speak the Lega language (Kilega) which is said to be very close to the Lega dialect spoken in the central part of Legaland, i.e., around Shabunda.

Along the motor road, there were cultivated fields, waste clearings, bush and secondary growth. On the slopes of the mountains behind the villages, there were many cultivated fields, as well as secondary growth, and beyond those, there extended a vast primary forest. People were able to get to primary forest in some ten minutes from any village near Nyamakombola.

The people of Nyamakombola are slash-and-burn agriculturalists producing plantains and cassavas as their staples. Those plants such as maize, rice, beans and groundnuts are also cultivated as important foods. Besides those crops, there are

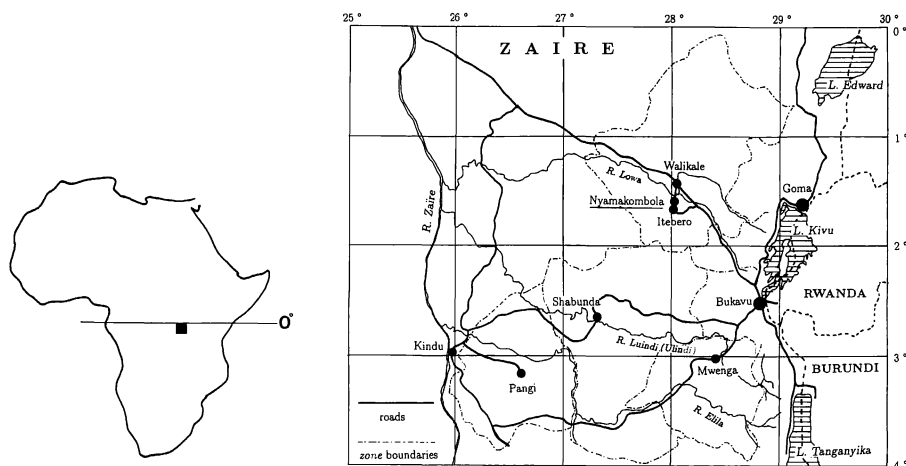


Fig. 1. The Legaland.

many oil-palm trees planted in the fields for oil and palm wine, which were said to have been introduced in the colonial period.

The Lega men eagerly practice hunting. They set many traps for various game, such as monkeys, brush-tailed porcupines and forest duikers in primary as well as secondary growth. Moreover, it is said that men practice occasionally collective net-hunting. Small live stocks, such as goats and chickens are common, but they are not consumed so much.

Cash income is very limited in Nyamakombola. The most common method to get cash is to sell palm oil to traders who come to this area from Bukavu. Rice and groundnuts can be sold, too. In Nyamakombola there is no periodical market nor permanent shop, so people go to Itebero, an administrative and commercial center of the Collectivité, located 5 km south of Nyamakombola, to buy various goods for everyday life or to sell some products in the markets or shops.

In Legaland there are many gold mines and of other minerals, which strongly influence the local economy. But near Nyamakombola, there is no mine nearby for the people to work. So anyone wants to work at a mine, he has to move. The economic life of Nyamakombola is, in short, still fairly at the self-subsistence level, but the influence of the outer economy is increasing and not negligible.

METHOD

In Mwenga, we hired 2 men in their 60's, whereas in Nyamkombola we hired two Bakano informants. One informant was a young married man in his 20's, having

one child, and the other was an old man about 70 years old. We went to collect plants with the younger informant and gathered ethnobotanical information at the same time. In principle, we collected every plant which had meant something for the informant. We did our survey within the area of a few kilometers from the village. The area itself was not large, but it covered various kinds of vegetation such as the primary forest, secondary growth, cultivated fields, waste clearings, roadside bush, damp places and so on. On returning to the village, we got supplementary information from the older informant, especially about those plants which the younger informant could not recall the usage or name well.

RESULTS AND DISCUSSION

I. Botanical Identification

We collected 285 plants along with the data on vernacular names, habitats, frequency, botanical observations, usage, name etymology and so on. Among those specimens collected, some were collected more than once so that the collection consists of 258 specimens. The data on those specimens are presented in Appendix 1.

Botanical identification was carried out at the *Centre de Recherche en Sciences Naturelles* (CRSN), at Lwiro, Bukavu, and some specimens were checked by Dr Paul Bamps and his colleagues at the National Botanical Garden of Belgium, at Meise, Bruxelles. This time again, as was the case in the research at Mwenga, many specimens were sterile, lacking flowers, or in poor condition for accurate identification.

The results of the identification were as follows:

identified at species or at least at genus level:	214 spp.
identified only at family level:	22 spp.
unidentified:	22 spp.

As far as the identified specimens were concerned, they belonged to 65 families (60 spermatophyte families, 5 pteridophyte families), and 176 genera (169 spermatophyte genera, and 7 pteridophyte genera).

Table 1 shows the correspondence of species between the specimens collected in Mwenga and those in Nyamakombola.

Table 2 shows large trees commonly found in the forest around Nyamakombola. Yumoto (1990) conducted research in the forest called Utu, some ten kilometers south of Nyamakombola, and reported that the forest he studied was where two *Caesalpinioideae* (Leguminosae) trees, which have wide distribution from central to east Africa, meet and form a complicated mosaic vegetation. That is, both *Cynometra alexandri* which extends its distribution from the east and *Gilbertiodendron dewevrei* which extends its distribution from the north-west were the dominant trees, together with *Michellsonia microphylla*, another *Caesalpinioideae* species. Roughly the same thing can be said about our research site.

Table 1: Specimen correspondence between Nyamakombola and Mwenga.

	Mwenga	Nyamakombola
specimens identified at least at genus level	206	214
specimens that can find the same species in the other group	51	55
specimens that can find the corresponding genus in the other group	109	108
specimens that can find neither same species nor corresponding genus among the other	96	106

Notes:

- (1) The *Raphia* palm was identified only at genus level in both collection, but counted here as the same species.
- (2) The oil-palm (*Elaeis guineensis*) was added into the collection of Mwenga, though the specimen was not collected actually.

Table 2: Common large trees in the forest.

vernacular	frequency	pl. no.	species	family
bubalaka	+++	113	<i>Cynometra alexandri</i>	Legum. Caesalp.
bumbalu	+++	114	<i>Gilbertiodendron</i> sp.	Legum. Caesalp.
lukundu	+	122	<i>Piptadeniastrum africanum</i>	Legum. Mimos.
ngilingi	+	81	<i>Phyllanthus muellerianus</i>	Euphorbiaceae
bukalakala	+	168	<i>Pycnanthus angolensis</i>	Myristicaceae
bukaki	++	169	<i>Staudtia stipitata</i>	Myristicaceae
kabungu	+++	69	<i>Diospyros hoyleana</i>	Ebenaceae
bwika	+++	174	<i>Strombosia scheffleri</i>	Olacaceae
indingo	++	230	Unidentified	

II. Vernacular Names

Among 258 specimens listed in Appendix 1, eleven have no vernacular name and seven have only the names which were derived from Swahili, English or French. The remaining 240 specimens have Lega names.

The vernacular names can be sorted into several categories, that is, 1) a proper name, 2) a proper name consisting of a primary name and a modifier, 3) a descriptive name which is applied generally to several species, and so on. We will discuss the characteristics of vernacular names elsewhere and here only consider the relationship between the plants with no vernacular names and their use.

Those plants which have no vernacular names are common plants. Many were quite abundantly found around villages and along roads. For example, *Lantana camara* (# 221, Verbenaceae), *Stachytarpheta angustifolia* (# 222, Verbenaceae), *Calvoa bequaertii* (# 142, Melastomataceae), and *Asystasia gangetica* (# 1 Acanthaceae) were all common herbs with conspicuous flowers found on roadsides, but we could not identify the Lega name. We might have identified the vernacular names if we had pursued the question further, but they could not have been "common" names in a sense that people commonly think and talk about the plants.

When we asked about the vernacular names, the reply was that those flowers were just *maua*, a Swahili word meaning 'flowers' and that useless plants had no names. We were intrigued whether it was true or not. Table 3 shows the plants with no vernacular names and their usage. Seven species were regarded as useless and four species were said to be usable but only as an ornaments. Certainly, they did not seem to contribute much to the Lega's daily life.

On the other hand, Table 4 shows the plants regarded as useless and their vernacular names. Among 27 plants regarded as useless, 20 had vernacular names. But looking into their names carefully, we can find that they are mostly 'general names' and 'borrowed names.' A general name is a descriptive name applied to several species. For example, *kikululu* is applied to climbing herbs or shrubs which have thorns on the stem, and *nanghegheno* is applied to herbs which have conspicuous nodes on the stem. A borrowed name is a vernacular name which is originally used for other plants which are mostly useful, and applied to the plant because the plant shows some similarity to the original plants. So those general names and borrowed names are not proper names in a strict sense. Of course usefulness is not the only character that decides a vernacular name. But it is also apparent that usefulness is one of the most important characteristics which attracts human attention, and the more the interest in the plant, the more the necessity of a name. Thus we can expect a rather strong correlation between vernacular names and usefulness of the plants.

III. Observations

Table 5 and 6 show the categories of life form and the categories of habitat respectively and the number of the plants belonging to each category. For a comparison, the data of Menga are also shown in the tables. As far as the numbers of

Table 3: Plants with no vernacular names.

plant no.	species	usage
1	<i>Asystasia gangetica</i>	no use
5	<i>Sanchezia nobilis</i>	ornamental
64	<i>Cyperus cyperoides</i>	no use
82	<i>Phyllanthus</i> sp.	no use
142	<i>Calvoa bequaertii</i>	no use
175	<i>Biophytum zenkeri</i>	ornamental
188	<i>Mussaenda tenuiflora</i>	no use
209	<i>Diranolepis baertsiana</i>	no use
210	<i>Ancistrocarpus bequaertii</i>	no use
221	<i>Lantana camara</i>	ornamental
222	<i>Stachytarpheta angustifolia</i>	ornamental

Table 4: Plants regarded as useless in Nyamakombola.

plant no.	vernacular	name type
1	no vernacular	
3	<i>nanghegheno</i>	general
10	<i>nkolokoshi</i>	general
39	<i>lububi-lwa-mubunga</i>	borrowed
40	<i>lububi-lwa-mbala</i>	borrowed
41	<i>lububi-lwa-mubunga</i>	borrowed
57	<i>kisukulio</i>	borrowed
60	<i>aolo</i>	borrowed
64	no vernacular	
82	no vernacular	
101	<i>lusekeseke</i>	(unpopular name)
108	<i>kakolola</i>	(unpopular name)
112	<i>ijengela</i>	
119	<i>kufa</i>	Swahili
128	<i>kabuto-ka-mbala</i>	borrowed
131	<i>kikululu</i>	general
142	no vernacular	
177	<i>lububi</i>	borrowed
188	no vernacular	
209	no vernacular	
210	no vernacular	
215	<i>nakamutontoli</i>	borrowed
223	<i>namaseka</i>	general
238	<i>katilubugu</i>	borrowed
252	<i>kikongolo</i>	
254	<i>kiselya</i>	general
258	<i>mupunga</i>	general (unpopular name)

Note: The unpopular name is a name only a few people know.

Table 5: Life forms and their plants.

form	Mwenga	Nyamakombola
tree	117	112
shrub	35	21
herb	116	100
liana	20	19
palm (including rattan)	4	6
bamboo	1	1
fern	7	8
lichen	1	1

Table 6: Habitats and their plants.

habitat	Mwenga	Nyamakombola
forest (primary & secondary)	143	174
open vegetation	153	92
damp place	1	5
cultivated	13	13
epiphytic	3	3

the plants which belong to each plant form are concerned, a fairly similar pattern can be observed between Nyamakombola and Mwenga. On the other hand, looking into the habitat, Nyamakombola specimens were more often obtained from the forest than at Mwenga. We have to check whether this is due to the difference in natural environment, sampling errors, or something else.

IV. Uses

The usage of each plant categorically labeled using the AFlora classification (AFCOM, 1988) which sorts plant usage into ten categories and the used part of the plant into eleven categories. In Appendix 1, the use and part category is shown by the combination of an alphabet letter which denotes the use category and a number or 'X' which denotes the plant part category (See the table in Appendix 1). Table 7 shows the number of plant species in each use category. Careful comparisons at species level will be undertaken elsewhere, so here we just consider the remarkable differences that appear in Table 7.

Table 7: The plants and the use categories (spp.).

	Total spp.	A	B	C	D	E	F	G	H	I	J
Mwenga	287	181	37	142	30	3	3	26	26	38	9
Nyamakombola	258	83	28	152	21	4	3	31	13	33	73

The most remarkable point in the usage pattern between Nyamakombola and Mwenga is the disparity in the number of the plants which are ascribed to the medical category. The number of the medicinal plants collected in Nyamakombola are less than a half of that of Mwenga, although the total number of the plants collected was about the same. Some environmental factors might be relevant, but we would like to mention two points which may be more responsible for this. One is the difference in the knowledge and experience between the informants and the other is the change in the social situation in which plants are used for medical purposes.

First, the informants of Mwenga were two old men in their 60's with experience and concerns in medicinal plants. On the other hand, the primary informant of Nyamakombola was a young man in his 20's. Usually people accumulate knowledge of medicinal plants as necessity arises, that is, when they themselves, their family members or their friends fall ill. So, it is reasonable that old informants who have more experiences in life than young people should generally know more about medicinal plants.

Secondly, the social backgrounds of the informants involved seem to be very different. Now people have more access to western medicine, such as aspirins for fever and pains, antibiotics or sulfa drugs for infectious diseases. Medical care is also available at local dispensaries or hospitals. Thus the importance of medicinal plants for the treatment of patients has surely decreased.

The above two points seem to contribute much to the disparity in the number of plants used for medical purposes between Mwenga and Nyamakombola. We can also say that medical plant uses are likely to be much influenced by the experience of informants and by the social availability of medical care.

There is also a large discrepancy in the category named J. In Nyamakombola, 74 species belonged to that category, while in Mwenga only 9 species did. In this case, unlike the case mentioned above, the method of information collection seems to have played a large part. Category J consists of information that cannot belong to other categories. For example, negative information such as "this plant is unusable for something..." was put in this category. In the research at Nyamakombola, we asked informants about every tree whether it was used for planks or for house-construction while in Mwenga we collected such information only when the informants mentioned it voluntarily. We were reminded that the availability of information like this negative one could vary very much according to the method of research.

Rather similar patterns can be observed in the numbers of the plants used in other categories.

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Appendix 1. Ethnobotanical data of the Lega of Nyamakombola.

The data are alphabetically arranged by families and species. Each plant is given a serial plant number. 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. Plural prefixes with a plus sign, as in *ba+* or *ma+*, denote that the plural prefix is attached to the singular form to make a plural form.

Common names such as the English (marked (E)) and Swahili (marked (Sw)) names are shown with the vernaculars when known. For some plants, the vernacular names in the languages of the Shi people (Mashi), the Tembo (Kitembo), and the Nyanga (Kinyanga), all of which are Lega's neighbors, are presented.

A number in brackets after each vernacular denotes a tone pattern of the vernacular: '1' for high tone, '0' for low tone.

Each usage on the data list is headed by at least one "usage category" using the AFlora classification (AFCOM, 1988).

Usage and plant part categories.

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

SPERMATOPHYTES

Acanthaceae

1 *Asystasia gangetica* (L.) T. Anders. (LGN0229)

no vernacular recorded

Observations: A small, sometimes decumbent herb, commonly found on roadsides; c. 30 cm high; leaves opposite, ovate, 2.5×5 cm, flowers whitish with purple spots, corolla tube, c. 2 cm long, lobe 1 cm wide.

Remarks: This plant was often called *maua*, a Swahili word meaning "flowers."

Uses: (J0) No use recorded.

2 *Brillantaisia kirungae* Lindau (LGN0118)
longa [00] (*nonga*)

Observations: An erect herb, 1–2 m high, found on roadsides or in wet places; leaves opposite, cordate to auriculate at the base, 8×13 cm, petioles 6–7 cm, serrate.

Uses: (A3) A leaf-infusion is used by enema as a

purgative for pains due to intestinal worms.

3 *Brillantaisia subcordata* De Wild. & Th. Dur. (LGN0119)

nanghegheno [1000] (*ba+*)

Observations: An erect herb found locally common on roadsides; leaves opposite, no petioles; flowers 3–4 cm long, blue-purple corollas in a long narrow panicle; tomentose.

Remarks: Other *nangheghenos*: # 4 (*Justicia laxa*), # 191 (*Psychotria* sp.) and # 245 (unidentified).

Uses: (J0) No use recorded.

Name etymology: "A plant with nodes," *gheghe-no*: a node. This plant has conspicuous nodes.

4 *Justicia laxa* De Wild. (LGN0199)

nanghegheno [1000]

Observations: A small tree to c. 2 m high, of secondary as well as primary forest; leaves opposite, elliptic-lanceolate, acuminate, 10×20 cm, petioles 5 cm.

Remarks: Other *nangheghenos*: # 3 (*Brillantai-*

sia subcordata), # 191 (*Psychotria* sp.) and # 245 (unidentified).

Uses: (C9 D9) The trigger (*npigi*) of traps for porcupines and monkeys made of the wood are believed to lure animals quickly.

Name etymology: "A plant with nodes," *ghegheno*: a node.

5 *Sanchezia nobilis* Hook. f. (LGN0242)
vernacular unrecorded

Observations: A shrub of secondary growth, probably introduced by Europeans as an ornamental; c. 3 m high, yellow trumpet-like flowers, c. 3–4 cm long, in terminal racemes; leaves opposite, elliptic, acuminate, round at the base, 10×20 cm, petioles short, slightly serrate.

Remarks: This plant was often called *maua*, a Swahili word meaning "flowers."

Uses: (C0) The plant is cultivated at graves as an ornamental.

6 *Thomandersia laurifolia* (T. Anders. ex Benth.) Baill. (LGN0191)
imbesebese [01010] (*ma-*)

Observations: A small tree of forest; leaves palmately compound, five leaflets; leaflets oblong-ovate, 5×12 cm, acute, and cuneate at the base.

Uses: (A3) A leaf-infusion is used as an enema for a children's disease called *ndege* which causes a high fever and fainting.

(C9) The wood is used for house construction, and for making a stick (*mwiko*) which is used for making cassava porridge (*ugali*).

Agavaceae

7 *Dracaena nitens* Welw. ex Bak. (LGN0169)
imbila-ya-kanshinshi [010-0-010] (*ma-*)

Observations: A tree of primary and secondary forest; whorled leaves, linear, 1 cm × 30 cm, acuminate; flowers in racemes, c. 15 cm long.

Remarks: It is said that there is another *imbila* (uncollected).

Uses: (A7) The plant is used as a medicine when a woman has too much menstrual flow, but the details of the treatment are not certain.

(A5) The root-ash is licked for fever.

(J9) The wood is not usually used for house construction although it is hard enough. People are not used to use it.

Name etymology: "A bubble of the wagtail," *imbila*: a bubble, *kanshinshi*: the African wagtail. It is said that the wagtail likes this plant.

Amaranthaceae

8 *Amaranthus hybridus* L. subsp. *cruentus* (L.) Thell. (LGN0115)

kitembele [0000] (*bi-*)

Observations: An erect herb to c. 1 m high, usually cultivated as a vegetable.

Uses: (B3) The leaves are eaten as a vegetable.

(G0) A proverb: *Mwana muto uti ma wage, kitembele mukula busa*, which means "a child who has no weakness grows up like *kitembele*."

9 *Cyathula* sp. (LGN0008)

nkolokoshi [0100]

Observations: An erect herb or small shrub found locally abundant in waste clearings; leaves opposite, broadly elliptic, acute, cuneate at the base, 8×12 cm, flowers in axillary spikes, 5–6 cm long.

Remarks: Another *nkolokoshi*: # 10 (*Cyathula* sp.).

Uses: (A3) A leaf-infusion is used as an enema for a children's disease called *luboboli* or *lukunga*. The disease may cause the depression of the top of the head.

(G0) A proverb: *Nkolokoshi wa kulanda ku nsulu, ntu wobe*, which means "nkolokoshi that attaches your clothes, it is your friend."

Name etymology: Several species which have seeds that easily attach to human clothing are called by this name.

10 *Cyathula* sp. (LGN0184, LGN0186)

nkolokoshi [0100]

Observations: An erect herb to c. 0.7 m high, of waste clearings; leaves opposite, flowers in axillary spikes, c. 4–5 cm long.

Remarks: Another *nkolokoshi*: # 9 (*Cyathula* sp.).

Uses: (J0) The plant is said to have no use.

Name etymology: Several species which have seeds that easily attach to human clothing are called by this name.

(G0) A proverb: See above (# 9).

Anacardiaceae

11 *Pseudospondias microcarpa* (A. Rich.) Engl. (LGN0069)

chungu [00] (*by-*)

Observations: A tree of the forest; leaves alternate, lanceolate, oblique, 5×12–15 cm, long pointed.

Uses: (A3) The leaves are used with other plants such as *nkungu* (# 117, *Albizia grandbracteata*), *lungusu* (# 70, *Alchornea cordifolia*), and *ishindangombe* (# 102, Gramineae sp.) in vapor-baths for a high fever due to *kabulula* (maybe, a kind of

malaria).

(A6) Bark pieces are put in water with ripe plantain; three days later, the bitter liquid, fermented a little, is taken for gonorrhoea.

(B1) The sweet fruits are eaten by man and monkeys.

(C9 J9) The wood is used for house construction, but not for planks.

Annonaceae

12 *Anonidium mannii* (Oliv.) Engl. & Diels (LGN0059)

bombi [00]

Observations: A tree of the forest; leaves alternate, oblong-lanceolate, 10×30 cm; short petioles.

Uses: (B1) The large fruits are eaten by man.

(C9) The wood is sometimes used for house construction although it is not so durable.

13 *Cleistopholis glauca* Pierre ex Engl. & Diels (LGN0103)

mukoolo [0010] (*mi*-)

Observations: A tree to 20 m high or more and 60 cm by girth, of secondary as well as primary forest; leaves alternate, lanceolate, acuminate, 3×13 cm, short petioles.

Uses: (C6) Strips of the bast is used for the brow-bands for carrying large baskets (*lusi*), and shoulder-straps for men's baskets (*musasa*).

(C6) The bast is also used as a binding material in house construction.

(J9) The wood is not good for house construction because it is not so durable.

14 *Polyalthia sauveolens* Engl. & Diels (LGN0189)

mwampu [01] (*my*-)

Observations: A tree of the forest; leaves alternate, broadly elliptic, acuminate, round at the base, 4×10 cm, very short petioles.

Uses: (C6) The bark is used for sleeping on it in the forest.

(C9) The stems are used for house-poles (*kakoma*) and traps (*lubaga*).

Apocynaceae

15 *Alafia schumannii* Stapf (LGN0081)

kampelepele [00101] (*tu*-)

Observations: A woody climber of primary as well as secondary forest; leaves opposite, elliptic to oblong, caudate, 4×10 cm.

Remarks: This plant is said to be a kind of *ishigisa*

(# 231, unidentified).

Uses: (C7) The stems are used for traps.

(J7) The stem are not usable as a binding material in house construction.

Name etymology: "Small scabies," *ka*-: a diminutive, *mpele*: scabies and skin-eruptions. Many small projections on the stem recall a common skin disease called *mpele*.

16 *Landolphia owariensis* P. Beauv. (LGN0254)
mukunda [000] (*mi*-); white rubber vine (E)

Observations: A forest woody climber; leaves opposite, lanceolate, 4×13 cm.

Uses: (C7) The stems are used as trap rope.

17 cf. *Pleiocarpa pycnantha* (K. Schum.) Stapf (LGN0060)

kitankondo [1000] (*bi*-)

Observations: A small tree of the forest, to c. 10–15 cm by girth; leaves opposite, lanceolate, 3×15 cm.

Remarks: Another *kitankodo*: # 18 (cf. *Pleiocarpa pycnantha*).

Uses: (C9) The wood is used for house construction and for pestles (*mututi*) and combs (*kisako*).

18 cf. *Pleiocarpa pycnantha* (K. Schum.) Stapf (LGN0166)

kitankondo (*bi*-) [1000]

Observations: A forest tree reported to grow large; leaves opposite, lanceolate to elliptic, 3×12 cm, acuminate, cuneate at the base, petioles 2–3 cm.

Remarks: Another *kitankondo*: # 17. See above.

Uses: (C9) The wood is used for bells (*kishugu*) which are attached to the neck of hunting-dogs; the plant called *shingati* (uncollected) is also used for the same purpose.

(C9) The wood is used for house construction.

19 *Tabernaemontana pachysiphon* Stapf (LGN0046)

itekwa [010] (*ma*-)

Observations: A small tree found in the forest and clearings; leaves opposite, broadly elliptic, c. 13×30 cm, acute; yielding a white latex; round fruits in pairs, c. 10 cm in diam., with hard thick skin and many small seeds.

Uses: (A1 A8) Fruit-sap is applied over scarifications on swelled lymphatic glands at the crotch (*mushipa*).

(A8 D8) The plant enters into a treatment for inflamed breasts and painful swellings; seven leaves are gathered and the latex from the leaf-stalks is applied to aching spots; then the leaves are kept on a shelf above a fire for a while.

(J9) This plant is not usually used for house construction.

20 unidentified (LGN0029)

kantonko (tu-) [011]

Observations: A small tree found particularly in secondary forests; yielding a latex; leaves whorledly arranged, lanceolate, 5×20 cm.

Uses: (A5) A root-infusion is used as eye-drops for headaches; it is said that the treatment is very painful.

(A6 A8) Bark-powder or latex, mixed with a bit of oil, is applied to scabies or skin-eruptions called *mpele*.

(C9) The wood is occasionally used for house construction.

21 unidentified (LGN0066)

moga [00] (*my-*); *kalyamushumbu* [01010] (*tu-*)

Observations: A tree of primary as well as secondary forest; leaves broadly elliptic, acute, 14×30 cm, very short petioles; yielding a white latex.

Uses: (C9) The wood is used for house construction and planks, and for stirring sticks (*mushugu*) for kneading cassava porridge (*ugali*), a spoon (*ki-mamiyo*) for piling up *ugali* on a plate, chairs, beds, door frames, knife-handles, and so on.

Name etymology: "The food of a ghost," *kalya*: food, *mushumbu* or *mushubu*: a ghost, a dead ancestor.

22 unidentified (LGN0026)

muntoko (*mi-*) [011]

Observations: A large-sized tree of the forest, up to 1 m by girth or more; leaves oblanceolate, 4×22 cm; yielding a latex.

Uses: (A8) Latex from the wood is put into water then taken for stomach pains; it is said that it tastes very bitter.

(C9) The wood is used for a slit-gong (*lukumbi*), and a small musical instrument called *likembe* or a finger piano.

(C9) The wood is used for house construction and planks.

23 unidentified (LGN0171)

nshimbi [001]

Observations: A forest liane; leaves opposite, oblong-elliptic, 6×20 cm, apiculate, round at the base, petioles 1 cm; yielding a white latex.

Uses: (B1 I1) The fruit, called *magu*, is eaten by man and monkeys.

(C8) The latex is used for making a ball with which children play football game; it is spread on the ab-

domen for drying up then folded into a ball.

Araceae

24 *Anchomanes giganteus* Engl. (LGN0137)

igoma-lya-kabile [001-0-010] (*ma-*)

Observations: A robust herb of the forest; leaves alternate, cuneate, 10×15 cm; thorns on the stems; many fruits in a cluster which looks like a bunch of grapes, c. 10×20 cm.

Uses: (A1) A root-decoction is used as an enema for pains after delivery; the trouble is called *mwanamimba*.

Name etymology: "The plantain of a ghost," *igoma*: a plantain, *kabile*: a ghost.

25 *Anubias bequaertii* De Wild. (LGN0234)

kimputu [001] (*bi-*)

Observations: A weak rhizomatous herb to c. 20–30 cm high, found in damp places; leaves lanceolate, 3–4×12 cm, petioles c. 12 cm.

Remarks: Another *kimputu*: # 151 (Menispermaceae sp.).

Uses: (A3) Fractures, sprains, or blows are banded with the warmed leaves.

26 cf. *Nephtytis* sp. (LGN0175)

kimpunga [000] (*bi-*)

Observations: A rhizomatous herb to 50 cm high, of forest undergrowth; leaves triangular, hastate at the base, 20 cm long, petioles 25 cm.

Uses: (A3) The leaves are smoked for enhancing male sexual ability.

27 *Raphidophora africana* N. E. Br. (LGN0187)

kinamunkwe [0101] (*bi-*) [aerial root]; *kisenga* [010] (*bi-*) [leaf]

Observations: A tall forest climber, extending supporting roots from the stem to the trunk of the host tree; leaves lanceolate, oblique, 7×20 cm, petioles 15 cm.

Remarks: It is said that there are two types of *kinamunkwe*.

Uses: (C7) The durable stems are used for bird-traps called *mulengo*.

(D0 G0) Some villagers say that the stem turns into a snake if it is kept in a house; thus it is prohibited to bring this plant into the house.

Name etymology: *Munkwe* is an onomatopoeic expression for the sound made by the throat when gulping down something slowly.

Asclepiadaceae

28 unidentified (LGN0148)

kamanja [010] (*tu-*)

Observations: A liane of the forest; leaves oblong-elliptic, 4×8 cm, acuminate, round at the base, petioles 2 cm; star-like corolla with five petals joining together at the base, purple-red inside; yielding a milky latex.

Uses: (C8) The resin is used as an adhesive; it becomes sticky when spread over a machete and heated a bit over embers.

Balsaminaceae

29 *Impatiens masisiensis* De Wild. (LGN0284)*itondo* [011] (*ma-*)

Observations: An erect herb, found commonly in secondary growth; leaves spirally arranged, ovate, acute, 3×7 cm, petioles 2.5 cm; flowers with yellow spurs; ripe fruits burst when touched.

Remarks: It is considered that *itondo* is different from *kitantonto*.

Uses: (A4) The stems are pounded into a paste and applied to swellings.

30 *Impatiens niamniemensis* Gilg. (LGN0244, LGN0250)*kitantonto-kya-mikila* [0011-0-000] (*bi-*)

Observations: An erect herb of forest undergrowth; c. 1 m high; leaves spirally arranged, elliptic, acute, cuneate at the base 6–7×10–15 cm, long petioles; flowers with red spurs.

Remarks: Two types are recognized: one has reddish color on the leaf-stalks whereas the other, not.

Uses: (A4) The stems are pounded into a paste and plastered on a buried thorn several times repeatedly for pulling it out.

(I2) Some birds eat the flower.

Name etymology: “Bloody *kitantonto*,” *mikila*: blood. The flowers and leaf-stalks have conspicuous red color.

31 *Impatiens* sp. (LGN0007)*kitantonto* [0100] (*bi-*)

Observations: An erect herb to 1 m high or more, commonly found in secondary growth; leaves spirally arranged, elliptic, acute, cuneate at the base, 7×20 cm, petioles 5 cm, prickles on the petioles; the fruit bursts when touched.

Remarks: Another *kitantonto*: # 31 *Impatiens* sp. Uses: (A3) Pounded leaves are applied to wounds and swellings.

(A4) The stems are pounded into a paste and plastered on a buried thorn several times repeatedly for pulling it out.

(I2) Some birds eat the flower.

Begoniaceae

32 *Begonia eminii* Warb. (LGN0032)*ansani* [000]

Observations: A herb sometimes epiphytic; fruits red, flowers white; leaves alternate, peltate, ovate, and acute at the tip.

Uses: (A1) A fruit-infusion is used as an enema for gonorrhoea.

(A3 A8) Leaf-sap is applied to wounds. The treatment is said to cause severe pains.

(E1 E8) It is said that the fruit-sap is dangerous to the eyes; that might cause the loss of sight; this information is, however, not confirmed by all informants.

33 *Begonia* sp. (LGN0031)*kalokosa* [0000] (*tu-*)

Observations: A small rhizomatous herb, up to c. 15 cm; leaves asymmetric, peltate, ovate, 10×15 cm, dully acute, petioles 15–20 cm, coming out from underground stems in two or three.

Uses: (A3 A8) Sap squeezed from warmed leaves is applied to the wounds. The treatment is said to cause severe pains.

Bignoniaceae

34 *Spathodea campanulata* P. Beauv. (LGN0085)*mukukukulu* [01010] (*mi-*); *bukukukulu*

Observations: A medium-sized tree of primary as well as secondary forest, more than 0.8 m by girth; leaves pinnate, opposite, ovate to elliptic, acuminate, round at the base, 5×10 cm; showy red flowers, c. 10 cm long, borne in terminal corymbose racemes.

Uses: (C9 J9) The wood is used for house construction, but not for planks.

(H9) Edible mushrooms called *mukukukulu*, the same name as this tree, grow on the dead trunks.

35 unidentified (LGN0101)

musuku-wa-bakota [001-0-000] (*mi-*)

Observations: A tree of the forest; leaves opposite, oblong-lanceolate, long pointed, 6–7×25 cm, tomentose; sap fragrant.

Remarks: It is said that there is another *musuku* that has smaller leaves and bears edible fruits; maybe *Canarium schweinfurthii*.

Uses: (C8) The resin is collected and made into a torch called *kasuku*; it is said that this *musuku*

produces less resin than another *musuku*. See Remarks.

(J1) The fruit, called *lupatu*, is not edible.

(J9) The wood is rarely used for house construction because it is not durable.

Name etymology: "The chiefs' *musuku*," *bakota*: chiefs, big men, seniors.

Cannaceae

36 *Canna indica* L. (LGN0216, LGN0217)

kashumbo [000] (*tu*-)

Observations: An erect herb of roadside clearings, to c. 1.5 m high, leaves oblong, acute, 10×27 cm, red flowers in racemes; several black seeds of c. 5 mm in diam., in a soft shell; probably introduced by Europeans as an ornamental plant.

Remarks: Two types are recognized: those which have reddish fruit shells, and those not. But the usage is the same.

Uses: (C1) Children use the seeds for play.

(C1) The seeds are put in a *jenje*, a rattle used for pleasing babies.

Celastraceae

37 *Hippocratea* sp. (LGN0274)

lubugu [000] (*n*-)

Observations: A liane of the forest; leaves opposite, narrowly elliptic, acuminate, round at the base, 5×12 cm.

Uses: (C7) The durable stems are used as a binding material in house construction.

(G0) The plant is said to grow on the forest floor along with a small unidentified tree named *kati-lubugu* (# 238), meaning "the *lubugu*'s tree."

Combretaceae

38 *Quisqualis falcata* Welw. ex Hiern var. *mus-saendiflora* (Engl. & Diels) Liben (LGN0205)

kikululu [0000] (*bi*-)

Observations: A climbing shrub commonly found in roadside bush; leaves opposite, elliptic, apiculate, round at the base, 3×6 cm, petioles very short, red-colored at the terminal of branches; trumpet-like red flowers.

Uses: (C0) This plant is sometimes cultivated as an ornamental.

Name etymology: *Kikululu* is a name generally applied to climbing herbs or shrubs with thorns on the stems.

Commelinaceae

39 *Aneilema beniniense* (P. Beauv.) Kunth. (LGN0237)

lububi-lwa-mubunga

Observations: A decumbent herb usually found in waste clearings; leaves alternate, sheathing at the base, lanceolate 3×10 cm; flowers in a terminal raceme.

Remarks: Original *lububi* such as # 176 and # 177 belong to Palmae. This plant is called by the same name only because the form somewhat resembles them.

Uses: (J0) No use recorded.

Name etymology: "The *lububi* of secondary growth," *mubunga*: secondary growth, wasted clearings.

40 *Commelina capitata* Benth. (LGN0197)

lububi-lwa-mbala

Observations: A decumbent herb usually found on forest floor; leaves alternate, lanceolate, 4×15 cm, sheathing bases; flower white to yellowish.

Remarks: See the remarks of # 39.

Uses: (J0) No use recorded.

Name etymology: "Forest *lububi*," *mbala*: forest.

41 *Commelina* sp. (LGN0249)

lububi-lwa-mubunga

Observations: A decumbent herb of clearings; flowers yellow, in terminal racemes; leaves lanceolate, 3×12 cm, sheathing at the bases; dense soft hairs on the stalks.

Remarks: See the remarks of # 39.

Uses: (J0) No use recorded.

Name etymology: See above (# 39).

42 cf. *Cyanotis* sp. (LGN0213)

kitorifa [101] (*bi*-)

Observations: A weak herb with decumbent branches, found on roadsides; leaves alternate, sheathing bases, 1×3 cm, tomentose; subsessile small purple flowers at the axils.

Uses: (D3) The plant is used as an aphrodisiac called *mulinda*; a man shreds the leaves calling the name of a woman he loves and put them secretly into her food or drink.

43 *Palisota ambigua* (P. Beauv.) C. B. Cl. (LGN0270)

kalume-ka-kimokomoko (*tu*-)

Observations: A robust herb commonly seen on forest undergrowth, c. 1 m in height; leaves whorled, hairs on leaf-edges and leaf-bases; light purple flowers in a terminal spike of c. 12 cm long.

Remarks: This plant is recognized as a kind of *kimokomoko* (# 44, *Palisota schweinfurthii*), which is larger than this.

Uses: (A3) The soft part of the leaves near the base is pounded and applied to wounds.

(A4 A8) The stem-sap is applied to snake-bites.

(C3) Leaves are used to wrap food such as crabs and meat, then the wrapping is placed on live embers for cooking.

Name etymology: "Male *kimokomoko*," *kalume*: male.

44 *Palisota schweinfurthii* C. B. Cl. (LGN0012) *kimokomoko* [00010] (*bi*-)

Observations: A robust herb to 2 m high commonly seen on forest undergrowth; the stem contains much sap; long and wide leaves, c. 10×60 cm, soft hairs on the undersurfaces; many white small flowers, c. 5 mm across, in a terminal spike of c. 20 cm long.

Remarks: Sometimes called *kimokomoko-kinene*, i.e. "large *kimokomoko*," because this is larger than the other *kimokomoko* (# 43, *Palisota ambigua*).

Uses: (A4) Soft stems are pounded to a paste and applied to wounds.

(C3) Leaves are used to wrap food such as crabs or meat, and the wrapping is placed on live embers for cooking.

Compositae

45 *Ageratum conyzoides* L. (LGN0009)

nishunda (*ba*-) [0100]; *kohyole* (Mashi)

Observations: An erect herb to 0.5–1 m high, commonly occurring in clearings; leaves opposite, ovate, 4×7 cm, serrate; umbells of small yellowish or whitish flowers.

Remarks: *Adenostemma perrottetii* DC. (Compositae) may also be recognized as *nishunda*. Further research is necessary.

Uses: (A3) The leaves are pounded to a paste and applied to wounds.

(D1) The flowers are used for a sty; seven flowers are brought close to the infected eye and thrown away one by one saying that "you, *nishunda*, go with the sty!"

46 *Bidens pilosa* L. var. *minor* (Blume.) Scherff. (LGN0245)

lungelima [00010] (*ma*-); *kashisha* (Mashi); *chai* (Sw)

Observations: An erect herb to 70 cm in height, commonly found in waste clearings; leaves opposite, trifoliate, leaflets elliptic, 5×7 cm, serrate;

white-rayed flowers, c. 1 cm across.

Uses: (F1) An infusion of dried seeds and leaves is taken as tea.

47 *Crassocephalum montuosum* (S. Moore) Milne-Redh. (LGN0011)

mulwalindi [0100] (*mi*-); *mushwalindi* (Mashi)

Observations: An erect herb to 0.5–1 m in height, commonly seen in waste clearings; umbells of yellow flowers with white hairs; leaves alternate, ovate-lanceolate, 5×9 cm, serrate.

Uses: (A3 A8) The leaves are mixed with cooked cassava leaves (*sombe*), tobacco leaves and red pepper, then pounded to a paste and applied to wounds; leaf-sap is also used for treating wounds.

48 *Dichrocephala integrifolia* (L. f.) O. Ktze (LGN0224)

kitindamboga [00010] (*bi*-); *fundulo* (Kitembo)

Observations: An erect short herb of clearings; leaves alternate, ovate, slightly serrate, 4×6 cm, acute, petioles 4 cm; racemes of small flowers.

Uses: (A3 A8) Leaf-sap is used as eye-drops for an eye disease called *songo*, probably cataract.

(A3 A8) Leaf-sap is also effectively used for headache.

Name etymology: The Tembo name *fundulo* means "go away."

49 *Emilia* sp. (LGN0264)

sikukutu [0011]

Observations: A climbing herb of clearings; leaves elliptic, acute, slightly sagittate at the base, 5×10 cm; stipule, 2.5×5 cm, elliptic; flowers c. 0.5 cm across, 1 cm long, orange-colored.

Uses: (D3) The plant is believed to guard people from misfortunes; when somebody may ambush you, you should search the herb and chew the leaves for avoiding the trouble.

50 *Erigeron floribundus* (H. B. & K.) Sch. Bip. (LGN0027)

nemiswa [000] (*benemaswa*); *kabazibazi* (Mashi); *mwenyeshamba* (Sw)

Observations: A herb up to 2 m high, found commonly in fields and waste clearings; leaves spirally arranged, lanceolate, undulate; umbells of yellowish small flowers; hairs on the stems.

Uses: (A3 A8) Leaf-sap is dripped into the eyes for sore eyes and also to treat headache; it is said that this treatment causes pains badly. For headache, the sap is also rubbed into scarifications on the forehead.

Name etymology: "The owner of the field," *mwene* (*bene*): the owner(s) of something, *iswa* (*ma*-):

field(s). The Swahili name has the same meaning.

51 *Erlangea spissa* S. Moore (LGN0108)
mubilishi-wa-imbala (*mibilishi-sa-imbala*)

Observations: An erect herb to 1.5 m high, growing locally abundantly in clearings and on roadsides; leaves opposite, ovate to lanceolate, c. 6×13 cm, serrate; flowers purple to pinkish, 0.5 cm across, in compound umbels.

Uses: (A3) Pregnant women lick the leaf-powder mixed with salt every day for a disease called *mpinde* (*sanga* in Swahili) which causes paler skin, the blood "dry," eventually leading to death.

52 *Microglossa pyrifolia* (Lam.) O. Ktze (LGN0044)

nyakati [111] (*ba+*)

Observations: A herb of clearings; leaves alternate, ovate to lanceolate, 2×5 cm, serrate; small flowers, c. 0.5 cm across, in cymes.

Uses: (A3) A leaf-infusion is used as an enema for a children's disease called *luboboli* or *lukunga*. That causes constipation, swelling of the abdomen, and the head top remains soft for a long time.

(A3) It is also administered by enema to adults for intestinal pains.

53 *Mikania cordata* (Burm. f.) B. L. Robinson (LGN0043)

bombo [00]; *chibombwe* (Mashi)

Observations: A climbing herb of clearings and secondary growth; leaves opposite, cordate, acute, 5×8 cm.

Uses: (A3 A8) Leaf-sap is used as eye-drops for headache.

54 *Vernonia conferta* Benth. (LGN0034)
mumpukumpuku [00110] (*mi-*)

Observations: A small tree occurring in secondary growth, leaves oblong-obovate, round at the apex, cuneate at the base, c. 20–25×50–60 cm.

Uses: (A6 A9) The scraped bast or wood is applied to the wounds.

(C3) The leaves are used to cover the cut end of oil-palm stem for promoting the yielding of palm-wine.

(C9) The wood is used for house construction.

Connaraceae

55 *Roureopsis obliquifoliolata* (Gilg) Schellenb. (LGN0122)

kisangani [0010] (*bi-*)

Observations: A liane of the forest: leaves compound, alternate, pinnate, 25 cm long; leaflets obliquely oblong, mucronate, 1.5×4 cm.

Uses: (C7) The durable stem is used for trap cords.

Crassulaceae

56 *Kalanchoe integra* (Med.) O. Ktze (LGN0041)

kinenke [000] (*bi-*)

Observations: An erect herb of clearings, to c. 1 m high, sometimes cultivated as an ornamental plant around a house; leaves opposite, obovate, thick; orange-colored small flowers in racemes; hairs on the stems.

Uses: (A3 A8) Leaf-sap is taken for coughs. It is also dripped into the eyes for a disease called *mena*, maybe conjunctivitis or trachoma.

Cucurbitaceae

57 *Cogniauxia trilobata* Cogn. (LGN0220)

kisukulio [00010] (*bi-*)

Observations: A climbing herb found in clearings; leaves palmate; flowers, five yellow petals, more than 5 cm across, on a long peduncle.

Uses: (J0) No use recorded.

Name etymology: "A thing to rub." The name is from a Swahili verb *ku-sukula*, meaning "to rub." The plant resembles the other *kisukulio* (# 58, *Luffa aegyptiaca*), so referred by this name.

58 *Luffa aegyptiaca* Mill. (LGN0219)

kisukulio [00010] (*bi-*)

Observations: A climbing herb found in clearings; leaves palmate, 5–7 lobes, 15 cm across; large yellow flowers, 5 petals, 7–8 cm across; fruit c. 20–25 cm long, 5 cm across; maybe introduced by man.

Uses: (C1) Dried fruit pulp is used for rubbing the body or washing dishes.

(J0) The Lega do not eat the fruit, although they say that Chinese people who work in the Legaland for constructing roads eat it.

Name etymology: "A thing to rub." The name is from a Swahili verb *ku-sukula*, meaning "to rub."

59 *Momordica schimperiana* Naud. (LGN0038)
aolo [101]

Observations: A climbing herb with tendrils, found locally common in clearings; leaves entire, alternate, cordate, acute, 10×13 cm; small white flowers.

Remarks: Other *aolos*: # 60 (*Momordica schimperiana*) and # 61 (*Momordica* sp.).

Uses: (A3) A leaf-infusion is given by enema to children for diarrhea.

(A3 A8) Leaf-sap is dripped into the eyes for painful headache; it is said that very bad headache that even aspirins cannot soothe is cured by this treatment, although the patient gets terrible pains at the eyes and the head first.

60 *Momordica schimperiana* Naud. (LGN0246)
aolo [101]

Observations: A climbing herb with tendrils found in waste clearings; flowers with five white petals, yellow at the base, c. 3 cm across; leaves entire, alternate, cordate, 7×7 cm, serrate.

Remarks: Other *aolos*: # 59 (*Momordica schimperiana*) and # 61 (*Momordica* sp.). This species is identified with the same vernacular and scientific name as # 59, but considered different from it.

Uses: (J0) No use recorded.

61 *Momordica* sp. (LGN0230)
aolo [101]

Observations: A climbing herb of secondary forest and waste clearings; leaves digitate, five lobes; leaflets, consisting of two smaller pairs and the biggest one at the terminal, ovate 3×5 cm, serrate.

Remarks: Other *aolos*: # 59 and # 60 (*Momordica schimperiana*).

Uses: (I1) Birds eat the fruits.

62 *Momordica* sp. (LGN0218)
eveve [100] (*ma+*)

Observations: A climbing herb found in roadside bush; leaves palmate, three-lobed, 8×8 cm, petioles 5 cm; whitish flower on a peduncle of 5 cm long; a round fruit in a haired pouch; many small seeds within whitish fruit pulp.

Uses: (B1) The sweet-sour fruits are eaten especially by children.

Cyperaceae

63 *Cyperus articulatus* L. (LGN0210)
nkulu [11]; Guinea rush (E)

Observations: An erect herb to c. 1 m high, growing locally in cluster in clearings; bulbs fragrant.

Uses: (A5) The bulbs, which have a fragrant scent, are hung down from the neck for throat pains; often children do this.

(C5) The bulb is tied on the child's waist as a cosmetic.

64 *Cyperus cyperoides* (L.) O. Ktze (LGN0203)
no vernacular recorded

Observations: An erect herb commonly seen on roadsides and in clearings; leaves linear, 10–15 cm long, 12 to 13 leaves whorledly arranged, flowers on spikes.

Remarks: This is a rather common and conspicuous herb though people knew neither the vernacular name nor usage.

Uses: (J0) No use recorded.

65 *Scleria barteri* Boeck. (LGN0125)
kasagalushi [00000] (*tu-*)

Observations: A climbing or scrambling herb to 2 m or more in height with triangular to quadrangular stems, found on roadsides and in clearings; leaves long and narrow, c. 1 cm wide, alternate, with dense short hard hairs; leaf-edges quite sharp.

Uses: (J0) A harmful plant; this plant injures human limbs with the sharp leaf-edges.

Name etymology: "A plant that pleases people," *ku-sagaluka*: to please.

Dioscoreaceae

66 *Dioscorea bulbifera* L. (LGN0265)
ikunsu [011] (*ma-*)

Observations: A climbing herb with bulbils, commonly found in secondary growth; leaves cordate, 12×15 cm, petioles c. 12 cm.

Uses: (AX) A sticky substance is scraped off from the bulbil and applied to swellings.

(JX) The bulbil is not eaten because it is considered poisonous.

67 *Dioscorea* sp. (LGN0147)
itumba [010] (*ma-*)

Observations: A climbing herb with thorns on the stems, of forest undergrowth.

Uses: (G0) A proverb: *Itumba, ikalia mituku*, which means "itumba, it protects himself with the thorns."

(G5 I5) It is said that aardvarks like the tubers so they make their nests near the plant.

(J5) The tuber is not eaten because it is considered poisonous.

Name etymology: "A swelling plant," *ku-tumba*: swell. The root swells and comes out from the earth.

68 *Dioscorea* sp. (LGN0164)
kikukuku [0010] (*bi-*)

Observations: A climbing herb of secondary growth; leaves opposite, cordate, 10×10 cm, petioles 10–12 cm long; short thorns on the stem.

Uses: (B5) The tuber is eaten by the Lega.

(D7) The stem, called *musulisuti*, is stretched above the door for preventing evil spirits from entering the house.

Ebenaceae

69 *Diospyros hoyleana* F. White (LGN0048)
kabungu [100] (*tu-*)

Observations: A small to medium-sized tree of the forest; leaves alternate, oblong-lanceolate, 4×12 cm, caudate.

Uses: (C9) The wood is used for spear-handles and house construction.

Euphorbiaceae

70 *Alchornea cordifolia* (Schum. & Thonn.) Müll. Arg. (LGN0025)
lungusu [111]

Observations: A shrub commonly occurring in roadside bush; leaves cordate, acute, 12×15 cm, petioles 10 cm; fruits in pendulous spikes of c. 20 cm long.

Uses: (A3) The leaves are used with the leaves of *nkungu* (# 117, *Albizia grandbracteata*) and *ishindangombe* (# 102, Gramineae sp.) in vapor-baths for a high fever called *kabukula*.

(A4) Soft stems are chewed for stomach pains.

(I1) Birds eat the fruits.

(G0) A proverb: *Kisina kya lungusu, usolela bakwale misago*, which means "the foot of *lungusu*, it is where francolins exchange news."

71 *Alchornea floribunda* Müll. Arg. (LGN0058)
lushuna [011] (*n-*)

Observations: A small forest tree to c. 5 m high and c. 5 cm by girth; leaves alternate, oblong-obovate, 10×30 cm, acute, slightly serrate; small flowers in compound axillary spikes.

Uses: (C9) The stems are split longitudinally into rods which are called *nkati* or *fito* (Sw) and used for making house walls, roofs and so on.

(C9) A stick, named *chaanga*, which is used as the supporter of trap latches, is made of the wood.

Name etymology: "A wart," *lushuna*: a wart.

72 *Antidesma* sp. (LGN0238)
kalyankuta [0101] (*tu-*)

Observations: A tree occurring in primary as well as secondary forest; leaves alternate, spirally arranged, obovate-lanceolate, acuminate, 7×20 cm, hairy short petioles; small orange-colored fruits, c. 5 mm in diam., in a spike of c. 12 cm long hanging down from the branches.

Uses: (C9) The stem is used for traps and house construction.

(I1) Birds eat the fruits.

Name etymology: "The food of *nkuta*," *kalya*: food, *nkuta*: a kind of greenbul.

73 *Bridelia stenocarpa* Müll. Arg. (LGN0112)
muimbu [11] (*mi-*)

Observations: A small to medium-sized tree, c. 12 m high and 0.5 m by girth, occurring in forest, particularly in secondary growth; leaves alternate, oblong-lanceolate, 6–8×16–20 cm, acuminate, round at the base.

Uses: (A6) A bark-infusion is taken for diarrhea.

(I1) Various birds eat the fruits.

74 cf. *Drypetes* sp. (LGN0259)

tongwatongwa [0010] (*ba+*)

Observations: A small forest tree; yellow fruits growing directly on the stem; leaves alternate, oblong-elliptic, acuminate, round at the base, 6–7×18–20 cm.

Uses: (C1 C8) The fruit-sap is used for writing figures on the skin for a cosmetic purpose.

(J9) The wood is not used for house construction.

75 *Erythrococca welwitschiana* (Müll. Arg.) Prain (LGN0030)

mukombeleshwa [01111] (*mi-*)

Observations: A small tree or shrub with soft wood, commonly found in secondary growth; leaves alternate, ovate, acute, 7×15 cm, serrate, petioles 1 cm.

Uses: (A3 A8) Leaf-sap is applied to itching swellings called *bishushu* which are caused by filariae.

(J9) The wood is not used for construction because it is not durable.

76 *Erythrococca* sp. (LGN0102)

ngege [011] (*ba+*)

Observations: A tree of secondary growth; leaves alternate, elliptic, the apex long pointed, 6×13 cm, short petioles; small fruits.

Uses: (C9 J9) The wood is used for house construction and firewood, but not for planks.

(H3) Edible caterpillars called *mishigi* eat the leaves; their season is from September through November; it is said that the caterpillars do not make the nest like *kanbukutu*.

(I1) Various birds eat the fruits.

77 *Macaranga monandra* Müll. Arg. (LGN0116)
isalisala [00100] (*ma-*)

Observations: A tree of secondary growth; leaves alternate, cordate to auriculate at the base,

9×15 cm, petioles 10 cm, serrate.

Uses: (C9 J9) The wood is used for house construction and firewood, but not for planks.

(I1) Birds and monkeys eat the fruit.

78 *Macaranga spinosa* Müll. Arg. (LGN0096)
nitenge [100] (*ba+*)

Observations: A large tree of secondary growth; many long spines, c. 20 cm, covering the lower part of the trunk up to 3–4 m from the ground; leaves alternate, ovate, acute, round at the base, 5×10 cm, undulate, petioles 5–7 cm with soft hairs; thorns on the stems.

Uses: (C9 J9) The wood is used for house construction and firewood, but not for planks.

(I1) Birds eat the fruit.

79 *Manniophyton* sp. (LGN0077)

lukusa [011] (*nkusa*)

Observations: A woody climber of forest undergrowth; leaves palmate, 5-lobed, 20 cm across, petioles 20 cm.

Uses: (C7) Fibers taken from the stems are used for making nets (*bukila*) for fishing and hunting; now most fishing nets are made of nylon, bought at shops.

(C7) The cords which are stretched along nylon fish-nets for supporting them are made of the fibers, too.

(G0) A proverb: *Busi bunegile kutega, lukusa anulele mubili*, which means that “the day when I went to the forest for trapping, *lukusa* injured my skin.”

80 *Neoboutonia macrocalyx* Pax (LGN0036)

choone [011] (*by-*)

Observations: A small tree to 6–7 m high of secondary growth; leaves cordate, acute, 20×25 cm, rough surface.

Uses: (A5) The root scrapes are taken by mouth with sugar cane, or a root-infusion is taken as a purgative.

(C9) The wood is occasionally used for house construction, though not durable.

81 *Phyllanthus muellerianus* (O. Ktze) Exell (LGN0243)

ngilingi [000]

Observations: A large tree of the forest; leaves alternate, elliptic to lanceolate, 2.5×6 cm.

Remarks: Another *ngilingi*: # 246 (unidentified), which has larger leaves.

Uses: (C3) The plant is used for driving away red biting ants called *siafu* in Swahili; pounded leaves are put into the nest.

(C9) The wood is used for making bridges, house construction and firewood.

(H3) The leaves are a good fodder for goats.

(I1) Guinea fowls eat the fruit.

82 *Phyllanthus* sp. (LGN0239)

no vernacular recorded

Observations: A herb growing locally abundantly in clearings; leaves alternate, small elliptic, small axillary flowers.

Remarks: This was quite common plant growing near human habitations, but people knew neither the vernacular name nor usage, saying that useless plants do not have a name.

Uses: (J0) No use recorded.

83 *Ricinodendron heudelotii* (Baill.) Pierre ex Pax (LGN0154)

lukombola, bukombola [0111] (*ma-*)

Observations: A tree occurring in primary as well as secondary forest; leaves digitate, five-leaflets; each leaflet oblong-obovate, 7×23 cm, acuminate, no petioles.

Uses: (C9) The wood is used for house construction.

(C9) A game board named *lusolo* is made of the wood.

(C9 D9) When a pregnant woman has a doubt that her husband might commit adultery during her pregnancy, she wears a charm (*mpengu*) made of the wood of this plant on the waist. Unless she may get a disease of *mashimya*. Also pieces of the wood are decocted with the root of *lumono* (# 84, *Ricinus communis*), and the decoction is given to a new born baby as a wash for protection against *mashimya*.

It is a custom that when a wife get pregnant, her husband cannot sleep with her until the delivery and if he commits adultery during this period, misfortune will attack his wife and the baby. *Mashimya* may come from a verb *ku-shimya*, “to extinguish.”

(I1) Duikers eat the fruit.

Name etymology: The vernacular is from a Swahili verb *ku-kombola* which means “to legitimize a child as one’s proper offspring.”

84 *Ricinus communis* L. (LGN0208)

lumono [001]; *bonobono* (Mashi)

Observations: A tall herb up to 2 m high, cultivated in village gardens; a common castor-oil plant; leaves palmate, 20 cm.

Uses: (A5) The root is used for a children’s disease called *lunyama*. The patient passes out whitish excrements and die if not treated properly.

(J1) No medical use of the fruit recorded.

85 *Tetracarpidium conophorum* (Müll. Arg.) Hutch. & Dalz. (LGN0002)

lukaswa [011] (*bu-*)

Observations: A common shrub occurring on roadsides; axillary racemes of white flowers; fruits were not collected but said to be the size of the human fists; leaves alternate, ovate to elliptic, acute.

Uses: (B1) The seeds are boiled or roasted and eaten; the season is from July through September.

86 *Tetrorchidium didymostemon* (Baill.) Pax & K. Hoffm. (LGN0065)

kambilangwa [0000] (*tu-*)

Observations: A tree of secondary growth; leaves narrowly elliptic, 8×20 cm, acute, slightly serrate, short petioles; the sap has a peculiar smell.

Uses: (A6) The plant works as a snake antidote; bark-sap is applied directly to the wounds or to the spot just above the wounds for stopping the poison going up to the heart; this is usually used together with *kimokomoko* (# 43, *Palisota ambigua*).

(C9 J9) The plant is used for house construction, but not for planks.

87 *Thecacoris lucida* (Pax) Hutch. (LGN0047)

lupalati [0000] (*n-*)

Observations: A small tree of the forest and clearings; leaves alternate, elliptic, acuminate, round at the base, 7×15 cm, short petioles.

Uses: (C9) The wood is very good for house construction and traps.

88 *Tragia* sp. (LGN0215)

kalungi [000] (*tu-*)

Observations: A climbing herb of clearings; leaves ovate, acute, 2.5×5 cm; racemes, c. 4 cm long, of small whitish flowers; many irritating hairs on the stems and leaves.

Uses: (C0) The plant is set inside a house where rats frequent; if rats touch the plant by the leg, it swells and causes much pains and death.

(J0) This plant causes terrible itching.

89 *Uapaca benguelensis* Chev. (LGN0138)

musela [000] (*mi-*); *mutakatifu* (Sw)

Observations: A forest tree; leaves oblong-obovate, 12×28 cm, acute, round at the base, petiole 9 cm long.

Remarks: Another *musela*: # 89 (*Uapaca* cf. *guineensis*), which has smaller leaves.

Uses: (B1 I1) Man as well as wild animals eat the fruit; the season is around July and August.

(C9) The wood is used for house construction.

Name etymology: The Swahili name means "a holy thing" or "a person without any defect." The wood is very clean and highly appreciated.

90 *Uapaca* cf. *guineensis* Müll. Arg. (LGN0151)

musela [000] (*mi-*); *kasela-kulongo* [001-000] (*tu-*)

Observations: A tree found in secondary as well as primary forest; leaves obovate to elliptic, 6×14 cm, acute, cuneate at the base, petioles 3 cm.

Remarks: Another *musela*: # 88 (*Uapaca benguelensis*), which has larger leaves.

Uses: (B1 I1) Man as well as monkeys eat the fruit; the season is from July through September.

(C9) The wood is used for house construction and firewood.

91 unidentified (LGN0255)

ntenjamatama [000010]; *itenjamatama* [000010] (*ma-*)

Observations: A forest tree; leaves trilobate, 25×30 cm, petioles 30–40 cm long.

Remarks: Another *itenjamatama*: # 207 (*Sterculiaceae* sp.).

Uses: (C9) The wood is used for house construction.

Gramineae

92 *Arundinaria alpina* K. Schum. (LGN0092)

muanji [010] (*mi-*)

Observations: A gregarious bamboo of secondary growth; sometimes found near villages and ex-villages.

Uses: (C0 CX) The culm is used for house construction.

(C0 CX) A ladder called *kibakamilo*, which is used for climbing up the oil-palm tree, is made of the culm.

93 *Coix lacryma-jobi* L. (LGN0019)

isangu [010] (*ma-*)

Observations: A grass to 1–2 m in height, occurring commonly on roadsides and in waste clearings; small whitish seeds with hard skin, c. 1 cm in diam.

Uses: (C1) Children make necklaces with the seeds.

94 *Eleusine indica* (L.) Gaertn. (LGN0042)

kinsali [101] (*bi-*)

Observations: A short grass to 20–30 cm in height, commonly found on roadsides; spikes 4–5 cm long.

Uses: (A3) The leaves are used for a children's disease, *luboboli* or *lukunga*, with the leaves of *muhe-ma* (# 242, unidentified) and *luete* (# 240, unidentified); the infusion is given by enema. The disease

causes constipation, swelling of the abdomen, and the head top of the patient remains soft for a long time.

(G0) A proverb: *Kinsali wamusiga mu makindu, ukamusanga ku mulungu*, which means “even if you leave *kinsali* in an old village, you will see it again in a new village.”

#95 *Imperata cylindrica* (L.) P. Beauv. var. *africana* (Anders.) Hubbard (LGN0133)
sholu [01]; *nyasi* (Sw)

Observations: A tall grass to 2–3 m high, occurring locally abundantly in clearings and on roadsides; leaf-tips very acuminate and sharp.

Uses: (C0) The plant is used for thatching roofs.

(C3) The leaves are used for mashing bananas for brewing beer.

(G0) Proverbs: *Mumbuto wa sholu, tukunyata tunakukwa boba*, which means “in a bad family, relatives live always in fear like those who walk in the ground where *sholu* grows.”

Wayagila mengi, mulungu wa sholu takega, “no matter how you clean it up, the place where *sholu* grows cannot be clean.”

(H0) The plant provides a good fodder for cattle.

#96 *Panicum maximum* Jacq. (LGN0128)

linganga [010] (*ma*-); Guinea grass (E)

Observations: A tall grass to 2–3 m high, occurring locally abundantly.

Uses: (C3) The leaves are used for mashing bananas for brewing beer.

#97 *Paspalum conjugatum* Berg. (LGN0132)

kandanda [010] (*tu*-)

Observations: A short grass to 0.5 m high, occurring abundantly in clearings; usually two terminal spikes, c. 5–10 cm long.

Uses: (C3) The leaf tip is attached to the end of a bamboo pipe which is used for distilling local spirits; the alcohol liquid coming through the pipe is led by the thin leaf blade and drips into a bottle set beneath.

#98 *Pennisetum purpureum* Schumach. (LGN0113)

litete [010] (*ma*-); *bibingu* (Mashi); Napier grass, Elephant grass (E)

Observations: A tall tomentose grass to 3 m high or more, growing locally abundantly in clearings; the stem is not hollow inside.

Uses: (A3) Young leaves are pounded into a paste and applied to the ears when one feels hard of hearing.

(C0) The plant is used for thatching roofs.

(C4) The stems are used for house construction, especially as *nkati* or *fito* (Sw), horizontal bars attached to the walls to support mud plastered on them.

(C7) The thin stem is beaten to take strings from it; the strings are used as a binding material in house construction.

(H0) Goats, cattle, and hamsters (*dende*) like the plant.

Name etymology: The Lega vernacular collected is probably borrowed from Swahili.

#99 *Saccharum* sp. (LGN0127)

kamilali [0010] (*tu*-)

Observations: A tall grass to 2–3 m high, growing locally abundantly on roadsides; succulent stems.

Uses: (B8 I8) The juicy stem is chewed by the Lega for its sweetness; it is said that monkeys and chimpanzees also like this plant.

(G0) It is said that the plant grows from the pieces that people throw away after chewing them.

#100 *Setaria chevalieri* Stapf (LGN0003)

isani [000] (*ma*-)

Observations: A grass to 1.5 m high, found locally abundantly on roadsides; spikes c. 25 cm long; leaves long and broad, tomentose.

Uses: (C3) The leaves are used for mashing bananas for brewing beer.

(C3) A bunch of leaves is used for washing cooking utensils.

#101 *Sorghum arundinaceum* (Desv.) Stapf (LGN0134)

lusekeseke [01010] (*n*-)

Observations: A common grass to 2 m high, of roadsides; four spikes from one node.

Uses: (J0) No use recorded.

#102 unidentified (LGN0037)

ishindangombe (*bi*-)

Observations: A grass commonly found on roadsides and clearings.

Uses: (A3) The leaves are used in vapor-baths for malaria; shredded leaves, sometimes mixed with *lungusu* (#70, *Alchornea cordifolia*) leaves, are boiled for it; sometimes a leaf-decoction is used as an enema for malaria, too.

(A5) A root-infusion is taken for stomach pains.

Name etymology: The name is borrowed from Swahili, meaning “the plant that defeats cattle,” *ku-shinda*: to defeat, *ngombe*: a cattle. It has deep roots that even cattle cannot exhaust it. Cattle usually do great damage to local vegetation.

103 unidentified (LGN0141)

kazo [00]

Observations: A short prostrate grass, found locally commonly on roadsides.

Uses: (A3) An infusion of pounded leaves, mixed with other medicinal plants such as *lwute* (# 240, unidentified) is given by enema for children who suffer from *lukunga*. The disease reportedly came from the Kasai area, causes constipation, swelling of the abdomen, and the head top remains soft for a long time.

Name etymology: The vernacular name is from a French word "gazon," meaning lawn. The plant grows in the garden like lawn.

Guttiferae

104 *Garcinia smeathmannii* (Planch. & Triana) Oliv. (LGN0172)*aliga* [010]

Observations: A tree of the forest; leaves compound, opposite, bifoliate, petioles 10 cm, stipules; leaflets oblong-lanceolate, 6×15 cm, acuminate, round at the base.

Remarks: Other *aligas*: # 105 (*Garcinia* sp.) which has smaller leaves, and # 107 (*Mammea africana*) which has much larger leaves.

Uses: (C8) The resin is used for sealing holes and cracks of cooking pots.

(C9) The stems are used for traps and house construction.

105 *Garcinia* sp. (LGN0182)*aliga* [010]

Observations: A tree of the forest; leaves opposite, lanceolate, acuminate, cuneate at the base, 3–4×10–15 cm.

Remarks: Probably *G. epunctata* Stapf or *G. ovalifolia* Oliv. Other *aligas*: # 104 (*Garcinia smeathmannii*) which has larger leaves and # 107 (*Mammea africana*) which has very large leaves.

Uses: (C8) The resin is used for sealing holes and cracks of cooking pots.

(C9) The wood is used for traps and house construction.

106 *Harungana madagascariensis* Lam. ex Poir. (LGN0022)*muntungulu* [0001] (*mi-*)

Observations: A medium-sized tree with a straight bole, of secondary growth, locally common; leaves opposite, ovate, acute, rounded to slightly cordate at the base, 12×16 cm; thin rectangular branches.

Uses: (A3) Soft leaves are cooked with groundnuts

and taken by mouth for abdominal complaints.

(C9) The wood is commonly used for house construction and making beds.

107 *Mammea africana* Sabine (LGN0241)*aliga* [010]

Observations: A tree of the forest; leaves opposite, thick, oblong, 10×35 cm, acute, round at the base.

Remarks: Other *aligas*: # 104 (*Garcinia smeathmannii*) and # 105 (*Garcinia* sp.).

Uses: (C6 C8) The bark-resin is used as a paste for repairing cooking pots and other utensils.

(C9) The wood is used for house construction and traps.

Labiatae

108 *Plectranthus longipes* Bak. (LGN0117)*kakolola* [0000] (*tu-*)

Observations: An erect herb to about 1 m high, found locally abundantly on roadsides; racemes of flowers; leaves opposite, cordate, 5×5 cm; a bad smell.

Uses: (J0) No use recorded.

Leeaceae

109 *Leea guineensis* G. Don (LGN0198)*butungambale* [01010]

Observations: A small tree or shrub of secondary growth; leaves opposite, oblong-elliptic, acuminate, round at the base, 5×20 cm, slightly serrate; orange-colored flowers in compound umbels.

Uses: (A3) The leaves are passed over a fire and applied to aching spots on the body.

(A9 D9) Small pieces of the stem, about 1 cm long, are made into a chain with which fractures or sprains are wrapped around.

(C9) The wood is used for traps, *lubaga*, for squirrels (*kabubi*).

(I1) Birds eat the fruit.

(J9) The wood is not good for house construction.

Leguminosae (Caesalpinioideae)

110 *Anthonotha pynaertii* (De Wild.) Exell & Hillcoat (LGN0131, LGN0271)*kikokote* [0010] (*bi-*)

Observations: A tree of the forest; leaves alternate, lanceolate, 12×30 cm, petioles short.

Remarks: Sometimes two types are distinguished according to the size of the leaves, i.e., *kikokote mukubwa* "large *kikokote*," and *kikokote kidogo*

"small *kikotkote*."

Uses: (C1) The seeds are used for playing *chechea* game.

(C9) The wood is used for house construction.

111 *Cassia alata* L. (LGN0001)

kabaka [000] (*tu-*)

Observations: A small tree or shrub growing in clearings; spikes of bright yellow flowers; poisonous substances in the leaves.

Uses: (E3) The leaves are pounded and put into water as a fish-poison.

Name etymology: "A plant to catch," *ku-baka*: to catch.

112 *Cassia mimosoides* L. (LGN0227)

ijengela [0010] (*ma-*)

Observations: An erect herb to c. 0.5 m high, commonly found in clearings; leaves alternate, compound, pinnate, 0.3×6 cm; small yellow flowers, 4 petals; seeds in pods, 5 cm long.

Uses: (C1 J0) No use except that children may play with the seeds.

113 *Cynometra alexandri* C. H. Wright (LGN0062, LGN0231)

bubalaka [1110] (*ma-*); tuna (Sw); Uganda iron-wood (E)

Observations: A large tree, more than 1 m by girth, of the forest; leaves alternate, pinnate; 4 pairs of rhombic leaflets; each leaflet lanceolate, 2–3×6–7 cm.

Remarks: Sometimes two types are distinguished; one which has larger leaves and the other, with smaller ones; no difference in usage.

Uses: (C9 J9) The wood is used for bridges, pestles (*mututi*) and house construction, but not for planks.

114 *Gilbertiodendron* sp. (LGN0054)

bumbalu [010] (*ma-*); *mukombi* (Sw)

Observations: A large tree to 30 m high and 1.5 m by girth, occurring locally commonly in primary forest; leaves alternate, compound, leaflets oblong-obovate, 9×25 cm; pods more than 20 cm long, 8 cm broad.

Remarks: Maybe *G. dewevrei* (De Wild.) J. Léonard

Uses: (B1) It is said that the seeds (*kishingilisha*) were eaten when people were suffered from the shortage of food.

(C9) The wood is used for house construction, planks and pestles (*mututi*).

(I1 I3) Monkeys eat the soft leaves and fruits eagerly.

115 *Julbernardia seretii* (De Wild.) Troupin (LGN0076)

musoke [001] (*mi-*)

Observations: A large tree of the primary forest; leaves pinnate; leaflets broadly lanceolate, acuminate, 8×18 cm, very short petioles.

Uses: (A6) Bark-powder is applied to the wounds. (C9) The wood is used for house construction, bridges, pestles (*mututi*) and planks.

(G0) A proverb: *Kikuku kya musoke, wakisunga nkindi ntebote*, which means "the bark of *musoke*, it cannot be softened even if it is hit with a hammer."

(H9) Edible mushrooms called *mupumba* and *nshimu* grow on the dead trunks.

116 unidentified (LGN0053)

kakumbo [001] (*tu-*)

Observations: A tree of the forest; leaves pinnate and leaflets lanceolate, caudate, 3–4×10 cm.

Uses: (C9 J9) The wood is used for house construction, but not for planks.

Leguminosae (Mimosoideae)

117 *Albizia grandibracteata* Taub. (LGN0024)

nkungu [011]

Observations: A tree of secondary growth; leaves alternate, bipinnate.

Uses: (A3) The leaves are used with other medicinal plants such as *lungusu* (# 70, *Alchornea cordifolia*), *ishindangombe* (# 102, Gramineae sp.), *chukungu* (# 11, *Pseudospondias microcarpa*) in vapor-baths for a high fever called *kabukula*.

(G0) A proverb: *Bubuka nkungu, mu bututuka numba za muziko*, which means "like the leaves of *nkungu* fall down, so the home of a man who died breaks down."

(J9) The wood is not good for house construction because it is not durable.

118 *Michelsonia microphylla* (Troupin) Hauman (LGN0190)

mushishi [010] (*mi-*)

Observations: A tree of primary as well as secondary forest with bipinnate leaves; pinnae alternate, 3×7 cm, rectangular leaflets, 0.7×1.5 cm.

Uses: (C9 J9) The wood is used for house construction, but not for planks.

(H0) Edible mushrooms such as *ndukulo*, *mumpulu* and *nshimu*, grow at the foot of the tree.

119 *Mimosa pigra* L. (LGN0130)

kufa [10]

Observations: A prostrate small herb found locally commonly in clearings; sensitive, collapsing when touched; leaflets linear to oblong, 5–6 cm; tomentose and thorns on the stems; flowers 1.5 cm.

Uses: (J0) No use recorded.

Name etymology: The vernacular name is from a Swahili verb *ku-fa* which means “to die.”

120 *Newtonia buchananii* (Bak.) Gilbert & Boutique (LGN0240)
musegesege [01011] (*mi-*)

Observations: A tall tree of forest with bipinnate leaves; pinnae 5 cm long.

Remarks: It is said that this tree looks like *lukundu* (# 122, *Piptadeniastrum africanum*).

Uses: (C9 J9) The wood is used for house construction but not for planks.

121 *Pentaclethra macrophylla* Benth. (LGN0143)

lubala, bubala [011] (*n-*)

Observations: A tree of primary as well as secondary forest with bipinnate leaves; leaflets opposite, 1–2×8–10 cm; hairs on the stalks; large pods.

Uses: (B1) The seeds are kept on the shelf above a fire or hung over a fire for three days, then roasted and eaten.

(D9) The wood is not used for house construction because it is believed that people who live in a house made of this wood confront each other all the time. As the seeds dry up they emit a cracking sound which reminds confrontation among the family.

(I1) Giant rats and brush-tailed porcupine eat the seeds.

(G0) A proverb: *Bubala bwa mwana wanso, sabuki-ka ntusile ntabi*, which means “when you collect the fruit of *bubala* that belongs to your relatives, you should take only the fruit, and not to cut the branch.”

122 *Piptadeniastrum africanum* (Hook. f.) Brenan (LGN0167)

lukundu [001] (*n-*)

Observations: A large-sized forest tree, more than 1.5 m by girth, with bipinnate leaves; leaflets 1×7 cm, pinnae 1×8 mm.

Uses: (C9) The wood of the broadened root is used for axe-handles.

(J9) The wood is not used for house construction, because people are not accustomed to it.

123 *Pseudoprosopis claessensii* (De Wild.) Gilbert & Boutique (LGN0079)

kamukuta [0010] (*tu-*)

Observations: A liane of primary as well as secondary forest; leaves compound, leaflets elliptic, acuminate, round at the base, 2–3×5–6 cm.

Uses: (A3) The plant is used for mental disorder; patients smell the pounded leaves which smell bad and cause the patient severe pains at the nose and head; the mental disorder is explained by the Lega as “ghosts (*basumbu*) have seized the man.”

(C7) The stem is good for making a device called *kaketa* used for trapping monkey.

(C7) The stem is also used for the ring attached to the opening (c. 20 cm) of hunting-net named *kabanda*; the net is set at the nest-hole of giant rats or brush-tailed porcupines.

124 *Tetrapleura tetraptera* (Schum. & Thonn.) Taub. (LGN0135)

kisekenumpa [01101] (*bi-*)

Observations: A medium-sized tree to c. 10 m high, of primary as well as secondary forest; large rectangular seed pods, c. 5–6×20 cm.

Uses: (C1 H1) Slices of the pod are set in crab-traps as bait; the smell of the fruit are said to lure crabs.

(J9) The wood is not used for house construction, because the trunks are not straight.

Name etymology: “The smell of sugar cane,” *kiseke*: sugar cane, *numpa* or *bumpu*: smell.

125 unidentified (LGN0050)

lusele [010] (*n-*)

Observations: A forest tree to 20 m high or more; leaves pinnate, 3×8 cm; leaflets, 0.5–1×1.5–2 cm.

Uses: (C6) The wood of the broadened root is good for axe-handles.

(C9) The thin stems are used for house construction and spear-handles.

Leguminosae (Papilionoideae)

126 *Desmodium adscendens* (Sw.) DC. (LGN0028)

kalima-ka-basumbu [001-0-011] (*tu-*)

Observations: A prostrate herb occurring in clearings; leaves alternate, pinnately trifoliate, leaflets elliptic 3×2.5 cm.

Uses: (A3) A cup of leaf-decoction is taken as a purgative.

(A3) Leaves are chewed for stomach pains.

Name etymology: “The groundnut of ghosts,” *kalima*: a groundnut, *basumbu*: ghosts. The leaves resemble those of groundnuts.

127 *Dioclea reflexa* Hook. f. (LGN0110)

lukoso [000] (*ma-*)

Observations: A woody climber found on roadsides, sometimes in the forest; leaves trifoliate, leaflets elliptic, round at the base, 8×12 cm; racemes of purple flowers; seeds semi-orbicular, 3–4 cm long.

Uses: (C1) The seeds are used for playing a game called *chechea*.

128 *Glycine javanica* L. (LGN0129)

kabuto-ka-mbala [101-1-01] (*tu-*)

Observations: A climbing herb occurring on roadsides; leaves trifoliolate, petioles 15 cm; small purple flowers; pods tomentose, 3–4 cm long, about 5 seeds in a pod.

Uses: (J0) No use recorded.

Name etymology: "Forest bean," *kabuto*: a bean, *mbala*: forest.

Loganiaceae

129 cf. *Mostuea* sp. (LGN0061)

kalyantina [0010] (*tu-*)

Observations: A small forest shrub less than 1 m high; leaves opposite, broadly elliptic, acute, 3×4 cm.

Uses: (A5) The root is chewed for enhancing male sexual ability.

130 *Strychnos malchairi* De Wild. (LGN0170)

kaabi [010] (*tu-*)

Observations: A liane of primary as well as secondary forest; leaves opposite, oblique, elliptic, 10×18 cm, acute, petioles 1–1.5 cm.

Uses: (A5) The root is pounded into a paste and applied to large ulcers called *binula*.

Malvaceae

131 *Hibiscus cannabinus* L. (LGN0214)

kikuhulu [0000] (*bi-*)

Observations: A herb to shrub commonly seen in roadside bush; leaves palmate, 5 cm; flowers c. 5 cm across, 5 whitish petals, dark reddish color at the center; short prickles on the stems.

Uses: (C0 J0) No use recorded except that children play with the flowers.

Name etymology: *Kikuhulu* generally means a climbing herb or shrub with thorns.

132 *Pavonia kilimandscharica* Gurke (LGN0107)

mutembe [011] (*mi-*)

Observations: An erect herb to 2 m high found abundantly on roadsides; leaves alternate, c.

2.5×5 cm, petioles 1–2 cm, serrate; pinkish flowers.

Remarks: Other *mutembes*: # 213 (*Triumfetta cordifolia*) and # 134 (*Urena* sp.).

Uses: (C3) The leaves at the top of the stems are used for washing oily dishes.

133 *Sida rhombifolia* L. (LGN0088)

kanshunshu [011] (*tu-*); *mundundu* (Mashi)

Observations: A widespread perennial weed to 1 m high, occurring in roadside bush and clearings; yellow to whitish flower, 5 petals, 1–2 cm across; leaves alternate, lanceolate, 1.5×4 cm, serrate.

Uses: (C3) Pounded leaves are mixed with powdered surface of dried sooty cassava to make a paste which is used to seal holes and cracks of an apparatus for distilling local spirits; cooking pots are also repaired with it.

134 *Urena* sp. (LGN0267)

kalume-ka-mutembe (*tu-*)

Observations: An erect herb or shrub more than 1 m high, found abundantly on roadsides; solitary pinkish flowers; leaves alternate, ovate-lanceolate, 2.5×6 cm.

Remarks: Other *mutembes*: # 132 (*Pavonia kilimandscharica*) and # 213 (*Triumfetta cordifolia*).

Uses: (C9 D9) A charm called *mpegu ya mashimya* is made of the wood; *mashimya* is a disease which women and their babies may suffer from if their husbands commit adultery during their pregnancy; the charm is tied around the waist. See # 83. Name etymology: "Male *mutembe*," *kalume*: male. This form has smaller leaves than other *mutembes*.

Marantaceae

135 *Ataenidia conferta* (Benth.) Milne-Redh. (LGN0014)

iyolu [001] (pl. *molu* [01])

Observations: A rhizomatous herb commonly found in forest undergrowth; c. 1 m high; leaves oblong-elliptic, acute, round at the base, 16×40 cm.

Remarks: *Awela* (# 136, also identified as *Ataenidia conferta*) has reddish undersurface, whereas *iyolu*, whitish.

Uses: (C3) The leaves are used for wrapping food such as fish and meat.

136 *Ataenidia conferta* (Benth.) Milne-Redh. (LGN0015)

awela [010] (*ba+*)

Observations: A rhizomatous herb to 1 m

high, found commonly in forest undergrowth; leaves oblong-elliptic, acute, round at the base, 16×40 cm, undersurface reddish; flowers whitish, with red bracts, c. 0.5 cm across.

Remarks: A related species: *Iyolu* (# 135). See above.

Uses: (C3) The leaves are used for wrapping food and other things.

(G0) A proverb: *Ine awela nosusa iungu, sile wakuno*, which means "I am *awela*, looking like *iungu*, but I am different from it." *Iungu* is # 139 (*Megaphrynium macrostachyum*).

137 *Hypselodelphys scandens* Louis & Mullend. (LGN0160)

kasekonga [0100] (*tu-*)

Observations: A rhizomatous herb found in primary and secondary forest; leaves 15–20×50–60 cm.

Uses: (C3) The leaves are used for wrapping food such as fish and meat for cooking; the packet of food is called *ikuwe*; the leaves give a good smell to the food.

138 *Marantochloa cf. leucantha* (K. Schum.) Milne-Redh. (LGN0093)

lukoba [000] (*n-*)

Observations: A tall rhizomatous herb up to 5 m high, found locally abundantly in primary as well as secondary growth; leaves oblong-ovate, acute, round at the base, 6×15 cm; fruits reddish, branched inflorescence.

Uses: (C9) The hard skin of the stem is used for making fish-traps (*kgioni*), traps for squirrels (*kokobe*), which are set on oil-palm trees, sleeping mats (*kitanda*), beds (*ntangi*), deep baskets (*lusi*), flat baskets (*lweli*) and so on.

(C9) The plant is used for hut-construction, too.

(G0) A proverb: *Kalulu mukulu ku lukoba*, which means "*kalulu* is larger than *lukoba*." *Kalulu* was not collected in Nyamakombola, but the specimen which was called *kalulu* collected in Mwenga in 1988 was identified as *Haumania liebrechtsiana* (De Wild.) Lénard & Müll. (Marantaceae).

139 *Megaphrynium macrostachyum* (Benth.) Milne-Redh. (LGN0016)

iungu [000] (*ma-*); *mangungu* (Sw)

Observations: A rhizomatous herb to 1–2 m high, found locally abundantly in primary forest and old secondary growth; leaves broadly elliptic, 20–25×30–40 cm, apiculate; red round fruits, c. 1–2 cm across, in a cluster.

Uses: (C3) The leaves are used for thatching roofs.

(G0) A proverb: *Ine awela nosusa iungu, sile wakuno*, which means "I am *awela* looking like

iungu, but I am different from it." *Awela* is # 136 *Ataenidia confetta* (Marantaceae).

(J3) The leaves are not preferred for wrapping food because they are said to be burnt more easily.

(J1 J3) It is said that the fruits or shoots are not eaten by the people of Nyamakombola.

140 *Sarcophrynium schweinfurthianum* (O. Ktze) Milne-Redh. (LGN0124)

ankaanda [0010] (*ba+*)

Observations: An erect rhizomatous herb, more than 1 m high, of the forest; leaves ovate to elliptic, round at the base, 30–40 cm long, 15–20 cm broad, with very numerous closely parallel lateral nerves; racemes of flowers and red fruits.

Uses: (C3) The leaves are used for wrapping food, meat and fish for cooking.

(C3) Large leaves are used for thatching roofs.

141 *Sarcophrynium* sp. (LGN0236)

mumpolonda [0000] (*mi-*)

Observations: An erect rhizomatous herb to 1.5 m high, of forest, particularly found on the floor of secondary growth; leaves oblong, acute, round at the base, 10×40–50 cm.

Uses: (J3) The leaves are not used for wrapping food because they are likely to stick to the food.

Melastomataceae

142 *Calvoa hirsuta* Hook. f. (LGN0266)

no vernacular recorded

Observations: A small, prostrate herb to 10 cm high, growing locally abundantly on roadsides; leaves opposite, elliptic, 1.5×2 cm; white or pink flowers.

Uses: (J0) No use recorded.

143 *Dicellandra barberi* Hook. f. (LGN0235)

itanganika-ya-mbala (*ma-*)

Observations: An erect herb to 50 cm high, occurring on forest floor; leaves opposite, broadly ovate to elliptic, apiculate, round at the base, more than 25 cm long.

Remarks: Other *itanganikas*: # 145 (*Trestemma incompletum*), # 144 (*Dinophora spenneroides*).

Uses: (A3) The leaves are applied to large swellings; the treatment causes severe pains.

144 *Dinophora spenneroides* Benth. (LGN0232)

itanganika [00010] (*ma-*)

Observations: An erect herb to 0.5 m high, occurring in clearings and secondary growth; leaves opposite, elliptic to ovate, acute, round at the base,

4×6 cm, petioles 3 cm.

Remarks: Other *itanganikas*: # 145 (*Trestemma incompletum*) which has larger leaves and # 143 (*Dicellandra barteri*) which has quite large leaves.
Uses: (J0) The fruit is not eaten by the Lega.

145 *Tristemma incompletum* R. Br. (LGN0010) *itanganika* [00000] (*ma-*); *chilelabana* (Mashi)
Observations: An erect herb to 0.5–1 m high, commonly found on roadsides and in clearings; leaves opposite, broadly elliptic, acute, round at the base, 5–7×10–14 cm; stems rectangular, tomentose; pinkish small flower, c. 1 cm across and red fruits.

Remarks: Other *itanganikas*: # 144 (*Dinophora spenneroides*) which has smaller leaves and # 143 (*Dicellandra barteri*) which has huge leaves.
Uses: (B1) Ripe fruits are eaten by the Lega.

Meliaceae

146 *Entandrophragma angolense* (Welw.) C. DC. (LGN0006, LGN0253) *pelele* [111]

Observations: A tree found in secondary as well as in primary forest; leaves opposite, oblong-ovate, apiculate, round at the base, c. 5–8×15–20 cm.

Uses: (A6 A8) Bark-sap is rubbed into scarifications on the forehead for headache.

(A9) The scrapings of the young stems are used for swellings and boils.

(A9) They are also rubbed into scarifications for chest pains (*mpege*); this treatment is said to cause severe pains.

(C9) The wood provides good planks called *lubuyu*.

147 *Heckeldora staudtii* (Harms) Staner (LGN0168) *nkulumanya* [00010]

Observations: A small tree of the forest; leaves compound, alternate, 9 leaflets, 5×18 cm each, oblanceolate, acuminate, cuneate at the base; no petioles.

Uses: (A5) A root-decoction is used as an enema for gonorrhoea and dysentery.

(C9) The wood is used for house construction.

(D1 D9) The fruit or the wood is used for a charm called *mpengu ya mashimya* which prevents physical troubles from coming to a woman and her child when her husband commit adultery; they wear the charm on the waist. See # 83.

Name etymology: "Gonorrhoea," due to its usage.

148 *Trichilia rubescens* Oliv. (LGN0071) *kigagi* [001] (*bi-*)

Observations: A forest tree; leaves alternate, oblong-lanceolate, acuminate, 7×21 cm.

Uses: (C0 C3) A branch with many leaves is used for sleeping on it in the forest.

(C9) A stick (*mushugu* or *mwiko*) used for making cassava porridge (*ugali*) is made of the wood.

(C9 J9) The wood is used for house construction, but not for planks.

149 *Trichilia welwitschii* C. DC. (LGN0163) *mungongole* [0000] (*mi-*)

Observations: A forest tree; leaves alternate, oblong-lanceolate, 4×16 cm, acuminate, round at the base; petioles c. 0.5 cm.

Uses: (C9) The wood is used for traps and house construction.

150 unidentified (LGN0165) *mombo* [00] (*my-*)

Observations: A forest tree; leaves pinnate, leaflets oblong-elliptic, 7×15–25 cm, petioles 1–2 cm.

Uses: (C9) The wood is used for house construction.

(I1 J1) Monkeys and chimpanzees eat the fruit which are not edible for humans.

Menispermaceae

151 unidentified (LGN0258) *kimputu-kyamba* [101] (*bi-*)

Observations: A herb of forest undergrowth; leaves alternate, elliptic and oblique, acuminate, round at the base, 5×14 cm, petioles 5–6 cm.

Remarks: Another *kimputu*: # 25 (*Anubias bequaertii*, Araceae); it is said that they are called by the same name because they have the same usage.

Uses: (A3) The leaves are warmed with hot water, then rubbed over fractures and sprains.

Moraceae

152 *Antiaris africana* Engl. (LGN0278) *muhundu* [011] (*mi-*)

Observations: A medium to large-sized tree found commonly in secondary forest; leaves alternate, oblong-elliptic, apiculate, round at the base, 6×14 cm, rough undersurface.

Uses: (C6) The bast is used for bark-cloth.

(C9) The wood is used for house construction.

153 *Artocarpus incisa* L. f. (LGN0211) *imbukuku* [0001] (*ma-*); breadfruit (E)

Observations: A medium-sized tree to 20 m

high, 50 cm by girth, introduced by man; leaves large, 25×50–60 cm, deeply pinnately lobed; fruits round, c. 10 cm in diam.

Uses: (B1) The fruit is eaten by humans.

(C8) The resin is used as an adhesive.

(J9) The wood is not good for house construction, because it is not durable.

154 *Chlorophora excelsa* (Welw.) Benth. (LGN0120)

mufula [010] (*mi*-)

Observations: A forest tree; leaves alternate, lanceolate to elliptic, round at the base, acuminate, 9×16 cm, petioles 3 cm.

Uses: (C9) The wood is used for house construction and planks; various things are made of it.

155 *Dorstenia convexa* De Wild. (LGN0078, LGN0174)

nakashikwa [0010] (*ba*+)

Observations: A prostrate herb of forest undergrowth, roadsides, and damp places; leaves alternate; obovate to elliptic, 2.5×5–6 cm, no petioles. Remarks: Two types are recognized: one that yields a latex from the stem, called *nakashikwa matungu* and the other, producing no latex. For medical treatment, those which do not exude latex are used.

Uses: (A3) A leaf-infusion is used as an enema for a children's disease called *lunyama*; the disease causes whitish excrements and leads to death if the patient is not treated properly.

(A4 A5) The root or stem is pounded into a paste and applied to wounds.

Name etymology: "Something that burns," *ku-shika*: to burn.

156 cf. *Ficus capensis* Thunb. (LGN0095)

kitobolo [0010] (*bi*-)

Observations: A forest tree; leaves alternate, ovate, acuminate, 12×20 cm, roughly serrate; petioles 10 cm.

Uses: (C9 J9) The wood is used for house construction and appreciated as good firewood, but not used for planks.

(I1) Monkeys eat the fruit.

Name etymology: The vernacular name is from a verb *ku-tobola* meaning "to make a hole." Branches are slightly hollowed inside.

157 *Ficus exasperata* Vahl (LGN0097)

lukenga [000]

Observations: A medium-sized tree of open habitats; leaves alternate, broadly elliptic, apiculate, 7×15 cm, very rough surface; slightly serrate.

Remarks: Another *lukenga*: # 159 (*F. urceolaris*). Uses: (C3) The leaves have very rough surface and are used as sandpaper.

(C9) The wood is occasionally used for house construction, but not so durable.

158 *Ficus gnaphalocarpa* (Miq.) Steud. ex A. Rich. (LGN0283)

nshembe

Observations: A tree of secondary growth, particularly found in damp places; leaves alternate, elliptic, acute, round at the base, roughly serrate, 12×25 cm, petioles 10 cm.

Remarks: Another *nshembe*: # 160 (*F. vallis-choudae*) which is smaller and darker.

Uses: (C9) The wood is hollowed out for making a vessel (*mulinga*) for beer fermentation.

(C9 J9) The wood is used for firewood but not for house construction because it is not durable.

(D0 G0) The plant is said to bring fertility to the crop fields.

159 *Ficus urceolaris* Welw. (LGN0221)

kalume-ka-lukenga [010-0-000] (*tu*-)

Observations: A tree of secondary growth; leaves alternate, elliptic, apiculate, round at the base, 5×13 cm, petioles 1 cm, rough surfaces.

Remarks: Another *lukenga*: # 157 (*F. exasperata*) which has larger leaves with rougher surface.

Uses: (C3) The leaves with rough surface are used as sandpaper.

(C9) Although the wood is not so durable, it is used occasionally for hut-construction.

Name etymology: "Male *lukenga*," *kalume*: male.

160 *Ficus vallis-choudae* Del. (LGN0252)

nshembe-sa-bulege [010]

Observations: A tree of primary as well as secondary forest; leaves alternate, peltate, broadly ovate, rounded, 13×15 cm, petioles 5 cm, tomentose.

Remarks: Another *nshembe*: # 158 (*F. gnaphalocarpa*) which is larger and paler than this one.

Uses: (C9) The wood is hollowed for *mulinga*, a vessel employed for making beer; the plant is soft and easy to shape.

(C9 J9) The wood is used for firewood but not for house construction because it is not durable.

(I1) Chimpanzees eat the fruit.

161 *Ficus* sp. (LGN0156)

kitobolo [0010] (*bi*-)

Observations: A tree of secondary forest; leaves opposite, cordate, 12×13 cm; petiole 3 cm; stems are hollowed inside; yielding a latex.

Remarks: Another *kitobolo*: # 156 (*F. capensis*).
 Uses: (C9) The wood is used for house construction and firewood.
 (I1) Monkeys eat the fruit.
 Name etymology: The vernacular name is from a verb *ku-tobola* meaning "to make a hole."

162 *Ficus* sp. (LGN0150)
kitubu [001] (*bi-*)
 Observations: A forest tree, particularly occurring in damp places; leaves elliptic, 35×50 cm.
 Uses: (C9) The wood is used for house construction and planks.

163 *Ficus* sp. (LGN0111, LGN0262)
mukoga [011] (*mi-*)
 Observations: A small to medium-sized tree occurring in secondary forest.
 Uses: (C0) The tree is planted around the tomb of a lineage chief as a symbol; the plant roots easily.
 (J0) The plant is not used for house construction.

164 *Musanga cecropioides* R. Br. (LGN0005)
musagi [001] (*mi-*); *kombokombo* (Sw); parasol tree (E)
 Observations: A common medium-sized tree of secondary growth; leaves digitate.
 Remarks: Another *musagi*: # 165 (*Musanga* sp.) which has smaller leaves.
 Uses: (C9) The wood is used for boats, vessels (*mulinga*) for brewing beer, and doors.
 (G0) A proverb: *Musagi ni mugu kwa bene, mi muzitu kwetu kwibungo*, which means "I, *musagi*, am regarded as worthless where I am not familiar with, but I am honored in my country."

165 *Musanga* sp. (LGN0269)
kabuti-ka-musagi; (*tu-*)
 Observations: A tree of secondary growth; leaves alternate, palmate, 7 lobes, 20–25 cm across.
 Remarks: There is another *musagi*: # 164 *M. cecropioides*, which has completely digitate leaves, more than 10 lobes.
 Uses: (C9) The wood is used for making boats, doors and so on; the usage is almost the same as another *musagi* (# 164). See above.
 Name etymology: "Small *musagi*," *kabuti*: something small.

166 *Myrianthus holstii* Engl. (LGN0082, LGN0157)
chaamba [000] (*by-*)
 Observations: A forest tree; leaves alternate, compound, digitate; leaflets oblong-obovate, caudate, 9–10×25–30 cm, serrate; petioles 15–20 cm.

Remarks: Two types are recognized: one which bears larger fruits and the other, smaller ones.
 Uses: (B1 !1) People eat the fruit. Wild animals such as monkeys, gorillas and chimpanzees eat it, too.
 (C9) The wood is used for house construction.

167 *Treculia africana* Decne. (LGN0276)
bushingu [010]
 Observations: A medium to large-sized tree of the forest; leaves alternate, oblong-elliptic, acuminate, round at the base, 13×30 cm; huge fruits containing many small seeds.
 Uses: (B1 !1) The seeds are eaten by monkeys, chimpanzees and humans.
 (C9) The wood is used for house construction.

Myristicaceae

168 *Pycnanthus angolensis* (Welw.) Warb. (LGN0098)
lukalakala, bukalakala [00010] (*n-*)
 Observations: A tree of secondary as well as primary forest; leaves alternate, oblong-lanceolate, acute, cordate at the base, 7×20 cm, short petioles.
 Uses: (C9 J9) The wood is used for house construction but not for planks.

169 *Staudtia stipitata* Warb. (LGN0056)
bukaki [000] (*ma-*)
 Observations: A medium-sized tree of the forest; leaves alternate, oblong-elliptic, 4–5×15 cm, caudate, short petioles.
 Uses: (A6) A bitter latex from the bark is taken with water for diarrhea.
 (C9) The wood is used for house construction, planks and for making mortars.

Myrsinaceae

170 *Maesa lanceolata* Forsk. (LGN0083)
mubilishi [0000] (*mi-*); mpari (Mashi)
 Observations: A small tree of secondary growth; leaves alternate, narrowly elliptic, acuminate, round at the base, 6×14 cm, slightly serrate; very small fruits in panicles.
 Uses: (C9) The wood is used for house construction.
 (I1) Birds eat the fruit.

Myrtaceae

171 *Psidium guajava* L. (LGN0035)*lipela* [010] (*ma-*); guava (E)

Observations: A small tree of secondary growth, maybe introduced for its fruits; leaves opposite, broadly elliptic, acute, round at the base, 7×14 cm, very short petioles.

Uses: (A3) A leaf-decoction is used as an enema for stomach pains and diarrhea.

(B1) The fruits are eaten raw.

(C9) The wood is used for house construction.

Name etymology: The vernacular name is borrowed from Swahili.

Ochnaceae

172 *Campylospermum* sp. (LGN0152)*kasindabakoi* [000010] (*tu-*)

Observations: A medium-sized tree of the forest; leaves alternate, oblong-obovate, acute, cuneate at the base, slightly serrate, 7×16 cm; short petioles; small red flowers in racemes.

Uses: (C9) The very durable wood is used for house construction.

(G0) The tree is so hard and difficult to cut down that people usually leave it as it is in a field, and only the son-in-law, *mukoi*, dares to cut it only if he is requested to do so by the father-in-law.

Name etymology: "A plant that sons-in-law cut down," *ku-shinda*: to cut a tree, *mukoi* (*ba-*): son(s)-in-law.

Octoknemaceae

173 *Octoknema borealis* Hutch. & Dalz. (LGN0180)*musombo* [000] (*mi-*)

Observations: A tree of primary forest as well as old secondary growth; leaves alternate, lanceolate, acuminate, cuneate at the base, 7×21 cm, very short petioles.

Uses: (C9) The wood is used for house construction and bridges.

(G0) Great blue turacos often make the nests on the tree; it is considered that they like this tree because of the large canopy.

Olacaceae

174 *Strombosia scheffleri* Engl. (LGN0067, LGN0200)*bwika* [11] (*mi-*)

Observations: A tree of the forest; leaves alternate, elliptic, acute, round at the base, 5–9 cm ×

10–25 cm, petioles 1–3 cm.

Remarks: Two types are recognized: one which has larger leaves, and the other with smaller ones.

Uses: (A6) The powdered bark is taken with water for abdominal complaints.

(C9) The durable wood is used for making bridges and traps, and for house construction.

Oxalidaceae

175 *Biophytum zenkeri* Guill. (LGN0225)

no vernacular recorded

Observations: A small erect herb to 20–30 cm high, found on roadsides; leaves pinnate, 3 cm long, whorledly arranged at the terminals; small axillary yellow flowers.

Uses: (C0) This plant grows around a house and regarded as an ornamental.

Palmae

176 cf. *Ancistrophyllum secundiflorum* (P. Beauv.) Wendl. (LGN0173)*bungango* [000] (*ma-*); *lububi* [010]; *njilani* (Sw)

Observations: A climbing palm of the forest; many thorns on the stems and leaf-edges; leaves alternate.

Remarks: Another *lububi*: # 177 (cf. *Ancistrophyllum secundiflorum*)

Uses: (A7 A8) The stem-sap is taken for intestinal worms.

(C7) The stem, split longitudinally, is used for making deep baskets (*lusi*), shallow baskets (*lueli*), chairs (*kishumbi*), beds (*ntangi*) and so on.

(G0) Proverbs: *Lububi ikilye monga bulari*, which means "lububi is long, the foot is far away from the head."

Mukulu lububi, nte na mulimo wasigola mugo, which means "old men are *lububi*, they have an ability in everything."

177 cf. *Ancistrophyllum secundiflorum* (P. Beauv.) Wendl. (LGN0094)*kilete* [001] (*bi-*); *lububi*

Observations: A climbing palm of the forest; many spines on the stems, and leaf-edges; leaves alternate, linear to linear-lanceolate.

Remarks: Another *lububi*: # 176 (cf. *Ancistrophyllum secundiflorum*).

Uses: (J0) While the other *lububi* (# 176) is used in various ways, this one has no use because the stems of this type are cut easily if bent vigorously.

(G0) Proverbs: See above (# 176).

178 *Elaeis guineensis* Jacq. (LGN0139)
kibila (bi-); *kikasi* (bi-); *ngazi* (Sw); oil-palm (E)
 Observations: A cultivated palm, but not a few naturalized in secondary growth; birds and other animals disperse the seeds.
 Uses: (B1) Edible oil is extracted from the fruit.
 (B8) The sap from the trunk is a good beverage; it ferments lightly by itself.
 (C1) The pulp around the seeds, dried up after oil is extracted, becomes a good material for making a fire.
 (C3) Branches are used for covering roofs.
 (C3) Brooms are made of the young leaves.
 (C9) Sticks taken from the midrib of the leaves are called *nseke* and used for making bed-legs, fish-baskets named *kigoni*, and so on.
 (G0) A proverb: *Masina ma kikasi, nstatenge na lumpupu*, which means "the trunk of *kikasi*, it cannot be moved by the wind."
 (H9) Edible larvae called *mpose* nest on the dead trunks.

179 *Raphia* sp. (LGN0212)
imbono [000] (*ma*-); *libondo* (Sw)
 Observations: A raffia palm usually cultivated around a village.
 Uses: (C3) Strings named *mondo* or *munto* are made of the thin outer skin of young leaves, with which are made ropes, nets, etc.
 (C3) Brow-bands, called *mpeku*, used by women for carrying large baskets (*lusi*) on the back, are made of the *mondo* of this plant. See above.
 (C3 CX) Sticks taken from the midrib of the leaves (*nseke*) is used for beds, chairs, fish-baskets named *kigoni*, and so on.
 (C9 CX) Strings called *mukinga* are taken from the stem, which are very strong and used for traps.

180 *Sclerosperma mannii* Wendl. (LGN0084)
mbya [01]; *mangobo* (Sw)
 Observations: A palm growing on the forest floor, with erect leaves borne near ground-level; lamina segmented, the segments sub-opposite, 9–12 on each side of the rachis, unequal in width, c. 50 cm long, obliquely truncate, green above, whitish below.
 Uses: (A3) The leaf-ash is applied to the eyelid two times a day when a worm called *kanyolo* enters the eye and causes itching; it is said that the eye will lose the sight, if not treated properly.
 (C0 C3) The plant is used for covering roofs.
 (C3) The leaves are used to wrap resin (*kasuku*) for making torches.

181 unidentified (LGN0193)

mukolo [001] (*mi*-)
 Observations: A climbing palm occurring on the forest floor; leaves linear, 3×30 cm, acute; short thorns on the leaf-edges.
 Uses: (C7) The stem is cut into short pieces for making a rattle (*jenje*) which is used for pleasing babies.
 (C7) The stem is also used for a musical instrument like a rattle.
 (C7) The stem is used for the frames of deep baskets (*lusi*), and baskets for men, called *makako*, and so on.

Passifloraceae

182 *Adenia* sp. (LGN0104)
namaseka [1100] (*ba*+)
 Observations: A woody climber with tendrils, of forest; leaves alternate, cordate, a bit pointed, petioles 7–8 cm.
 Remarks: Another *namaseka*: # 223 (*Cissus barbeyana*).
 Uses: (C7) The stem is used for traps for squirrels (*kishindi*); the squirrel visits oil-palm trees to eat the seeds, then traps are set on the palm tree.
 Name etymology: "A laughing thing," *maseka*: laughing. The stem emits a cracking sound when bent vigorously, which reminds a laughing sound.

183 *Barteria fistulosa* Mast. (LGN0089)
bulembo [011]
 Observations: A small to medium-sized tree found commonly in secondary growth; the stems are hollow and cylindrical, inhabited by large stinging ants called *bulembo*; leaves obovate, acute, cuneate at the base, 13×30 cm.
 Uses: (H0 I0) Black stinging ants, 2–2.5 cm long, called *bulembo*, colonize the hollowed stems; the larvae are used as a bait for fishing, or cooked and eaten by the Lega.

Piperaceae

184 *Piper umbellatum* L. (LGN0013)
ibulabondo [01111] (*ma*-)
 Observations: A soft shrub commonly seen in secondary growth; leaves alternate, cordate, apiculate, 15×15 cm, long petioles, c. 25–20 cm; spikes in axillary umbels of three to six.
 Uses: (A3) The leaves are used for wounds and also used for covering the wounds after applying medicine; they are passed over a fire for softening before use.
 (C3) The leaves are used as toilet paper.

(D3) The leaves are put on the eaves for preventing evil spirits from entering a house, sometimes with other plants such as *nonga* (# 248, unidentified) and *musulisuli*, the stem of *kikuuku* (# 68, *Dioscorea* sp.).

Portulacaceae

185 *Portulaca oleracea* L. (LGN0209)
nshigilelyo [1111]; *matako-ya-bibi* (Sw); purslane (E)

Observations: A prostrate herb occurring in cultivated fields and around human habitations; small yellow flowers.

Uses: (A0) A warm infusion of the pounded plant is used as an enema for a children's disease called *lukunga*. The disease, coming reportedly from the Kasai area, causes constipation, swelling of the abdomen, and the head top of the child remains soft for a long time.

(G0) If the plant grows in the fields, it is very difficult to remove it, because it extends the roots very widely; people can only abandon the fields.

Name etymology: The Swahili name means "the wife's hip."

Rosaceae

186 *Rubus apetalus* Poir. (LGN0105)
lukelele [1010]

Observations: A shrub of roadside bush and clearings; many spines on the stem; fruit in racemes; leaves ovate to elliptic, slightly pointed, 2–3×5 cm, serrate.

Uses: (B1 I1) Man and monkeys eat the fruit.

Rubiaceae

187 *Aidia micrantha* (K. Schum.) F. White (LGN0055)
nkindi [000]

Observations: A small tree of the forest; leaves opposite, oblong-lanceolate, apiculate, 5×13 cm, petioles 1 cm.

Uses: (C9) The wood is used for traps (*lubaga*).

Name etymology: "Darkness," maybe due to the color of the trunk.

188 *Mussaenda tenuiflora* Benth. (LGN0223)
no vernacular recorded

Observations: A shrub to 1–2 m high, of roadside bush; leaves opposite, broadly elliptic, 7×10 cm, apiculate, round at the base; a terminal umbel of

yellow flowers, several white bracts.

Remarks: Someone said that this is a kind of *chuumya* (# 192, *Sabicea johnstonii*), due to their appearance, but not confirmed by others.

Uses: (J0) No use recorded.

189 *Nauclea vanderguchtii* (De Wild.) Pétit (LGN0206)

ikoi [001] (*ma-*)

Observations: A tree of the forest; leaves opposite, elliptic, slightly acute, round at the base, 15×35 cm.

Uses: (C9) The wood is used for mortars, planks and house construction.

190 *Pamplathantha viridiflora* (Schweinf. ex Hiern) Bremek. (LGN0106)

lweku [001]

Observations: A small to medium-sized tree of clearings, secondary growth and roadside bush; leaves opposite, c. 5×15–20 cm, many small whitish flowers in panicles; fruit c. 5 mm in diam.

Uses: (C9) The wood is used for house construction; it is very durable.

(I1) Birds eat the fruit.

191 *Psychotria* sp. (LGN0251)

nanghegheno [1001]

Observations: A woody herb to 1.5 m high, of the forest; leaves ovate to elliptic, the tips rounded, 10×15 cm, petioles 7 cm.

Remarks: Other *nangheghenos*: # 3 (*Brillantaisia subcordata*), # 4 (*Justicia laxa*), and # 245 (unidentified).

Uses: (A3) The leaves are chewed for stomach pains.

Name etymology: "A plant with nodes," *ghegheno*: a node. Several plants have this vernacular.

192 *Sabicea johnstonii* K. Schum. ex Wernham (LGN0140)

chuumya [00] (*by-*)

Observations: A shrub to 1 m high, of clearings; leaves opposite, oblong-elliptic, 7×14 cm, acute, round at the base, whitish undersurface; petioles 6–7 cm; flower-stalks 5 cm long.

Uses: (A3) Powdered dried leaves are applied to burns.

(C1 C8) Children play with the purple liquid contained in the fruit.

Rutaceae

193 cf. *Citropsis articulata* (Willd. ex Spreng.) Swingle & Kellerman (LGN0136)

nganga [11]

Observations: A small tree of the forest; leaves elliptic-ovate, acuminate, cuneate at the base, 6×15 cm, c. 9 cm long, narrow wings at the petioles; bifoliolate.

Uses: (A1 A3) The fruit is eaten or leaves are smoked to enhance male sexual ability.

(B1) The fruit is edible.

194 *Citrus* sp. (LGN0064)

limu [10] (pl. *mandimu*); lemon (E)

Observations: A small tree of waste clearings, originally introduced for the fruit; leaves alternate, elliptic, 4×7 cm; prickles 1–2 cm long on the stem; lemon fruit.

Uses: (A1 A3) A decoction of soft leaves and fruits, added a bit of red pepper, is taken for coughs.

(B1) The fruit is eaten by man.

Name etymology: The vernacular name is borrowed from Swahili.

195 *Fagara* sp. (LGN0072)

kasabumbu [0011] (*tu-*)

Observations: A forest tree to 10 m high or more; leaves alternate, oblong-lanceolate, acute, 7×14 cm, very short petioles; the trunk surface is filled with stout thorns of c. 5 cm long.

Uses: (C9) The wood is used for house construction and for planks.

(J0) It is said that mushrooms called *bukoko* and *mpumba* do not grow on this tree.

Name etymology: "A plant with swellings," *ku-asa*: to grow, *kibumbu*: a kind of swelling which is likely to grow on thumbs or toes. The trunk is covered with stout thorns.

Sapindaceae

196 *Pancovia harmsiana* Gilg (LGN0052)

bundinga [011] (*ma-*)

Observations: A small tree of the forest; leaves alternate, pinnate, leaflets oblong-lanceolate, 3–4×15 cm.

Uses: (C9) The wood is used for house construction and axe-handles.

197 unidentified (LGN0202)

bubunga [000]; *buninge* [000] (*ma-*)

Observations: A small tree of the forest, primary as well as secondary; quite sharp spines, c. 3 to 5 cm long, on the trunk; leaves elliptic, apiculate, 5×13 cm, petioles 0.5 cm, slightly serrate.

Uses: (C9) The wood is occasionally used for house construction.

(G0) The spines of the stem are so sharp and long that they cause very severe pains like snake-bites if one accidentally steps on the stem.

Sapotaceae

198 *Pachystela msolo* (Engl.) Engl. (LGN0194)

bulupe [000] (*ma-*)

Observations: A forest tree; leaves oblong-obovate, 17×60 cm, apiculate.

Uses: (C3) A fan (*kipupa*) is made of three to four leaves and used to blow smoke into the nest of brush-tailed porcupines for hunting them; the leaves are preferred because they are large and durable.

(C9) The wood is used for house construction.

Solanaceae

199 *Cyphomandra betacea* (Cav.) Sendt. (LGN0142)

lipüne [0010] (*ma-*); tree tomato (E)

Observations: A small tree grown for its fruits; leaves alternate, ovate, acute, cordate at the bases, 11×18 cm, petioles 10 cm; fruits elliptic, c. 5–7 cm long, 3–5 cm in diam., red sap.

Uses: (A1) The fruits are taken for recovering health when a person feels that the blood has "dried up;" the reddish sap of the fruit recalls blood.

Name etymology: The vernacular name is borrowed from Swahili.

200 *Solanum indicum* L. subsp. *distichum* (Thonn.) Bitter (LGN0021)

lukambo [000] (*n-*); nsui (Kinyanga)

Observations: A herb to 1 m high commonly found in clearings; leaves alternate, elliptic, undulate, 4×8 cm; racemes of orange-colored fruits, c. 1 cm in diam.; tomentose.

Uses: (A1) The fruit is eaten raw for stopping nausea.

(A1) A fruit-infusion is taken for stomach pains and sore-throat.

201 *Solanum nigrum* L. (LGN0045)

kalula [010] (*tu-*)

Observations: A short herb to 0.5 m high, found in clearings; leaves ovate, acute, 2.5×3.5 cm; clusters of small round fruits, 0.5 cm in diam.

Uses: (A1 A3) Fruits and leaves are passed over a fire and pounded; then the infusion is taken for stomach complaints; sometimes raw or cooked

leaves which taste bitter are taken for it, too.

202 *Solanum* sp. (LGN0149)

kitungunda [1000] (*bi-*)

Observations: A herb of clearings, with many long spines, c. 1 cm, on the stem and nerves; leaves ovate, 6×7 cm, undulate.

Uses: (A1) Fruit-sap is applied to scarifications on swellings.

Sterculiaceae

203 cf. *Cola* sp. (LGN0196)

kikabu [000] (*bi-*)

Observations: A small tree of the forest; leaves spirally arranged, obovate to elliptic, acuminate, cuneate at the base, 8×25 cm, petioles more than 10 cm.

Uses: (C9) The stem is used for traps and gun handles.

(C9) The wood is used for house construction and planks.

204 cf. *Cola* sp. (LGN0257)

muko [01] (*mi-*)

Observations: A small tree of the forest; leaves alternate, oblong-elliptic, acuminate, slightly cuneate at the base, 7×20 cm, petioles 1 cm.

Uses: (C9) The wood is used for house construction.

205 *Scaphopetalum thonneri* De Wild. & Th. Dur. (LGN0051)

lubateka [0011] (*n-*)

Observations: A small tree of the forest; hairs on the stems, leaf-edges, and petioles; leaves alternate, obovate, acute, 7×20 cm.

Uses: (C9) The wood is used for house construction, traps, and fishing rods. A stick called *chaanga* which is used for supporting the latch (*npigi*) of a trap is also made of the tree.

(G0) A proverb: *Lubateka abisile kinene, uwabisile nzogu mu mulunda*, which means "lubateka hid a large thing, it hid an elephant under the branches."

206 *Theobroma cacao* L. (LGN0087)

kakao [001]; cacao, chocolate tree (E)

Observations: A medium-sized tree, cultivated; leaves alternate, oblong-lanceolate, acuminate, round at the base, 12×30 cm, petioles 5–8 cm.

Uses: (B1) The sweet fruit is eaten.

(J9) The wood is not used for house construction, because it is not durable.

Name etymology: The name is taken from English.

207 unidentified (LGN0020)

itenjamatama [000010] (*ma-*)

Observations: A tree to 20 m high or more, found in secondary as well as primary forest; leaves spirally arranged, broadly elliptic, 15×25 cm, acute, round at the base, petioles c. 10 cm long; a couple of black round seeds, 1 cm in diam., 2 cm long, in a reddish thin shell.

Remarks: Another *itenjamatama*: # 91 (Euphorbiaceae sp.).

Uses: (C9) The wood is used for house construction.

(H1 I1) Birds such as *kasuku* (a parrot), *kampienpie* (a hornbill) and *ngate* (a hornbill with a large head) eat the fruit; sometimes bird-traps are set on the tree when the fruits ripen.

208 unidentified (LGN0057)

mwindianyama [0000] (*mi-*)

Observations: A small tree to c. 10 m high and c. 20 cm by girth, of the forest; leaves alternate, elliptic to lanceolate, 5–6×13–14 cm, acuminate, short petioles.

Uses: (C9) The hard wood is used for house construction and spear-handles.

(G0) It is said that the traps made of this plant cannot catch game.

Name etymology: "To miss the game," *ku-india*: to fail or to miss, *nyama*: animal(s).

Thymelaeaceae

209 *Diranolepis baertsiana* De Wild. & Th. Dur. (LGN0260)

no vernacular recorded

Observations: A small tree of the forest; orange-colored fruits growing directly on the stem; leaves broadly elliptic, apiculate, 4×8 cm.

Remarks: Some villager says that this is a kind of *nkulumanya* (# 147, *Heckelderia staudtii*).

Uses: (J0) No use recorded.

Tiliaceae

210 *Ancistrocarpus bequaertii* De Wild. (LGN0282)

no vernacular recorded

Observations: An erect or scrambling shrub of secondary growth; leaves alternate, ovate to elliptic, acute, 4×10 cm; fruits round, 4–5 cm long, many orange-colored spines on the surface.

Uses: (J0) No use recorded.

211 *Grewia trinervia* De Wild. (LGN0121)
mulo [00] (*mi*-)

Observations: A tall tree to 30 m high, found in primary as well as secondary forest; leaves alternate, lanceolate, cuneate at the base, acuminate, 6×15 cm, petioles very short.

Remarks: The same identification as the next specimen (# 212). Further research is needed.

Uses: (C9) The wood is used for house construction and bridges; it is very durable.

(D0 G0) If people find the plant growing in a field, they leave it as it is because it is believed that it brings good harvest.

212 *Grewia trinervia* De Wild. (LGN0159)
mulwa [01] (*mi*-)

Observations: A medium-sized tree of primary as well as secondary forest; leaves alternate, oblong-elliptic, 4×5 cm, acuminate, round at the base, petioles 1 cm.

Remarks: The same scientific identification as # 211. Further research is necessary.

Uses: (C9) The wood is used for house construction, spoon-handles, bed legs and chairs.

(C9) The stem is used for a stick called *buusa* which is used for building a fire.

213 *Triumfetta cordifolia* A. Rich. (LGN0207)
mutembe [001] (*mi*-)

Observations: A shrub commonly found in clearings and roadside bush; leaves alternate, ovate or triangular, acute, round at the base, 4×7 cm, petioles 2 cm; fruits in spikes.

Remarks: Other *mutembes*: # 132 (*Pavonia kilimandscharica*), # 134 (*Urena* sp.).

Uses: (C6) The bark is used as a biding material.

(C7) Fibers are taken from the stems and made into hunting nets (*bukila*) and fishing nets (*kakila*); the fibers of *nkusa* (# 79, *Manniophyton* sp.) is said to be stronger.

Ulmaceae

214 *Trema orientalis* (L.) Blume (LGN0023, LGN0228)

musonkoli [0001] (*mi*-)

Observations: A medium-sized tree found commonly in secondary growth; leaves alternate, oblong-lanceolate, acuminate, round or slightly cordate at the base, 4–5×9–12 cm, serrate, very short petioles; flowers and fruits at the axils.

Remarks: Two types are recognized: one which has reddish venation, and the other, whitish.

Uses: (A6) A bark-decoction is used as an enema

for dysentery.

(C9) The wood is used for house construction.

Urticaceae

215 *Boehmeria platyphylla* Hamilton ex D. Don (LGN0281)

nakamutontoli [100001]

Observations: An erect herb of clearings, to c. 1 m high; leaves opposite, ovate-lanceolate, 6×15 cm, petioles 3 cm; spikes c. 15 cm long.

Remarks: It is said that there is another *nakamutontoli* which is useful.

Uses: (J0) No use recorded.

216 *Laportea alatipes* Hook. f. (LGN0247)

kibuchampene [01000] (*bi*-); *mumbululu* [0011] (*mi*-)

Observations: An erect herb to 0.5 m high, of clearings; leaves alternate, ovate, acute, round at the base, 6×9 cm; compound racemes of flowers; hairs on the stalks and petioles.

Uses: (B3) The young leaves are boiled, pounded and cooked; the food is called *mumbululu*.

Name etymology: "The stomach of the goat," *kibu*: a stomach, *mpene*: a goat.

217 *Urera cameroonensis* Wedd. (LGN0109)

musambasamba [01010] (*mi*-)

Observations: A liane commonly found in open habitats and also in the forest; leaves alternate, elliptic, acute, c. 6×12 cm, petioles c. 6 cm.

Uses: (A8) The stem sap is dripped into sore eyes. (B8) The sap of thick stem is taken for quenching thirst.

(I1) Birds such as *kamponda* (sunbirds), *lukuta* (greenbuls), *kombuku* (woodpeckers), and *iyala* (unidentified) eat the fruit.

218 unidentified (LGN0033)

kakoko [100] (*tu*-)

Observations: A herb of clearings; leaves alternate, ovate, acute, round or slightly cordate at the base, 8×12 cm, petioles 3 cm, serrate, irritating.

Uses: (A3) A reddish leaf-infusion or decoction, sometimes mixed with the fruit of *nkambo* (# 200, *Solanum indicum*), is taken for "increasing blood" when one feels that the blood has "dried up."

(B3) The leaves are cooked and eaten as a vegetable.

219 unidentified (LGN0204)

mumbululu [0011] (*mi*-)

Observations: An erect herb of clearings; leaves

spirally arranged, obovate, apiculate, 5×7 cm, petioles 2 cm; leaves cause itching to human skin. Uses: (A3 B3) The leaves are cooked and eaten as a vegetable; the food is said to be good for "increasing blood."

Name etymology: The vernacular name is taken from the name of the food made of the leaves.

Verbenaceae

220 *Clerodendrum capitatum* (Willd.) Schum & Thonn. (LGN0086)

kikululu [0111] (*bi-*); *kishihoshiho* (Mashi); *kasengasengwa* (Sw)

Observations: A shrub to small tree of primary as well as secondary forest; leaves opposite, obovate, acuminate, round at the base, 9×25 cm, petioles 3–5 cm; dark purple flowers, c. 2 cm across, directly on the stems; thorny stems are hollow inside.

Uses: (C9) The hollow stem, called *museke*, is used to drink beer.

(C9) A piece of the stem, about 25 cm long, with well smoothed ends, is used as an instrument of enema for children; medicinal liquid is blown into the rectum through the pipe; this was used in the past; the pipe is called *kibasa*.

Name etymology: *Kikululu* is a general name applied to a liane with thorns. Mashi name is taken from the word *mushiho* which means the pipe for enema.

221 *Lantana camara* L. (LGN0268)

no vernacular recorded

Observations: A quite common shrub found in clearings around habitations, sometimes planted as an ornamental; leaves opposite, ovate, acute, slightly serrate; stems quadrangular, thorny; tomentose.

Uses: (C0) The plant is recognized as an ornamental, but usually no care is taken for it.

222 *Stachytarpheta angustifolia* (Mill.) Vahl (LGN0222)

no vernacular recorded

Observations: An erect herb to 1 m high, commonly found on roadsides; leaves obovate, 3×5 cm, no petioles, slightly serrate; small purple flowers on a loose spike, c. 25–30 cm.

Uses: (C0) The plant is recognized as an ornamental, but usually no care is taken for it.

Vitaceae

223 *Cissus barbeyana* De Wild. & Th. Dur. (LGN0126)

namaseka [1000]

Observations: A small liane; leaves oblong-lanceolate, 4×10 cm, serrate, petioles, c. 10 cm.

Remarks: Another *namaseka*: # 182 (*Passifloraceae* sp.).

Uses: (J0) No use recorded.

Name etymology: "A plant that laughs," *maseka*: laughing. The stem emits a cracking sound when bent vigorously, which recalls a laughing sound.

Zingiberaceae

224 *Aframomum laurentii* (De Wild. & Th. Dur.) K. Schum. (LGN0017)

itungulu [0000] (*ma-*)

Observations: A large erect herb, more than 2 m high, of forest undergrowth; leaves alternate, oblong, 9×30 cm, acute; red fruits at the foot of the stem.

Remarks: Related species: *kibunga* (# 225, *Aframomum* sp.). The leaves of *kibunga* have several slight grooves that run parallel to the rachis, on the other hand, those of *itungulu* run drawing oblique stripes from the rachis. Shallow grooves are on the surface of the fruits of *kibunga*.

Uses: (B1) The fruit (*ntolo*) is eaten by humans as a refreshment.

225 *Aframomum* sp. (LGN0075)

kibunga [001] (*bi-*); *kitakunguluwa* (*bi-*) (Mashi)

Observations: A robust herb to 2–3 m high of forest undergrowth; a pinkish trumpet-like flower, and a red fruit at the foot of the stem.

Remarks: Related species: *itungulu* (# 224, *A. laurentii*). See above.

Uses: (A1) An infusion of about ten fruits, mixed with *nakasikwa* (# 155, *Dorstenia convexa*) is used as an enema for a children's disease called *lunya-ma*: the disease causes whitish excrements and leads to death if not treated well.

(A1) Powder of dried fruits is put in water and taken for intestinal worms; or a fruit-decoction, two fruits are enough, is given by enema for it.

(J1) The fruit (*kibunga*) resembles those of *matungulu* (# 224, *A. laurentii*), but are not consumed because of no sweetness and a bad smell.

226 *Costus afer* Ker-Gawl. (LGN0018)

mugahigahi [00101] (*mi-*); *kinyampuli* [0001] (*bi-*)

Observations: A tall woody herb, more than 2 m high, commonly seen in roadside bush and secondary growth; leaves alternate, lanceolate; white and pinkish, trumpet-like flowers in a short round spike; the stem becomes woody as it grows up.

Remarks: Another *mugahigahi* (# 227, identified also as *Costus afer*) has lighter color, the stems are more woody, and has hairs around the nodes of the stems.

Uses: (A4) The stems of young form are chewed for coughs.

227 *Costus afer* Ker-Gawl. (LGN0263)
mugahigahi (*mi-*); *kinyampuli* [0000] (*bi-*)

Observations: A tall woody herb, more than 2 m high, of forest undergrowth and roadside bush; leaves lanceolate, 5×17 cm.

Remarks: Another *mugahigahi*: # 226 (also identified as *Costus afer*). About the difference, see above.

Uses: (A1 D1) The plant is used for children's urination in beds; when a child did it, the lower back is hit with the fruit.

(J0) This plant is not used for coughs.

228 *Renealmia africana* (K. Schum.) Benth. (LGN0100)

monse [00] (*my-*)

Observations: An erect herb to 2–3 m high, of forest undergrowth; leaves oblong-obovate, 10×60–70 cm; orange-colored small flowers in a spike at the foot of the stem.

Remarks: The plant is considered to be a kind of *itungulu* (# 224, *Aframomum laurentii*).

Uses: (C1 H1) The spike of flowers is pounded and used as bait in fish-traps.

Unidentified plants

229 Unidentified (LGN0144)

bukokoti [01] (*ma-*)

Observations: A tree, more than 20 m high and 1 m by girth, of the forest; leaves alternate, elliptic, acute, 6×14 cm, short petioles, slightly dentate.

Uses: (A6) A bark-decoction is used as an enema for a children's disease called *lunyama* and for adults' abdominal disorders. About *lunyama*, see # 225.

(C9 J9) The wood is used for house construction but not for planks.

230 Unidentified (LGN0273)

indingo [000] (*ma-*)

Observations: A large-sized tree, 120 cm by girth, of the forest; leaves alternate, lanceolate-elliptic, 3×8 cm, slightly acute, round at the base, very short petioles; the heartwood is very hard.

Uses: (C9 J9) The wood is used for house construction but not for planks, because it is too hard to

cut.

(I1) Monkeys and chimpanzees eat the fruit.

231 Unidentified (LGN0080)

ishigisa [0000] (*ma-*); *amubule* (Sw)

Observations: A woody climber of the forest; leaves opposite, elliptic, apiculate, 6×11 cm.

Remarks: This plant is said to be a kind of *kam-pelempele* (# 15, *Alafia schumannii*).

Uses: (C7) The stems are used as trap cords and for house construction as a binding material.

232 Unidentified (LGN0070)

kabelankusu [011000] (*tu-*)

Observations: A small to medium-sized tree of the forest; leaves pinnate, 3 pairs; leaflets lanceolate, acuminate, cuneate at the base, 4–5×20 cm.

Uses: (C9) The stem is used for trapping parrots (*nkusu*); it is flexible and durable, not easy to be cut; traps for large game are also made of the stem.

(C9) The wood is used for house construction.

Name etymology: "A plant to catch *nkusu*," *ku-bela*: to destroy, to give damage, *nkusu*: parrots.

233 Unidentified (LGN0063)

kabututu [0101] (*tu-*)

Observations: A climbing herb of the forest; leaves opposite, lanceolate, 2–3×10 cm, acuminate.

Uses: (A3) It is said that if a pregnant woman takes a leaf-infusion, she will miscarry.

(E3) The pounded leaves are put into water to paralyze fish for fishing; a fish-poison.

234 Unidentified (LGN0049)

kalima-ka-mbala [000-1-01] (*tu-*)

Observations: A small tree of the forest; leaves alternate, lanceolate, 3–4×12 cm.

Remarks: Another *kalima-ka-mbala*: # 235 (unidentified).

Uses: (C9) The wood is used for traps (*hubaga*), and the latch (*npigi*) of a trap.

(F6) The root is chewed for pleasure; it is said that it smells like groundnuts.

(J9) The wood is not used for house construction due to its shortness.

Name etymology: "Forest groundnut," *kalima*: a groundnut, *mbala*: forest.

235 Unidentified (LGN0188)

kalima-ka-mbala [000-1-01] (*tu-*)

Observations: A small forest tree; leaves alternate, ovate, broadly elliptic, acute, round at the base, 4×9 cm, petioles 0.5 cm.

Remarks: Another *kalima-ka-mbala*: # 234 (unidentified).

Uses: (C9) The wood is used for house construction.

(C9 D9) The plant is used for fixing the trap cord; it is believed that this wood brings good luck.

Name etymology: This plant resembles another *kalima-ka-imbala* (# 234).

236 Unidentified (LGN0201)

kalyamitende [01011] (*tu-*)

Observations: A forest tree, said to grow up large; leaves alternate, narrowly elliptic, acuminate, round at the base, 3×9 cm, petioles 1 cm.

Uses: (C9) The wood is used for traps and house construction.

Name etymology: "The food of *mitende*," *kalya*: food, *mutende*: a kind of large frog.

237 Unidentified (LGN0099)

kankina [001] (*tu-*)

Observations: A woody climber of open habitats, sometimes cultivated; it is said that the plant came from the Kisangani area; leaves alternate, narrowly elliptic, acute, 5×13 cm; short petioles.

Uses: (E6) The root is used as a strong fish-poison. (E6 E8) It is said the root-sap can kill man.

238 Unidentified (LGN0178)

katilubugu [01000] (*tu-*)

Observations: A small tree of forest; leaves opposite, broadly elliptic, 7×14 cm, apiculate, round at the base, petioles 1 cm.

Uses: (G0 J0) The plant itself has no use; but the plant called *lubugu* (# 37, *Hippocratea* sp.), which often grows near the root of this plant, is used as a good binding material.

Name etymology: "The tree of *lubugu*," *kati*: a tree.

239 Unidentified (LGN0226)

kishumbi [011] (*bi-*)

Observations: An erect herb to c. 1 m, of clearings; leaves opposite, ovate, acute, slightly serrate, 3×6 cm; petioles 5 cm, small yellowish flowers.

Uses: (A3) Fractures and sprains are banded with the warmed leaves.

(A1 D1) Seven fruits are taken by mouth for fractures and sprains.

240 Unidentified (LGN0040)

luute [010]

Observations: A shrub of secondary growth; leaves alternate, ovate-elliptic, tips pointed, 2.5×5–6 cm, very short petioles.

Uses: (A3 A6) A leaf-infusion is used as an enema

with other medicinal plants, *muhema* (# 242, unidentified) and *kinsali* (# 94, *Eleusine indica*) for a children's disease *lukunga*. The disease, reportedly coming from the Kasai area, causes constipation, the swelling of the abdomen, and the head top of the patient remains soft for a long time. Sometimes the ash of the bark is rubbed on the palate and on the head top of the patient.

241 Unidentified (LGN0114)

mputi [10]

Observations: A liane, more than 10 cm thick, of secondary growth; leaves oblique, 4×7 cm.

Uses: (C7) The stem is used as a binding material in house construction.

242 Unidentified (LGN0039)

muhema [001] (*mi-*)

Observations: A weak herb of clearings; leaves oppositely arranged, apart c. 10 cm from each other, round, c. 2 cm.

Uses: (A3) A leaf-infusion is used as an enema with other medicinal plants such as *luute* (# 240, unidentified) and *kinsali* (# 94, *Eleusine indica*) for a disease, called *lukunga*, of children under one year old; the disease causes constipation, swelling of the abdomen, and the head top of the patient remains soft for a long time. The patient is said to finally die.

(A3) The leaves are used for swellings.

(A3 C3) The leaves are chewed for bad breath.

243 Unidentified (LGN0090)

munyalope [0000] (*mi-*)

Observations: A medium to large-sized tree of secondary growth; leaves alternate, trifoliolate; leaflets oblanceolate, acute, cuneate at the base, 4×12 cm, serrate, petioles 10 cm.

Uses: (C9) The wood is used for house construction and firewood.

244 Unidentified (LGN0280)

mutindankolo [01011] (*mi-*)

Observations: A small forest tree; leaves opposite or whorled, 4 to 5 leaves from a node; lanceolate 5×13 cm; gourd-shaped fruits.

Uses: (C1) A whistle is made of the fruit shell.

(C9) The wood is used for house construction.

245 Unidentified (LGN0068)

nanghegheno [1000] (*ba+*)

Observations: An erect herb to 1 m high, of forest undergrowth; round clusters of small round fruits, c. 1 cm across; leaves opposite, elliptic, acute, 8×16 cm, petioles 5 cm; flowers white.

Remarks: Other *nangheghenos*: # 3 (*Brillantaisia subcordata*), # 4 (*Justicia laxa*), and # 191 (*Psychotria* sp.).

Uses: (A3) The leaves are chewed for stomach and intestinal pains; it tastes very bitter.

Name etymology: "A plant with nodes," *ghegheno*: a node. This plant has conspicuous nodes on the stems.

246 Unidentified (LGN0091)

ngilingi [000] (*ba+*)

Observations: A tree said to grow up large, commonly found in secondary growth; leaves alternate, oblong-lanceolate, acuminate, 4–5×12–13 cm long, very short petioles; it is said that if the tree is cut down, the leaves begin to smell bad in a few days. Remarks: Another *ngilingi*: (# 81, *Phyllanthus muellerianus*), which has smaller leaves.

Uses: (C3) Leaf-macerate is used for driving away red biting ants called *siafu*.

(C9 J9) The wood is used for house construction, firewood, bridges, but not for planks.

(H3 H6) Goats like the bark and leaves.

(I1) Birds, such as *kanga* (Guinea fowls), *lukuta* (greenbuls), *kombuku* (woodpeckers), *iyala* (unidentified), eat the fruit.

Name etymology: Sometimes called *ngilingi-wamutanga*, but meaning unknown.

247 Unidentified (LGN0074)

nkeshu [11]

Observations: A woody climber of primary as well as secondary forest; leaves ovate, acuminate, 8×15 cm.

Uses: (A1 A3 A7) A decoction of the fruits, leaves and stems is used as an enema for *kabubi* (hepatitis?), a disease causing gastrointestinal complaints, nausea, very yellow urine, tiredness; a fruit-infusion is taken for it as well.

248 Unidentified (LGN0162)

nonga [01]

Observations: A tree of secondary growth; leaves opposite, oblong-elliptic, 7×16 cm, acute, round at the base, petioles short; black stinging ants colonize the stems.

Uses: (D0) The plant is put on the eaves, sometimes with *ibilabondo* (# 184, *Piper umbellatum*), for preventing evil spirits from entering the house; also *musulisuli* (# 68, *Dioscorea* sp.), is stretched above the door for it.

(D9) A charm called *mpengu* is made of the wood, which children wear on the waist against sorcery; black ants living inside the stems are believed to guard the child against the agent of sorcery.

(J9) The wood is not good for house construction.

249 Unidentified (LGN0161)

nshulu [11]; *mulumba* [010] (*mi-*)

Observations: A tree, said to grow large, of the forest; leaves alternate, oblong-elliptic, 7×15 cm, apiculate; petioles 1 cm.

Uses: (C6) The bast was used for bark-cloth (*nshulu*) in the past.

(C9) The wood is used for house construction.

Name etymology: *Nshulu* and *mulumba* mean "bark-cloth."

250 Unidentified (LGN0123)

windamba [000]

Observations: A forest liane, leaves alternate, oblong-elliptic, round at the base, apiculate, 5×10 cm.

Uses: (C7) The stems are used as a binding material in house construction, and as trap cords; it is said that this material is stronger than *mputi* (# 241, unidentified) but weaker than *kisangani* (# 55, *Roureopsis obliquifoliolata*).

PTERIDOPHYTES

Aspidiaceae

251 *Tectaria magnifica* (R. Don) Chris. (LGN0073)

kilelelele [01111] (*bi*-)

Observations: A fern to 1 m high, of forest undergrowth.

Remarks: Another *kilelelele*: # 255 (*Didymochloena* sp.).

Uses: (B3) The shoots were cooked and eaten as a vegetable in the past.

(C0) The plant is used for sleeping on it in the forest.

(C0 F0) The plant is used for covering a pot for cooking crabs (*meeri*); that gives them a special flavor.

Name etymology: Several ferns are called by this vernacular.

Gleicheniaceae

252 *Gleichenia linearis* (N. L. Burm.) Cl. (LGN0004)

kikongolo [0000] (*bi*-)

Observations: A common fern up to 0.5 m high, found abundantly on roadsides and in clearings; each frond, c. 20 cm long, oppositely coming out from the stems.

Uses: (J0) No use recorded.

Marattiaceae

253 *Marattia fraxinea* J. Smith (LGN0181)

kimpekempeke [00010] (*bi*-)

Observations: A large fern found locally commonly in forest undergrowth; all fronds coming out from the base, more than 2 m long; leaflets 1–1.5×10–12 cm, lanceolate, alternate; whitish stripes on the brownish midribs; no developed stems.

Uses: (A9) A paste scraped off the stem is applied to large ulcers called *binula*; it is said that this treatment was practiced frequently before penicillin was introduced.

(G0) A proverb: *Kilo unasesa kimpekempeke, tunyate nkwele*, which means “you can pull out the *kimpekempeke* but cannot walk over it.”

Nephrolepidaceae

254 *Nephrolepis* sp. (LGN0145)

kiselya [011] (*bi*-)

Observations: A fern of roadsides, found locally

abundantly; leaflets ovate to lanceolate.

Remarks: Other *kiselyas*: # 256 (cf. *Microsorium punctatum*) and # 257 (*Phymatodes scolopendria*).

Uses: (J0) No use recorded.

Name etymology: Several ferns growing on other plants are called by this name.

Polypodiaceae

255 *Didymochloena* sp. (LGN0155)

kilelelele [01111] (*bi*-)

Observations: A common fern of forest undergrowth.

Remarks: Another *kilelelele*: # 251 (*Tectaria magnifica*).

Uses: (C0) The plant is used for sleeping on it in the forest.

Name etymology: Several ferns are called by this vernacular name.

256 cf. *Microsorium punctatum* (L.) Copel. (LGN0272)

kiselya [000] (*bi*-)

Observations: A epiphytic fern growing on such tree as oil-palms; fronds oblong, c. 10 cm wide, 1 m long.

Remarks: Other *kiselyas*: # 254 (*Nephrolepis* sp.) and # 257 (*Phymatodes scolopendria*).

Uses: (D0) The plant is put above the door with other magical plants such as *musulisuli*, the stem of *kikukuku* (# 68, *Dioscorea* sp.), in order to keep evil spirits away from the house.

Name etymology: Several epiphytic ferns are called by this name.

257 *Phymatodes scolopendria* (N. L. Burm.) Ching (LGN0261)

kiselya (*bi*-)

Observations: A common epiphytic fern found on roadsides; fronds 25×30 cm, pinnately parted.

Remarks: Other *kiselyas*: # 254 (*Nephrolepis* sp.) and # 256 (cf. *Microsorium punctatum*).

Uses: (D0) The plant is put above the door with the stem of *musulisuli* (# 68, *Dioscorea* sp.) to prevent evil spirits from entering the house.

Name etymology: Several epiphytic plants are called by this name.

258 unidentified (LGN0146)

mupunga [011] (*mi*-)

Observations: A fern found abundantly on roadsides; the undersurface whitish, stalks brown.

Uses: (J0) No use recorded.

Appendix 2. Index to scientific names.

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<i>Macaranga monandra</i> Müll. Arg.	Euphorbiaceae	77
<i>Macaranga spinosa</i> Müll. Arg.	Euphorbiaceae	78
<i>Maesa lanceolata</i> Forsk.	Myrsinaceae	170
<i>Mammea africana</i> Sabine	Guttiferae	107
<i>Manniophyton</i> sp.	Euphorbiaceae	79
<i>Marantochloa</i> cf. <i>leucantha</i> (K. Schum.) Milne-Redh.	Marantaceae	138
<i>Marattia fraxinea</i> J. Smith	Marattiaceae	253
<i>Megaphrynium macrostachyum</i> (Benth.) Milne-Redh.	Marantaceae	139
<i>Michelsonia microphylla</i> (Troupin) Hauman	Leguminosae (Mimosoideae)	118
<i>Microglossa pyrifolia</i> (Lam.) O. Ktze.	Compositae	52
cf. <i>Microsorium punctatum</i> (L.) Copel.	Polypodiaceae	256
<i>Mikania cordata</i> (Burm. f.) B. L. Robinson	Compositae	53
<i>Mimosa pigra</i> L.	Leguminosae (Mimosoideae)	119
<i>Momordica schimperiana</i> Naud.	Cucurbitaceae	59, 60
<i>Momordica</i> sp.	Cucurbitaceae	61, 62
cf. <i>Mostuea</i> sp.	Loganiaceae	129
<i>Musanga cecropioides</i> R. Br.	Moraceae	164
<i>Musanga</i> sp.	Moraceae	165
<i>Mussaenda tenuiflora</i> Benth.	Rubiaceae	188
<i>Myrianthus holstii</i> Engl.	Moraceae	166
<i>Nauclea vanderguchtii</i> (De Wild.) Pétit	Rubiaceae	189
<i>Neoboutonia macrocalyx</i> Pax	Euphorbiaceae	80
<i>Nephrolepis</i> sp.	Nephrolepidaceae	254
cf. <i>Nephthytis</i> sp.	Araceae	26
<i>Newtonia buchananii</i> (Bak.) Gilbert & Boutique	Leguminosae (Mimosoideae)	120
<i>Octoknema borealis</i> Hutch. & Dalz.	Octoknemaceae	173
<i>Pachystela msolo</i> (Engl.) Engl.	Sapotaceae	198
<i>Palisota ambigua</i> (P. Beauv.) C. B. Cl.	Commelinaceae	43
<i>Palisota schweinfurthii</i> C. B. Cl.	Commelinaceae	44
<i>Pamplathantha viridiflora</i> (Schweinf. ex Hiern) Bremek.	Rubiaceae	190
<i>Pancovia harmsiana</i> Gilg	Sapindaceae	196
<i>Panicum maximum</i> Jacq.	Gramineae	96
<i>Paspalum conjugatum</i> Berg.	Gramineae	97
<i>Pavonia kilimandscharica</i> Gurke	Malvaceae	132
<i>Pennisetum purpureum</i> Schumach.	Gramineae	98
<i>Pentaclethra macrophylla</i> Benth.	Leguminosae (Mimosoideae)	121
<i>Phyllanthus muellerianus</i> (O. Ktze) Exell	Euphorbiaceae	81
<i>Phyllanthus</i> sp.	Euphorbiaceae	82
<i>Phymatodes scolopendria</i> (N. L. Burm.) Ching	Polypodiaceae	257
<i>Piper umbellatum</i> L.	Piperaceae	184
<i>Piptadeniastrum africanum</i> (Hook. f.) Brenan	Leguminosae (Mimosoideae)	122
<i>Plectranthus longipes</i> Bak.	Labiatae	108
cf. <i>Pleiocarpa pycnantha</i> (K. Schum.) Stapf	Apocynaceae	17, 18
<i>Polyalthia suaveolens</i> Engl. & Diels	Annonaceae	14
<i>Portulaca oleracea</i> L.	Portulacaceae	185
<i>Pseudoprosopis claussensii</i> (De Wild.) Gilbert et Boutique	Leguminosae (Mimosoideae)	123
<i>Pseudospondias microcarpa</i> (A. Rich.) Engl.	Anacardiaceae	11
<i>Psidium guajava</i> L.	Myrtaceae	171
<i>Psychotria</i> sp.	Rubiaceae	191
<i>Pycnanthus angolensis</i> (Welw.) Warb.	Myristicaceae	168
<i>Quisqualis falcata</i> Welw. ex Hiern var. <i>mussaendiflora</i> (Engl. & Diels) Liben	Combretaceae	38
<i>Raphia</i> sp.	Palmae	179
<i>Raphidophora africana</i> N. E. Br.	Araceae	27
<i>Renealmia africana</i> (K. Schum.) Benth.	Zingiberaceae	228

<i>Ricinodendron heudelotii</i> (Baill.) Pierre ex Pax	Euphorbiaceae	83
<i>Ricinus communis</i> L.	Euphorbiaceae	84
<i>Roureopsis obliquifoliolata</i> (Gilg) Schellenb.	Connaraceae	55
<i>Rubus apetalus</i> Poir.	Rosaceae	186
<i>Sabicea johnstonii</i> K. Schum. ex Wernham	Rubiaceae	192
<i>Saccharum</i> sp.	Gramineae	99
<i>Sanchezia nobilis</i> Hook. f.	Acanthaceae	5
<i>Sarcophrynium schweinfurthianum</i> (O. Ktze) Milne-Redh.	Marantaceae	140
<i>Sarcophrynium</i> sp.	Marantaceae	141
<i>Scaphopetalum thonneri</i> De Wild. & Th. Dur.	Sterculiaceae	205
<i>Scleria barteri</i> Boeck.	Cyperaceae	65
<i>Sclerosperma manni</i> Wendl.	Palmae	180
<i>Setaria chevalieri</i> Stapf	Gramineae	100
<i>Sida rhombifolia</i> L.	Malvaceae	133
<i>Solanum indicum</i> L. subsp. <i>distichum</i> (Thonn.) Bitter	Solanaceae	200
<i>Solanum nigrum</i> L.	Solanaceae	201
<i>Solanum</i> sp.	Solanaceae	202
<i>Sorghum arundinaceum</i> (Desv.) Stapf	Gramineae	101
<i>Spathodea campanulata</i> P. Beauv.	Bignoniaceae	34
<i>Stachytarpheta angustifolia</i> (Mill.) Vahl	Verbenaceae	222
<i>Staudtia stipitata</i> Warb.	Myristicaceae	169
<i>Strombosia scheffleri</i> Engl.	Olacaceae	174
<i>Strychnos malchairi</i> De Wild.	Loganiaceae	130
<i>Tabernaemontana pachysiphon</i> Stapf	Apocynaceae	19
<i>Tectaria magnifica</i> (R. Don) Chris.	Aspidiaceae	251
<i>Tetracarpidium conophorum</i> (Müll. Arg.) Hutch. & Dalz.	Euphorbiaceae	85
<i>Tetrapleura tetraptera</i> (Schum. & Thonn.) Taub.	Leguminosae (Mimosoideae)	124
<i>Tetrorchidium didymostemon</i> (Baill.) Pax & K. Hoffm.	Euphorbiaceae	86
<i>Thecacoris lucida</i> (Pax.) Hutch.	Euphorbiaceae	87
<i>Theobroma cacao</i> L.	Sterculiaceae	206
<i>Thomandersia laurifolia</i> (T. Anders. ex Benth.) Baill.	Acanthaceae	6
<i>Tragia</i> sp.	Euphorbiaceae	89
<i>Treculia africana</i> Decne.	Moraceae	167
<i>Trema orientalis</i> (L.) Blume	Ulmaceae	214
<i>Trichilia rubescens</i> Oliv.	Meliaceae	148
<i>Trichilia welwitschii</i> C. DC.	Meliaceae	149
<i>Tristemma incompletum</i> R. Br.	Melastomataceae	145
<i>Triumfetta cordifolia</i> A. Rich.	Tiliaceae	213
<i>Uapaca benguelensis</i> Chev.	Euphorbiaceae	89
<i>Uapaca cf. guineensis</i> Müll. Arg.	Euphorbiaceae	90
<i>Urena</i> sp.	Malvaceae	134
<i>Urera cameroonensis</i> Wedd.	Urticaceae	217
<i>Vernonia conferta</i> Benth.	Compositae	54

unidentified species

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Bignoniaceae	35	Palmae	181
Euphorbiaceae	90, 91	Sapindaceae	197
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Leguminosae (Caesalpinioideae)	116	Urticaceae	218, 219
Leguminosae (Mimosoideae)	125	Polypodiaceae	258

Appendix 3. Index to vernacular names.

Vernacular name	Plant No.	Vernacular name	Plant No.
<i>aliga</i>	104, 105, 107	<i>itanganika-ya-mbala (ma-)</i>	143
<i>amubule (Sw)</i>	231	<i>itekwa (ma-)</i>	19
<i>ankaanda (ba+)</i>	140	<i>itenjamatama (ma-)</i>	91, 207
<i>ansani</i>	32	<i>itondo (ma-)</i>	29
<i>aolo</i>	59, 60, 61	<i>itumba (ma-)</i>	67
<i>awela (ba+)</i>	136	<i>itungulu (ma-)</i>	224
<i>bibingu (Mashi)</i>	98	<i>iungu (ma-)</i>	139
<i>bombi</i>	12	<i>iyolu (molu)</i>	135
<i>bombo</i>	53	<i>kaabi (tu-)</i>	130
<i>bonobono (Mashi)</i>	84	<i>kabaka (tu-)</i>	111
<i>bubala (n-)</i>	121	<i>kabazibazi (Mashi)</i>	50
<i>bubalaka (ma-)</i>	113	<i>kabelankusu (tu-)</i>	232
<i>bubunga</i>	197	<i>kabungu (tu-)</i>	69
<i>bukaki (ma-)</i>	169	<i>kabuti-ka-musagi (tu-)</i>	165
<i>bukalakala (n-)</i>	168	<i>kabuto-ka-mbala (tu-)</i>	128
<i>bukokoti (ma-)</i>	229	<i>kabututu (tu-)</i>	233
<i>bukombola (ma-)</i>	83	<i>kakao</i>	206
<i>bulembo</i>	183	<i>kakoko (tu-)</i>	218
<i>bulupe (ma-)</i>	198	<i>kakolola (tu-)</i>	108
<i>bumbalu (ma-)</i>	114	<i>kakumbo (tu-)</i>	116
<i>bundinga (ma-)</i>	196	<i>kalima-ka-basumbu (tu-)</i>	126
<i>bungango (ma-)</i>	176	<i>kalima-ka-mbala (tu-)</i>	234, 235
<i>buninge (ma-)</i>	197	<i>kalokosa (tu-)</i>	33
<i>bushingu</i>	167	<i>kahula (tu-)</i>	201
<i>butungambale</i>	109	<i>kalume-ka-kimokomoko (tu-)</i>	43
<i>bwika (mi-)</i>	174	<i>kalume-ka-lukenga (tu-)</i>	159
<i>chaamba (by-)</i>	166	<i>kalume-ka-mutembe (tu-)</i>	134
<i>chai (Sw)</i>	46	<i>kalungi (tu-)</i>	88
<i>chibombwe (Mashi)</i>	53	<i>kalyamitende (tu-)</i>	236
<i>chilelabana (Mashi)</i>	145	<i>kalyamushumbu (tu-)</i>	21
<i>choone (by-)</i>	80	<i>kalyankuta (tu-)</i>	72
<i>chungu (by-)</i>	11	<i>kalyantina (tu-)</i>	129
<i>chuumya (by-)</i>	192	<i>kamanja (tu-)</i>	28
<i>eveve (ma+)</i>	62	<i>kambilangwa (tu-)</i>	86
<i>fundulo (Kitembo)</i>	48	<i>kamilali (tu-)</i>	99
<i>ibulabondo (ma-)</i>	184	<i>kampelemepele (tu-)</i>	15
<i>igoma-lya-kabile (ma-)</i>	24	<i>kamukuta (tu-)</i>	123
<i>ijengela (ma-)</i>	112	<i>kandanda (tu-)</i>	97
<i>ikoi (ma-)</i>	189	<i>kankina (tu-)</i>	237
<i>ikunsu (ma-)</i>	66	<i>kanshunshu (tu-)</i>	133
<i>imbesebese (ma-)</i>	6	<i>kantonko (tu-)</i>	20
<i>imbila-ya-kanshinshi (ma-)</i>	7	<i>kasabumbu (tu-)</i>	195
<i>imbondo (ma-)</i>	179	<i>kasagalushi (tu-)</i>	65
<i>imbuluku (ma-)</i>	153	<i>kasekonga (tu-)</i>	137
<i>indingo (ma-)</i>	230	<i>kasela-kulongo (tu-)</i>	90
<i>isakisala (ma-)</i>	77	<i>kasengasengwa (Sw)</i>	220
<i>isangu (ma-)</i>	93	<i>kashisha (Mashi)</i>	46
<i>isani (ma-)</i>	100	<i>kashumbo (tu-)</i>	36
<i>ishigisa (ma-)</i>	231	<i>kasindabakoi (tu-)</i>	172
<i>ishindangombe (bi-)</i>	102	<i>katilubugu (tu-)</i>	238
<i>itanganika (ma-)</i>	144, 145	<i>kazo</i>	103

<i>kibila</i> (bi-)	178	<i>lukambo</i> (n-)	200
<i>kibuchampene</i> (bi-)	216	<i>lukaswa</i> (bu-)	85
<i>kibunga</i> (bi-)	225	<i>lukelele</i>	186
<i>kigagi</i> (bi-)	148	<i>lukenya</i>	157
<i>kikabu</i> (bi-)	203	<i>lukoba</i> (n-)	138
<i>kikokote</i> (bi-)	110	<i>lukombola</i> (ma-)	83
<i>kikongolo</i> (bi-)	252	<i>lukoso</i> (ma-)	127
<i>kikululu</i> (bi-)	38, 68, 131, 220	<i>lukundu</i> (n-)	122
<i>kilelelele</i> (bi-)	251, 255	<i>lukusa</i> (n-)	79
<i>kilete</i> (bi-)	177	<i>lumono</i>	84
<i>kimokomoko</i> (bi-)	44	<i>lungelima</i> (ma-)	46
<i>kimpekempeke</i> (bi-)	253	<i>lungusu</i>	70
<i>kimpunga</i> (bi-)	26	<i>lusekeseke</i> (n-)	101
<i>kimputu</i> (bi-)	25	<i>lusele</i> (n-)	125
<i>kimputu-kya-mbala</i> (bi-)	151	<i>lushuna</i> (n-)	71
<i>kinamunkwe</i> (bi-)	27	<i>lutute</i>	240
<i>kinenke</i> (bi-)	56	<i>lweku</i>	190
<i>kinsali</i> (bi-)	94	<i>mangobo</i> (Sw)	180
<i>kinyampuli</i> (bi-)	226, 227	<i>mangungu</i> (Sw)	139
<i>kisangani</i> (bi-)	55	<i>matako-ya-bibi</i> (Sw)	185
<i>kisekerumpa</i> (bi-)	124	<i>maua</i> (Sw)	1, 5
<i>kiselya</i> (bi-)	254, 256, 257	<i>mbya</i>	180
<i>kisenga</i> (bi-)	27	<i>moga</i> (my-)	21
<i>kishihoshiho</i> (Mashi)	220	<i>mombo</i> (my-)	150
<i>kishumbi</i> (bi-)	239	<i>monse</i> (my-)	228
<i>kisukulio</i> (bi-)	57, 58	<i>mpari</i> (Mashi)	170
<i>kitakungulwa</i> (bi-) (Mashi)	225	<i>mputi</i>	241
<i>kitankondo</i> (bi-)	17, 18	<i>mubilishi</i> (mi-)	170
<i>kitantonto</i> (bi-)	31	<i>mubilishi-wa-mbala</i> (mi-)	51
<i>kitantonto-kya-mikila</i> (bi-)	30	<i>mufula</i> (mi-)	154
<i>kitembele</i> (bi-)	8	<i>mugahigahi</i> (mi-)	226, 227
<i>kitindamboga</i> (bi-)	48	<i>muhema</i> (mi-)	242
<i>kitobolo</i> (bi-)	156, 161	<i>muko</i> (mi-)	204
<i>kitonfa</i> (bi-)	42	<i>mukoga</i> (mi-)	163
<i>kitubu</i> (bi-)	162	<i>mukolo</i> (mi-)	181
<i>kitungunda</i> (bi-)	202	<i>mukombeleshwa</i> (mi-)	75
<i>kohyole</i> (Mashi)	45	<i>mukombi</i> (Sw)	114
<i>kombokombo</i> (Sw)	164	<i>mukoole</i> (mi-)	13
<i>kufa</i>	119	<i>mukulukulu</i> (mi-)	34
<i>kufa-ya-chinichini</i> (Sw)	175	<i>mulo</i> (mi-)	211
<i>libondo</i> (Sw)	179	<i>mulumba</i> (mi-)	249
<i>limu</i> (mandimu)	194	<i>mulunda</i> (mi-)	16
<i>linganga</i> (ma-)	96	<i>mulundu</i> (mi-)	152
<i>lipela</i> (ma-)	171	<i>mulwa</i> (mi-)	212
<i>lipiline</i> (ma-)	199	<i>mulwalindi</i> (mi-)	47
<i>litete</i> (ma-)	98	<i>mumbululu</i> (mi-)	216, 219
<i>longa</i> (n-)	2	<i>mumpolonda</i> (mi-)	141
<i>hubala</i> (n-)	121	<i>mumpukumpuku</i> (mi-)	54
<i>hubalati</i> (n-)	87	<i>mundundu</i> (Mashi)	133
<i>hubateka</i> (n-)	205	<i>mungongole</i> (mi-)	149
<i>hububi</i>	176, 177	<i>muntongo</i> (mi-)	22
<i>hububi-lwa-mbala</i>	40	<i>muntungulu</i> (mi-)	106
<i>hububi-lwa-mubunga</i>	39, 41	<i>munyalope</i> (mi-)	243
<i>lubugu</i> (n-)	37	<i>mupunga</i> (mi-)	258
<i>lukalakala</i> (n-)	168	<i>musagi</i> (mi-)	164

<i>musambasamba</i> (mi-)	217
<i>musegesege</i> (mi-)	120
<i>musela</i> (mi-)	89, 90
<i>mushishi</i> (mi-)	118
<i>mushwalindi</i> (Mashi)	47
<i>musoke</i> (mi-)	115
<i>musombo</i> (mi-)	173
<i>musonsoli</i> (mi-)	214
<i>musuku-wa-bakota</i> (mi-)	35
<i>mutakatifu</i> (Sw)	89
<i>mutembe</i> (mi-)	132, 213
<i>mutindankolo</i> (mi-)	244
<i>mwampu</i> (my-)	14
<i>mwanji</i> (mi-)	92
<i>mwenyeshamba</i> (Sw)	50
<i>mwimbu</i> (mi-)	73
<i>mwindianyama</i> (mi-)	208
<i>nakamutontoli</i>	215
<i>nakashikwa</i> (ba+)	155, 156
<i>namaseka</i> (ba+)	182, 223
<i>nanghegheno</i> (ba+)	3, 4, 191, 245
<i>nenisua</i> (benemaswa)	50
<i>nganga</i>	193
<i>ngazi</i> (Sw)	178
<i>ngege</i> (ba+)	76
<i>ngilani</i> (Sw)	176
<i>ngilingi</i> (ba+)	81, 246
<i>nishunda</i> (ba+)	45
<i>nitenge</i> (ba+)	78
<i>nkeshu</i>	247
<i>nkindi</i>	187
<i>nkokoloshi</i>	9, 10
<i>nkulu</i>	63
<i>nkulumanya</i>	147
<i>nkungu</i>	117
<i>nonga</i>	248
<i>nshembe-sa-bulege</i>	160
<i>nshembe</i>	158
<i>nshigilelyo</i>	185
<i>nshimbi</i>	23
<i>nshulu</i>	249
<i>nterjamatama</i> (ma-)	91
<i>nyakati</i> (ba+)	52
<i>nyasi</i> (Sw)	95
<i>pelele</i>	146
<i>sholu</i>	95
<i>silukutu</i>	49
<i>tongwatongwa</i> (ba+)	74
<i>tuna</i> (Sw)	113
<i>windamba</i>	250

plants without vernacular:

1, 5, 64, 82, 142, 175, 188, 209, 210, 221, 222

Appendix 4. Index to Usage.

Usage	Plant No.	Species
A: Medical uses		
abdominal complaints, stomach ache:	22	<i>muntonko</i> (Apocynaceae)
	52	<i>Microglossa pyrifolia</i>
	70	<i>Alchornea cordifolia</i>
	102	<i>ishindangombe</i> (Gramineae)
	106	<i>Harungana madagascariensis</i>
	126	<i>Desmodium adscendens</i>
	171	<i>Psidium guajava</i>
	174	<i>Strombosia scheffleri</i>
	191	<i>Psychotria</i> sp.
	200	<i>Solanum indicum</i>
	201	<i>Solanum nigrum</i>
	229	<i>bukokoti</i>
	245	<i>nanghegheno</i>
antidote for snake-bites:	43	<i>Palisota ambigua</i>
	86	<i>Tetrorchidium didymostemon</i>
bad breath:	242	<i>muhema</i>
burns:	192	<i>Sabicea johnstonii</i>
children's diseases: <i>luboboli</i> or <i>lukunga</i>	9	<i>Cyathula</i> sp.
	52	<i>Microglossa pyrifolia</i>
	94	<i>Eleusine indica</i>
	103	<i>kazo</i> (Gramineae)
	185	<i>Portulaca oleracea</i>
	240	<i>luute</i>
	242	<i>muhema</i>
	84	<i>Ricinus communis</i>
	155	<i>Dorstenia convexa</i>
	225	<i>Aframomum</i> sp.
	229	<i>bukokoti</i>
	6	<i>Thomandersia laurifolia</i>
	227	<i>Costus afer</i>
<i>lunyama</i>		
<i>ndege</i>		
urination in the bed		
coughs:	56	<i>Kalanchoe integra</i>
	194	<i>Citrus</i> sp.
	226	<i>Costus afer</i>
diarrhea, desentery:	59	<i>Momordica schimperiana</i>
	73	<i>Bridelia stenocarpa</i>
	147	<i>Heckeldora staudtii</i>
	169	<i>Staudtia stipitata</i>
	171	<i>Psidium guajava</i>
	214	<i>Trema orientalis</i>
ear: hard of hearing	98	<i>Pennisetum purpureum</i>
expell worms:	2	<i>Brillantaisia kirungae</i>
	176	cf. <i>Ancistrophyllum secundiflorum</i>

eyes: cataract (?) (<i>songo</i>)	225 <i>Aframomum</i> sp.
conjunctivitis or trachoma (<i>mena</i>)	48 <i>Dichrocephala integrifolia</i>
pains	56 <i>Kalanchoe integra</i>
	50 <i>Erigeron floribundus</i>
sty	217 <i>Urera cameroonensis</i>
	45 <i>Ageratum conyzoides</i>
female diseases: abortion	233 <i>kabututu</i>
inflamed breasts	19 <i>Tabernaemontana pachysiphon</i>
pains after the delivery	24 <i>Anchomanes giganteus</i>
too much menstrual flow	7 <i>Dracaena nitens</i>
<i>mpinde</i> or <i>sanga</i>	51 <i>Erlangea spissa</i>
<i>mwanamimba</i>	24 <i>Anchomanes giganteus</i>
fever:	7 <i>Dracaena nitens</i>
	11 <i>Pseudospondias microcarpa</i>
	70 <i>Alchornea cordifolia</i>
	117 <i>Albizia grandibracteata</i>
filariae:	75 <i>Erythrococca welwitschiana</i>
fractures, sprains, blows:	25 <i>Anubias bequaertii</i>
	109 <i>Leea guineensis</i>
	151 <i>kimputu-kyamba</i> (Menispermaceae)
	239 <i>kishumbi</i>
gonorrhoea:	11 <i>Pseudospondias microcarpa</i>
	32 <i>Begonia eminii</i>
	147 <i>Heckeldora staudtii</i>
hepatites (?) (<i>kabubi</i>):	247 <i>nkeshu</i>
increasing blood:	218 <i>kakoko</i> (Urticaceae)
	219 <i>mumbululu</i> (Urticaceae)
itching (<i>bishushu</i>):	75 <i>Erythrococca welwitschiana</i>
lymphatic glands:	19 <i>Tabernaemontana pachysiphon</i>
malaria:	102 <i>ishindangombe</i> (Gramineae)
mental disorder:	123 <i>Pseudoprosopis claessensii</i>
nausea:	200 <i>Solanum indicum</i>
pains: general	109 <i>Leea guineensis</i>
chest	146 <i>Entandrophragma angolense</i>
eye	50 <i>Erigeron floribundus</i>
	217 <i>Urera cameroonensis</i>
head	20 <i>kantorko</i> (Apocynaceae)
	48 <i>Dichrocephala integrifolia</i>
	50 <i>Erigeron floribundus</i>
	53 <i>Mikania cordata</i>
	59 <i>Momordica schimperiana</i>

throat	146 <i>Entandrophragma angolense</i> 63 <i>Cyperus articulatus</i> 200 <i>Solanum indicum</i>
purgative:	80 <i>Neoboutonia macrocalyx</i> 126 <i>Desmodium adscendens</i>
skin: eruptions, scabies (<i>mpele</i>) swellings, ulcers	20 <i>kantonko</i> (Apocynaceae) 19 <i>Tabernaemontana pachysiphon</i> 29 <i>Impatiens masiensis</i> 30 <i>Impatiens niarnniensis</i> 66 <i>Dioscorea bulbifera</i> 75 <i>Erythrococca welwitschiana</i> 130 <i>Strychnos malchairi</i> 143 <i>Dicellandra barteri</i> 146 <i>Entandrophragma angolense</i> 202 <i>Solanum</i> sp. 242 <i>muhema</i> 253 <i>Marattia fraxinea</i>
thorn	30 <i>Impatiens niarnniensis</i> 31 <i>Impatiens</i> sp.
wounds, burns	30 <i>Impatiens niarnniensis</i> 32 <i>Begonia eminii</i> 33 <i>Begonia</i> sp. 43 <i>Palisota ambigua</i> 44 <i>Palisota schweinfurthii</i> 45 <i>Ageratum conyzoides</i> 47 <i>Crassocephalum montuosum</i> 54 <i>Vernonia conferta</i> 115 <i>Julbernardia seretii</i> 155 <i>Dorstenia convexa</i> 184 <i>Piper umbellatum</i> 192 <i>Sabicea johnstonii</i>
tonic:	199 <i>Cyphomandra betacea</i>
tonic for man:	26 cf. <i>Nephthytis</i> sp. 129 cf. <i>Mostuea</i> sp. 193 cf. <i>Citropsis articulata</i>
throat: pains	63 <i>Cyperus articulatus</i> 200 <i>Solanum indicum</i>
ulcer (<i>binula</i>)	130 <i>Strychnos malchairi</i> 253 <i>Marattia fraxinea</i>
B: Food, drink fruit, seed:	11 <i>Pseudospondias microcarpa</i> 12 <i>Anonidium mannii</i> 23 <i>nshimbi</i> (Apocynaceae) 62 <i>Momordica</i> sp. 85 <i>Tetracarpidium conophorum</i> 89 <i>Uapaca benguelensis</i> 90 <i>Uapaca</i> cf. <i>guineensis</i> 114 <i>Gilbertiodendron</i> sp.

	121 <i>Pentaclethra macrophylla</i>
	145 <i>Tristemma incompletum</i>
	153 <i>Artocarpus incisa</i>
	166 <i>Myrianthus holstii</i>
	167 <i>Treulia africana</i>
	171 <i>Psidium guajava</i>
	186 <i>Rubus apetalus</i>
	193 cf. <i>Citropsis articulata</i>
	194 <i>Citrus</i> sp.
	206 <i>Theobroma cacao</i>
	224 <i>Aframomum laurentii</i>
seed oil:	178 <i>Elaeis guineensis</i>
leaf:	8 <i>Amaranthus hybridus cruentus</i>
	216 <i>Laportea alatipes</i>
	218 <i>kakoko</i> (Urticaceae)
	219 <i>mumbulu</i> (Urticaceae)
shoot:	251 <i>Tectaria magnifica</i>
tuber:	68 <i>Dioscorea</i> sp.
sap, juice:	99 <i>Saccharum</i> sp.
	178 <i>Elaeis guineensis</i>
	217 <i>Urera cameroonensis</i>
C: Material culture	
adhesive:	28 <i>kamanja</i> (Asclepiadaceae)
	153 <i>Artocarpus incisa</i>
bark-cloth:	152 <i>Antiaris africana</i>
	249 <i>nshulu</i>
basket: deep one (<i>lusi</i>)	138 <i>Marantochloa</i> cf. <i>leucantha</i>
	176 cf. <i>Ancistrophyllum secundiflorum</i>
	181 <i>mukolo</i> (Palmae)
flat one (<i>lueli</i>)	138 <i>Marantochloa</i> cf. <i>leucantha</i>
	176 cf. <i>Ancistrophyllum secundiflorum</i>
men's basket (<i>makako</i>)	181 <i>mukolo</i> (Palmae)
beer making: for distillation	97 <i>Paspalum conjugatum</i>
mashing bananas	95 <i>Imperata cylindrica</i> var. <i>africana</i>
	96 <i>Panicum maximum</i>
	100 <i>Setaria chevalieri</i>
vessel for fermentation (<i>mulinga</i>)	158 <i>Ficus gnaphalocarpa</i>
	160 <i>Ficus vallis-choudae</i>
	164 <i>Musanga cecropioides</i>
	165 <i>Musanga</i> sp.
binding material:	13 <i>Cleistopholis glauca</i>
	37 <i>Hippocratea</i> sp.
	98 <i>Pennisetum purpureum</i>
	213 <i>Triumfetta cordifolia</i>
	231 <i>ishigisa</i>

	241 <i>mputi</i>
	250 <i>windamba</i>
boat:	164 <i>Musanga cecropioides</i>
	165 <i>Musanga</i> sp.
bridge:	81 <i>Phyllanthus muellerianus</i>
	113 <i>Cynometra alexandri</i>
	115 <i>Julbernardia seretii</i>
	173 <i>Octoknema borealis</i>
	174 <i>Strombosia scheffleri</i>
	211 <i>Grewia trinervia</i>
	246 <i>ngilingi</i>
brooms:	178 <i>Elaeis guineensis</i>
brow-band for large baskets:	13 <i>Cleistopholis glauca</i>
building a fire:	178 <i>Elaeis guineensis</i>
	212 <i>Grewia trinervia</i>
comb (<i>kisako</i>):	17 cf. <i>Pleiocarpa pycnantha</i>
cooking and eating: covering a pot	251 <i>Tectaria magnifica</i>
mortar	169 <i>Staudtia stipitata</i>
	189 <i>Nauclea vanderguchtii</i>
pestle (<i>mututi</i>)	17 cf. <i>Pleiocarpa pycnantha</i>
	113 <i>Cynometra alexandri</i>
	115 <i>Julbernardia seretii</i>
pipe to drink beer	220 <i>Clerodendrum capitatum</i>
spoon (<i>kimamiyo</i>)	21 <i>moga, kalyamushumbu</i> (Apocynaceae)
stirring stick (<i>mushugu</i>)	6 <i>Thomandersia laurifolia</i>
	21 <i>moga, kalyamushumbu</i> (Apocynaceae)
	148 <i>Trichilia rubescens</i>
washing dishes	58 <i>Luffa aegyptiaca</i>
	100 <i>Setaria chevalieri</i>
	132 <i>Pavonia kilimandscharica</i>
cosmetic:	63 <i>Cyperus articulatus</i>
	242 <i>muhema</i>
fishing: net	79 <i>Manniophyton</i> sp.
	179 <i>Raphia</i> sp.
	213 <i>Triumfetta cordifolia</i>
rod	205 <i>Scaphopetalum thonneri</i>
rope	179 <i>Raphia</i> sp.
trap (<i>kigoni</i>)	138 <i>Marantochloa</i> cf. <i>leucantha</i>
	178 <i>Elaeis guineensis</i>
	179 <i>Raphia</i> sp.
trap bait	124 <i>Tetrapleura tetraptera</i>
	228 <i>Renealmia africana</i>
handle: axe	122 <i>Piptadeniastrum africanum</i>
	125 <i>lusele</i> (Leguminosea (Mimos.))
	196 <i>Pancovia harmsiana</i>

gun	203 cf. <i>Cola</i> sp.
knife	21 <i>moga</i> , <i>kalyamushumbu</i> (Apocynaceae)
spear	69 <i>Diospyros hoyleana</i>
	125 <i>lusele</i> (Leguminosae (Mimos.))
	208 <i>mwindianyama</i> (Sterculiaceae)
spoon	212 <i>Grewia trinervia</i>
house construction: thin bar (<i>fito</i>)	
	71 <i>Alchornea floribunda</i>
pole	98 <i>Pennisetum purpureum</i>
covering the roof	14 <i>Polyalthia sauveolens</i>
	95 <i>Imperata cylindrica</i> var. <i>africana</i>
	98 <i>Pennisetum purpureum</i>
	139 <i>Megaphrynium macrostachyum</i>
	140 <i>Sarcophrynium schweinfurthianum</i>
	178 <i>Elaeis guineensis</i>
	180 <i>Sclerosperma mannii</i>
hunting: bell for hunting-dogs	
fan (<i>kipupa</i>) to blow smoke	18 cf. <i>Pleiocarpa pycnantha</i>
net	198 <i>Pachystela msolo</i>
	79 <i>Manniophyton</i> sp.
	179 <i>Raphia</i> sp.
net frame	213 <i>Triumfetta cordifolia</i>
rope	123 <i>Pseudoprosopis claessensii</i>
	179 <i>Raphia</i> sp.
insect repellent: ant (<i>siafu</i>)	
	81 <i>Phyllanthus muellerianus</i>
	246 <i>ngilingi</i>
joinery: bed (<i>ntangi</i>)	
	21 <i>moga</i> , <i>kalyamushumbu</i> (Apocynaceae)
	106 <i>Harungana madagascariensis</i>
	138 <i>Marantochloa</i> cf. <i>leucantha</i>
	176 cf. <i>Ancistrophyllum secundiflorum</i>
	178 <i>Elaeis guineensis</i>
	179 <i>Raphia</i> sp.
	212 <i>Grewia trinervia</i>
chair (<i>kishumbi</i>)	21 <i>moga</i> , <i>kalyamushumbu</i> (Apocynaceae)
	176 cf. <i>Ancistrophyllum secundiflorum</i>
	179 <i>Raphia</i> sp.
	212 <i>Grewia trinervia</i>
door frame	21 <i>moga</i> , <i>kalyamushumbu</i> (Apocynaceae)
	164 <i>Musanga cecropioides</i>
	165 <i>Musanga</i> sp.
ladder (<i>kibakamilo</i>):	
	92 <i>Arundinaria alpina</i>
mat for sleeping (<i>kitanda</i>):	
	14 <i>Polyalthia sauveolens</i>
	138 <i>Marantochloa</i> cf. <i>leucantha</i>
	251 <i>Tectaria magnifica</i>
	255 <i>Didymochloena</i> sp.
medical tool: pipe for enema	
	220 <i>Clerodendrum capitatum</i>
musical instrument: finger piano (<i>likembe</i>)	
rattle	22 <i>muntonko</i> (Apocynaceae)
slit-gong (<i>lukumbi</i>)	181 <i>mukolo</i> (Palmae)
	22 <i>muntonko</i> (Apocynaceae)

hedge, ornamental:	5 <i>Sanchezia nobilis</i>
	38 <i>Quisqualis falcata</i> var. <i>mussaendiflora</i>
	175 <i>Biophytum zenkeri</i>
	221 <i>Lantana camara</i>
	222 <i>Stachytarpheta angustifolia</i>
plank:	21 <i>moga, kalyamushumbu</i> (Apocynaceae)
	22 <i>muntoko</i> (Apocynaceae)
	113 <i>Cynometra alexandri</i>
	115 <i>Julbernardia seretii</i>
	146 <i>Entandrophragma angolense</i>
	154 <i>Chlorophora excelsa</i>
	162 <i>Ficus</i> sp.
	169 <i>Staudtia stipitata</i>
	189 <i>Nauclea vanderguchtii</i>
	195 <i>Fagara</i> sp.
	203 cf. <i>Cola</i> sp.
play: <i>chechea</i> game	110 <i>Anthonotha pynaertii</i>
	127 <i>Dioclea reflexa</i>
board game (<i>lusolo</i>)	83 <i>Ricinodendron heudelotii</i>
necklaces	93 <i>Coix lacryma-jobi</i>
purple liquid	192 <i>Sabicea johnstonii</i>
rattle (<i>jenje</i>)	36 <i>Canna indica</i>
	181 <i>mukolo</i> (Palmae)
rubber ball	23 <i>nshimbi</i> (Apocynaceae)
seed throwing	36 <i>Canna indica</i>
writing figures on the skin	74 cf. <i>Drypetes</i> sp.
palm-wine cover:	54 <i>Vernonia conferta</i>
rat killer:	88 <i>Tragia</i> sp.
ritual: charm (<i>mpengu</i>)	83 <i>Ricinodendron heudelotii</i>
	134 <i>Urena</i> sp.
rubbing the body:	58 <i>Luffa aegyptiaca</i>
sandpaper:	157 <i>Ficus exasperata</i>
	159 <i>Ficus urceolaris</i>
sealing: holes/cracks of pots	104 <i>Garcinia smeathmannii</i>
	105 <i>Garcinia</i> sp.
	107 <i>Mammea africana</i>
	133 <i>Sida rhombifolia</i>
shoulder-strap for men's baskets:	13 <i>Cleistopholis glauca</i>
sleeping on:	148 <i>Trichilia rubescens</i>
symbol of tombs:	163 <i>Ficus</i> sp.
toilet paper:	184 <i>Piper umbellatum</i>

torch: resin	35 <i>musuku-wa-bakota</i> (Bignoniaceae)
wrapping	180 <i>Sclerosperma manni</i>
trap: cord, rope	15 <i>Alafia schumannii</i>
	16 <i>Landolphia owariensis</i>
	55 <i>Roureopsis obliquifoliolata</i>
	79 <i>Manniophyton</i> sp.
	231 <i>ishigisa</i>
	250 <i>windamba</i>
device for birds (<i>mulengo</i>)	27 <i>Raphidophora africana</i>
device for monkeys (<i>kaketa</i>)	123 <i>Pseudoprosopis claessensii</i>
device for parrots	232 <i>kabelankusu</i>
device for squirrels	109 <i>Leea guineensis</i>
	138 <i>Marantochloa</i> cf. <i>leucantha</i>
	182 <i>Adenia</i> sp.
latchet (<i>npigi</i>)	4 <i>Justicia laxa</i>
	234 <i>kalima-ka-mbala</i>
	235 <i>kalima-ka-mbala</i>
spring (<i>lubaga</i>)	14 <i>Polyalthia sauveolens</i>
	72 <i>Antidesma</i> sp.
	87 <i>Thecacoris lucida</i>
	104 <i>Garcinia smeathmannii</i>
	105 <i>Garcinia</i> sp.
	107 <i>Mammea africana</i>
	149 <i>Trichilia welwitschii</i>
	174 <i>Strombosia scheffleri</i>
	187 <i>Aidia micrantha</i>
	203 cf. <i>Cola</i> sp.
	205 <i>Scaphopetalum thonneri</i>
	232 <i>kabelankusu</i>
	234 <i>kalima-ka-mbala</i>
	236 <i>kalyamitende</i>
stick supporting a latch (<i>chaanga</i>)	71 <i>Alchornea floribunda</i>
	205 <i>Scaphopetalum thonneri</i>
string (<i>mukinga</i>)	179 <i>Raphia</i> sp.
whistle:	244 <i>mutindankolo</i>
wrapping: food	43 <i>Palisota ambigua</i>
	44 <i>Palisota schweinfurthii</i>
	135 <i>Ataenidia conferta</i>
	136 <i>Ataenidia conferta</i>
	137 <i>Hypselodelphys scandens</i>
	140 <i>Sarcophrynium schweinfurthianum</i>
resin for torch	179 <i>Raphia</i> sp.
D: Magical, religious	
bring good fortune: aphrodisiac	42 cf. <i>Cyanotis</i> sp.
crop	158 <i>Ficus gnaphalocarpa</i>
	211 <i>Grewia trinervia</i>
trap	4 <i>Justicia laxa</i>
	235 <i>kalima-ka-mbala</i>
guard people from misfortune: avoid troubles	49 <i>Emilia</i> sp.
charm	83 <i>Riciodendron heudelotii</i>
	134 <i>Urena</i> sp.

ward off evil spirits	147 <i>Heckeldora staudtii</i> 248 <i>nonga</i> 68 <i>Dioscorea</i> sp. 184 <i>Piper umbellatum</i> 248 <i>nonga</i> 256 cf. <i>Microsorium punctatum</i> 257 <i>Phymatodes scolopendria</i>
magical treatment:	19 <i>Tabernaemontana pachysiphon</i> 45 <i>Ageratum conyzoides</i> 109 <i>Leea guineensis</i> 227 <i>Costus afer</i> 239 <i>kishumbi</i>
taboo:	27 <i>Raphidophora africana</i> 121 <i>Pentaclethra macrophylla</i>
E: Poison	
fish poison:	111 <i>Cassia alata</i> 233 <i>kabututu</i> 237 <i>kankina</i>
other poisonous plant:	32 <i>Begonia eminii</i> 237 <i>kankina</i>
F: Narcotics, seasonings	
tea:	46 <i>Bidens pilosa</i> var. <i>minor</i>
condiment:	251 <i>Tectaria magnifica</i>
narcotic:	234 <i>kalima-ka-mbala</i>
G: Oral traditions, observation of natural phenomena	
anecdote:	27 <i>Raphidophora africana</i> 158 <i>Ficus gnaphalocarpa</i> 172 <i>Campylopermum</i> sp. 208 <i>mwindianyama</i> (Sterculiaceae) 211 <i>Grewia trinervia</i>
nature observation:	37 <i>Hippocratea</i> sp. 67 <i>Dioscorea</i> sp. 99 <i>Saccharum</i> sp. 173 <i>Octoknema borealis</i> 185 <i>Portulaca oleracea</i> 197 <i>bubunga, buninge</i> (Sapindaceae) 238 <i>katilubugu</i>
proverb:	8 <i>Amaranthus hybridus cruentus</i> 9 <i>Cyathula</i> sp. 10 <i>Cyathula</i> sp. 67 <i>Dioscorea</i> sp. 70 <i>Alchornea cordifolia</i> 79 <i>Manniophyton</i> sp. 94 <i>Eleusine indica</i> 95 <i>Imperata cylindrica</i> var. <i>africana</i>

	115 <i>Julbernardia seretii</i>
	117 <i>Albizia grandibracteata</i>
	121 <i>Pentaclethra macrophylla</i>
	136 <i>Ataenidia conferta</i>
	138 <i>Marantochloa cf. leucantha</i>
	139 <i>Megaphrynium macrostachyum</i>
	164 <i>Musanga cecropioides</i>
	176 <i>cf. Ancistrophyllum secundiflorum</i>
	177 <i>cf. Ancistrophyllum secundiflorum</i>
	178 <i>Elaeis guineensis</i>
	205 <i>Scaphopetalum thonneri</i>
	253 <i>Marattia fraxinea</i>
H: Indirect use	
host of mushroom:	34 <i>Spathodea campanulata</i>
	115 <i>Julbernardia seretii</i>
	118 <i>Michelsonia microphylla</i>
food for edible caterpillar, larva	76 <i>Erythrococca</i> sp.
	178 <i>Elaeis guineensis</i>
fooder for cattle, goat, hamster:	81 <i>Phyllanthus muellerianus</i>
	95 <i>Imperata cylindrica</i> var. <i>africana</i>
	98 <i>Pennisetum purpureum</i>
	246 <i>ngilingi</i>
set a bird trap:	207 <i>itenjamatama</i> (Sterculiaceae)
trap bait:	124 <i>Tetrapleura tetraptera</i>
	183 <i>Barteria fistulosa</i>
	228 <i>Renealmia africanan</i>
I: Used by wild animals	
food: for aardvarks	67 <i>Dioscorea</i> sp.
for birds	30 <i>Impatiens niarniamensis</i>
	31 <i>Impatiens</i> sp.
	61 <i>Momordica</i> sp.
	70 <i>Alchornea cordifolia</i>
	72 <i>Antidesma</i> sp.
	73 <i>Bridelia stenocarpa</i>
	76 <i>Erythrococca</i> sp.
	77 <i>Macaranga monandra</i>
	78 <i>Macaranga spinosa</i>
	109 <i>Leea guineensis</i>
	170 <i>Maesa lanceolata</i>
	190 <i>Pamplethantha viridiflora</i>
	207 <i>itenjamatama</i> (Sterculiaceae)
	217 <i>Urera cameroonensis</i>
	246 <i>ngilingi</i>
for brush-tailed porcupines	121 <i>Pentaclethra macrophylla</i>
for chimpanzees	99 <i>Saccharum</i> sp.
	150 <i>mombo</i> (Meliaceae)
	160 <i>Ficus vallis-choudae</i>
	166 <i>Myrianthus holstii</i>
	167 <i>Treculia africana</i>

for duikers	230 <i>indingo</i>
for giant rats	83 <i>Ricinodendron heudelotii</i>
for gorillas	121 <i>Pentaclethra macrophylla</i>
for guinea fowls	166 <i>Myrianthus holstii</i>
for monkeys	81 <i>Phyllanthus muellerianus</i>
	23 <i>nshimbi</i> (Apocynaceae)
	77 <i>Macaranga monandra</i>
	89 <i>Uapaca</i> cf. <i>guineensis</i>
	99 <i>Saccharum</i> sp.
	114 <i>Gilbertiodendron</i> sp.
	150 <i>mombo</i> (Meliaceae)
	156 cf. <i>Ficus capensis</i>
	161 <i>Ficus</i> sp.
	166 <i>Myrianthus holstii</i>
	167 <i>Treulia africana</i>
	186 <i>Rubus apetalus</i>
for wild animals	230 <i>indingo</i>
	89 <i>Uapaca benguelensis</i>
nest for ants:	183 <i>Barteria fistulosa</i>