

THE PLANTS THAT SAVE US

VOL. 1

THE TUGEN ETHNO-MEDICINE

BARINGO-KENYA

(The Peoples' Intimacy with Nature)

**ETHNO-BOTANY-EDUCATION-APPRECIATION-
CONSERVATION**

PHOTOGRAPHS OF MEDICINAL WILD PLANTS,

PART (S) OF PLANT USED

AND

DISEASE/AILMENT TREATING

ACKNOWLEDGEMENTS

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DECLARATION

The information presented in this document represents the opinion of the authors. It does not in any way offer the opinion of the Rufford Foundation or the National Museums of Kenya. The information presented is derived from interviews obtained from traditional medicinal practitioners and field ecological surveys conducted in Baringo County-Kenya, herbarium voucher specimens from the Botany Department, National Museums of Kenya. The botanical description of some plants is borrowed from the "World Agroforestry" (www.worldagroforestry.org) and the "Traditional Food Plants of Kenya" a book by P. Maundu, G. Ngugi and C. Kabuye and published by Kenya Resource Centre for Indigenous Knowledge (KENRIK, NMK). The document does not warrant using these species as indicated.

FOREWORD

This information has been prepared as an output of "*Ethno-botanical Study on the Use and Management of Medicinal Floral Species by Local People in Baringo County Kenya*"; a project funded by the Rufford Foundation and coordinated by Mrs. Emily Kiplagat, a Curator and Researcher at the National Museums of Kenya. The project focuses on enhancing conservation and sustainable utilization of medicinal wild plants and addresses human well-being and the application of ethno-botany in plant identification, education, appreciation and conservation. This project involved the collection of ethno-botanical data on medicinal wild plants and their uses, education of traditional medicinal practitioners on sustainable harvesting patterns and practices, sharing of traditional botanical knowledge (TBK) with young scholars and implementation of specific conservation measures.

Editing and Design: Johnson Kiprop

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Photographs courtesy of Amos K. Kosgei



Family: Apocynaceae (A. DC.) Schweinf.

Botanical name: *Acokanthera schimperi*

Local name (Tugen): Kelwon/Kelyon

Botanic Description: A dense evergreen or small rounded tree, with short bole to 5 m, sometimes 10 m. The bark is dark brown, grooved with age, young twigs flattened. The leaves are opposite, dark shiny green above, stiff and leathery, oval to rounded 4–7 cm, tip pointed and sharp. The flowers appearing with early rains, in dense, fragrant clusters, almost stalk-less, white pink, tubular. The fruits are oval berries to 1.5 cm, yellow to purple.

Disease/ailment: Gonorrhoea

Part (s) used: Roots and Bark

Other: The bark is a major ingredient in arrow poisoning; fruits edible



Family: Euphorbiaceae

Botanical name: *Croton macrostachyus*

Local name (Tugen): Toboswo

Botanic Description: Broad-leaved, deciduous tree with a spreading but rounded, open crown. It grows up to 30 m tall, though is more commonly within the range 6-12 m. The cylindrical bole can be up to 100cm in diameter. The tree is often planted to provide shade in plantations, it also stabilizes and enriches the soil and provides protection.

Disease/ailment: Blood clotting & STI

Part (s) used: Leaves



Family: Flacourtiaceae (Burm. F.) Merr.

Botanical name: *Flacourtia indica*

Local name (Tugen): Tangururwo

Botanic Description: A tree/shrub, 3-5 m tall, sometimes 10 m. Bark usually pale, grey, powdery. Leaves are red or pink when young, oval to round. Flowers are unisexual or occasionally bisexual. Fruit are globular, reddish to reddish-black or purple when ripe & fleshy.

Disease/ailment: Ulcers

Part (s) used: Roots

Other: Fruits edible



Family: Asteraceae

Botanical name: *Tarconanthus camphoratus*

Local name (Tugen): Lelekwo

Botanic Description: A semi-deciduous small tree, branches V-shaped canopy. Stem is covered with pale brown bark. Leaves are grey green above and pale grey underneath. Flowers are creamy-white. Fruits are covered with fluffy cotton wool-like hairs and most attractive.

Disease/ailment: Skin rashes and infections

Part used (s): Leaves with flowers.



Family: Lamiaceae

Botanical name: *Ocimum gratissimum*

Local name (Tugen): Tomotoplagoi

Botanic Description: An erect perennial herb, up to 2 m. Leaves opposite, ovate-lanceolate, variously pubescent on both surfaces, gland dotted below. The margins are often only dentate in the upper half. Inflorescences terminal are simple or sparingly branched. Its calyx is densely pubescent on the outside.

Disease/ailment: Boils and blood clotting

Part (s) used: Leaves



Family: Rutaceae

Botanical name: *Toddalia asiatica*

Local name (Tugen): Ketemwo

Botanic Description: A climber that uses other trees for support with corky stems covered with knobby thorns. The leaves are attractive, light to dark green and are extremely aromatic. The twigs are covered in small, re-curved thorns. It often occurs in forests near rivers or streams. The fruits are green when immature and are orange when ripe.

Disease/ailment: Throat cancer

Part used (s): Roots

Other: Fruits edible



Family: Apocynaceae

Botanical name: *Carissa edulis*

Local name (Tugen): Legetetwo

Botanic Description: A spiny, branched, small tree/shrub, with milky sap. Bark is grey, smooth; spines simple, straight. Leaves are ovate to ovate-elliptic, opposite, occasionally almost circular, dark green above, paler green below. Flowers white tinged with purple, red or pink, tubular, with corolla lobes overlapping to the right, sweetly scented. Fruits are ovoid to almost spherical, red-black, ripening to purplish black, containing 2-4 flat seeds.

Disease/ailment: Brucellosis

Part (s) used: Roots

Other: Fruits edible



Family: Santalaceae

Botanical name: *Osyris lanceolata*

Local name (Tugen): Moyukobil

Botanic Description: A multi-stemmed, evergreen shrub or a small tree (7-10 m tall). The bark is grey smooth bark (later thick and rough). Leaves sparse, blue-green, simple, alternate, lanceolate. Flowers small, unisexual, yellow-green, becoming red when ripe; borne in leaf axils in short panicles or clusters of 2-3 flowers. Fruit small, edible, 1-seeded drupe, about 1 cm long, fleshy, egg-shaped, and green at first, turning yellow and becoming bright red to purple-black when ripe; crowned with a persistent calyx.

Disease/ailment: Diarrhoea

Part used: Roots

Other: Commercially harvested for production of pharmaceutical products.



Family: Asteraceae

Botanical name: *Vernonia myriantha*

Local name (Tugen): Tebengwo

Botanic Description: A large shrub or even small, soft wooded tree, 1.5-6 m. tall. The leaves are grey-green velvety to hairy beneath, rarely becoming hairless, 10-38 cm. Although often a "messy" shrub, it can be quite beautiful when in flower because the large inflorescences turn the whole shrub into a ball of colour varying from white to deep purple.

Disease/ailment: Colic pains, blood purification

Part (s) used: Leaves and roots



Family: Euphorbiaceae

Botanical name: *Euphorbia candelabrum*

Local name (Tugen): Kuess

Botanic Description: A succulent tree with branches that is persistent from around 3 m upwards, almost erect, re-branching to form a large, broadly rounded crown. The tree usually grows up to 12 m tall, though specimens up to 20 m have been recorded. The leaves are only present in young plants, photosynthesis being carried out by the green, cactus-like stems. All parts of the plant exude abundant latex if injured.

Disease/ailment: Rheumatism

Part used: Roots



Family: Rutaceae

Botanical name: *Clausena anisata*

Local name (Tugen): Kipkolol/Chepkolol

Botanic Description: A shrub or small tree. The leaves are pinnately compound with 10-17 alternate or sub-opposite leaflets and a terminal leaflet. The leaves are densely dotted with glands and have a strong scent when crushed. The scent has been likened to aniseed and opinions vary on its pleasantness. The inflorescence has a branched axillary spray; flowers small but attractive, white with orange-yellow stamens.

Disease/ailment: Gastro-intestinal disorders, pneumonia, headache, hypertension, sore throat

Part (s) used: Leaves and roots



Family: Asphodelaceae

Botanical name: *Aloe vera* spp.

Local name (Tugen): Tengeretwo

Botanic Description: A stem-less or very short-stemmed plant growing up to 60-100 cm tall, spreading by offsets. The leaves are thick and fleshy, green to grey-green, with some varieties showing white flecks on their upper and lower stem surfaces. The margin of the leaf is serrated and has small white teeth. The flowers are pendulous, with yellow tubular corolla 2-3 cm long.

Disease/ailment: Malaria (People), East Coast Fever (Livestock)

Part (s) used: Leaves



Family: Rutaceae

Botanical name: *Teclea nobilis*

Local name (Tugen): kururyon

Botanic Description: An evergreen shrub or tree up to 5-12 m high. The bark is smooth, grey. The leaves are 3-foliolate with narrowly elliptic leaflets, aromatic when crushed, glossy dark green. The flowers are polygamous. The fruits are yellow, orange or red, round or ellipsoid becoming wrinkled.

Disease/ailment: Allergy, Malaria, Headache, Common cold, Pneumonia, Chest pains

Part (s) used: Leaves and roots



Family: Solanaceae

Botanical name: *Salonum* sp.

Local name (Tugen): Lobotwo

Description: A shrub can that grows to 2 meters high and has thorny branches and stems. The leaves are very soft to the touch. When blossoming, the shrub produces purple flowers that grow into light green fruit. When ripe the fruit is bright yellow.

Disease/ailment: Common colds, Skin infections, Joint wounds, Wounds, Chest pains, fever.

Part (s) used: Fruits, Leaves, Roots



Family: Sapindaceae

Botanical name: *Dodonaea viscosa*

Local name (Tugen): Tobulukwo

Botanic Description: A shrub growing to 1-3 m tall, rarely small tree up to 9 m tall. The leaves are variable in shape; generally obovate but some of them are lanceolate, often sessile, alternate in arrangement, and secrete a resinous substance. The flowers are yellow to orange red and produced in panicles about 2.5 cm in length. The flowers maybe only male or female ones and one plant bears either male or female flowers. The fruit is a capsule 1.5 cm broad, red ripening brown, with two to four wings.

Disease/ailment: constipation in infants

Part (s) used: Roots



Family: Euphorbiaceae

Botanical name: *Croton dichogamus*

Local name (Tugen): Kelelwa

Botanic Description: A shrub or tree with pyramidal crown; branches, glabrous; young branch-lets densely covered with brown overlapping scales, not hairy. The leaves are ovate-lanceolate or elliptic-lanceolate, obtuse or slightly pointed and rounded at the base.

Disease/Ailment: Cancer

Part (s) used: Leaves



Family: Clusiaceae

Botanical name: *Garcinia buchananii*

Local name (Tugen): Muikutwo

Botanic Description: A small evergreen tree, 6-13 m, often densely branched to a thick dark shady crown. The bark is smooth, dark grey-brown, later rough and flaking. The leaves are opposite, thick and leathery, shiny dark green above, paler below, lateral veins thin and fine on both sides. The flowers are white, yellow or orange, about 1 cm across, female solitary, male in clusters. The fruits are fleshy berries, yellow-orange when mature, rounded to 2.5 cm across. Edible but very acid pulp surrounds the seed.

Disease/ailment: Heart problems

Part (s) used: Bark

Other: Fruits edible



Family: Salicaceae

Botanical name: *Dovyalis macrocalyx*

Local name (Tugen): Tobirbirwo

Botanic Description: A shrub or much-branched tree 3-8 m high, branches often drooping. The bark is smooth and grey. The branches are grey-brown, often dotted with breathing pores, bearing straight spines, and single, usually needle-like 1-6 m, beside leaves; sometimes absent. The leaves are alternate, usually thin, long, oval 4-9 cm, with veins slightly raised on both surfaces but vein network weak. The flowers are one or a few together by leaves or spines, hair, yellow-green, with about 20 conspicuous stamens. The fruits are orange to red, fleshy and edible, ovoid to 2 cm long, hanging down from the enlarged reddish calyx, each sepal bent back with a fringe of sticky hairs.

Disease/ailment: Allergy

Part (s) used: Roots

Other: Fruits edible

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Family: Balanitaceae

Botanical name: *Balanites aegyptiaca* (L.) Del

Local name (Tugen): Ng'oswo

Description: A much-branched spiny shrub or tree. It grows up to 10m high. The bark is grey, deeply fissured longitudinally. The branch-lets are green with (or without) long straight spines (up to 10 cm). The leaves are with a conspicuous petiole, usually small, greyish green, and normally shed in severe drought. The fruits are ellipsoid, up to 4 cm long and green. Ripe fruits are brown or pale brown with a brittle coat enclosing a brown or brown green sticky pulp.

Disease/ailment: Abdominal pains, Chest pain, Skin infections and Snake bites

Part (s) used: Leaves and roots



Family: Fabaceae

Botanical name: *Erythrina abyssinica*

Local name (Tugen): Chepkenuun

Botanic Description: A medium-sized tree, usually 5-15 m in height, deciduous, thickset, with a well-branched, rounded, spreading crown. The trunk is short; bark yellow-buff when fresh; deeply grooved, thickly corky and often spiny. Leaves compound, tri-foliolate, alternate; leaflets almost as broad as long, 5.5-15 x 6-14 cm, with the terminal leaflet the largest. Flowers are spectacular, in strong, sturdy racemes on the ends of branch-lets, orange-red, up to 5 cm long. Fruit a cylindrical, woody pod, 4-16 cm long, deeply constricted between the seeds, densely furry, light brown in colour, opening to set free 1-10 shiny, red seeds with a grey-black patch.

Disease/ailment: Snake bites, Malaria, Sexually Transmitted Diseases (STI)

Part (s) used: Bark, Roots



Family: Guttiferae (Clusiaceae)

Botanical name: *Garcinia livingstonei* T. Anderson

Local name (Tugen): Nerkwo

Botanic Description: A shrub or small narrow-crowned tree, occasionally deciduous, usually 3-6 m high but may be up to 15 m. Branches are arranged horizontally in whorls of 3 m round the main stem. The bark is grey, smooth or slightly reticulate exuding an oily yellow or orange sap when injured. The leaves are shiny, leathery, dark green, often in whorls of threes or opposite. The flowers are cream or pale green and scented. The fruit are ovoid, yellow to orange when ripe, 2-3 cm long.

Disease/ailment: Abdominal pains, Chest pain, Skin infections and Snake bites

Part (s) used: Leaves



Family: Podocarpaceae

Botanical name: *Podocarpus falcatus*

Local name (Tugen): Benee

Botanic Description: An evergreen tree up to 46 m in nature but quite smaller if planted, with a long clean and cylindrical trunk. The crown is slender with a light branching system or sub-opposite or verticillate spreading limbs or small, with crowded branches. The bark is thin, rather smooth and greyish-brown to dark brown in colour. It later exfoliates into rectangular to irregular flakes up to 3 cm long. The leaves vary in disposition sometimes being spirally arranged, but at others in two opposite or sub-opposite ranks. The fruit is fleshy and spherical, up to 17 mm in diameter.

Disease/ailment: Coughs, colic pains

Part (s) used: Bark and fruits



Family: Moraceae

Botanical name: *Ficus thonningii*

Local name (Tugen): Tirim

Botanic Description: Large evergreen tree up to 20 m or more, with a low, dense, rounded crown often epiphytic initially (growing on other large trees; the association often leading to the death of the host species by strangling). The bark is grey, smooth. The aerial roots often dangle from stems. White latex produced when the plant is injured. The leaves are dark green, shiny, elliptic, sides almost parallel. The fruits have figs without a visible stalk, round, often paired, yellow to red.

Disease/ailment: Diarrhoea (Livestock)

Part (s) used: Bark



Family: Mimosaceae (Fabaceae)

Botanical name: *Acacia nilotica* (L.) Del

Local name (Tugen): Chebiywo

Botanic Description: A small to medium-sized acacia, usually 3-5 m, with scattered branches (especially in young plants) or with spreading umbrella-shaped crown and low branches (in older plants). The bark is dark brown to black on the trunk. Branches are reddish brown, armed with paired strong spines. The flowers are in bright yellow to orange heads. The fruits are grey to purple-black, straight or slightly curved indehiscent pod up to 12 cm long by 1.2 cm wide, with a whitish bloom and a gummy pulp.

Disease/ailment: Boils and wounds

Part (s) used: Leaves



Family: Mimosoideae (Fabaceae)

Botanical name: *Acacia mellifera* (L.) Del

Local name (Tugen): Ng'ororye

Botanic Description: A low, branched tree with a more or less spherical crown. The black bark on the stem becomes ash-grey to light brown on the branches, bearing small, short, sharply hooked spines in pairs. It has a shallow but extensive root system radiating from the crown, allowing the plant to exploit soil moisture and nutrients from a large volume of soil. The roots rarely penetrate more than 1 m. The leaves are characterized by 2 pairs of pinnulae, each with a single pair of leaflets. The flowers are sweetly scented, especially at night, and elongated, sometimes more or less narrowed between seeds.

Disease/ailment: Mouth ulcers in infants

Part (s) used: Leaves



Family: Caesalpiniaceae (Fabaceae)

Botanical name: *Tamarindus indica* L

Local name (Tugen): Arwo

Botanic Description: An evergreen tree with a low spreading crown often attaining a huge size. The bark is dark brown, coarsely fissured longitudinally. The leaves have buds and young leaves are red. The flowers are orange-yellow. The fruits are sausage-shaped pod up to 10 cm or more. The young fruits are greenish-brown turning rusty brown at maturity. The fruit coat is brittle. The pulp is reddish-brown and the seeds are dark red.

Disease/ailment: Amoeba and typhoid

Part (s) used: Fruits

Other: Fruits edible



Family: Myrtaceae

Botanical name: *Syzygium guineense* (Willd.) DC

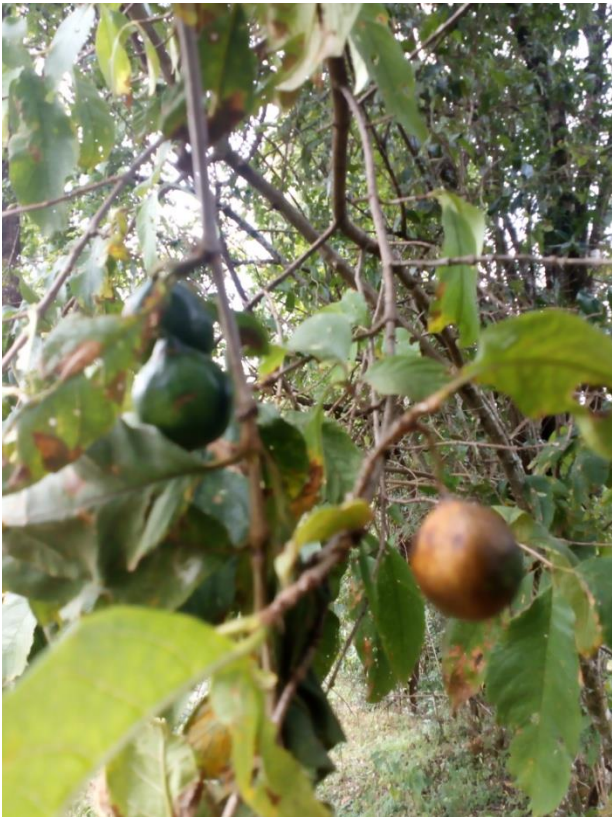
Local name (Tugen): Lomoiwo

Botanic Description: A tree with a rather narrow crown to 15 m high. The bark is pale brown or dark grey. The leaves are elliptic. The flowers are white and scented. The fruits are round or ellipsoid up to 2.5 cm long, glossy purple-black when ripe.

Disease/ailment: Bronchitis

Part (s) used: Roots and Bark

Other: Fruits edible



Family: Rubiaceae

Botanical name: *Vangueria madagascariensis* Gmel.

Local name (Tugen): Komolwo

Botanic Description: A deciduous, usually multi-stemmed bushy shrub or, less often, a small tree rarely exceeding 5 m. The bark is smooth and grey. The leaves are opposite, large, dark green (light green beneath), soft and covered with minute hairs especially on the veins. The flowers are up to 5mm long, green or greenish white, borne on a branched inflorescence. The fruits are up to 4.5 cm across, shiny dark green, spherical or nearly so and with a circular scar at the tip left by drying floral parts. Ripe fruits are greenish brown and soft. The dry fruits are brown, grooved like a pumpkin.

Disease/ailment: Constipation in children

Part (s) used: Roots

Other: Fruits edible



Family: Canellaceae

Botanical name: *Warbugia ugandensis*

Local name (Tugen): Soge

Botanic Description: A spreading evergreen tree 4.5-30 m tall, 70 cm in diameter, bark smooth or scaly, pale green or brown, slash pink; bole short and clear of branches for about 3 m; crown rounded. Leaves alternate, simple, dotted with glands. Fruit a berry, at first green and ellipsoidal, later sub-spherical and turning purplish, 3-5 cm in diameter, skin leathery, glandular. Seeds 2 or more with oily endosperm, compressed, more or less cordate, yellow-brown, 1- 1.5 cm long.

Disease/ailment: Headache, Chest problems.

Part (s) used: Roots and Bark

Other: Fruits edible



Family: Rutaceae

Botanical name: *Zanthoxylum chalybeum*

Local name (Tugen): Kokian

Botanic Description: A deciduous spiny shrub or tree up to 12 m, crown rounded but open. Bark pale grey; smooth dark with scales and prickles. The branches bear scattered thorns with conspicuous dark scales. Leaves compound, usually 3-5 pairs of shiny leaflets plus a terminal leaflet; leaflets oblong to elliptic or lanceolate. Flowers sweet scented, inconspicuous, yellowish-green, in short sprays (racemes or panicles) 5-10 cm long. Fruit spherical, about 5 mm in diameter, reddish-brown, splitting to allow the shiny black seeds to partly protrude.

Disease/ailment: Coughs

Part (s) used: Root and bark



Family: Anacardiaceae

Botanical name: *Rhus natalensis*

Local name (Tugen): Sirwo

Botanic Description: A shrub 2-3 m high or a small tree up to 8 m tall; the bark of the branch-lets are greyish or white and older ones dull grey and rough. The branch-lets especially the flowering ones are densely tomentose. The leaflets are slightly or completely discolorous, entire or undulate-crenate along the margin; midrib slightly are raised on the upper surface and prominent beneath; lateral nerves slightly are raised on both surfaces but more so on the on the upper surface. The fruits are a glabrous drupe, oblong-reniform, 5-6 mm in diameter.

Disease/ailment: Impotence

Part (s) used: Roots

Other: Fruits edible



Family: Anacardiaceae

Botanical name: *Rhus longipes*

Local name (Tugen): Sirwop boiyon

Botanic Description: A shrub or small tree with long drooping stems and branches. The trifoliate leaves bear obovate-elliptic leaflets with conspicuous net-veining. The flowers are small, yellowish-green, in axillary and terminal inflorescences. The fruits are small and flesh-coloured. The fruits of this, and various species of *Rhus*, are raisin-like in taste when ripe.

Disease/ailment: Erectile dysfunction

Part (s) used: Roots

Other: Fruits edible



Family: Astreraceae

Botanical name: *Bidens pilosa*

Local name (Tugen): Chepkotiwo

Botanic Description: A tall branched weed with thin yellow flowers that develop into a cluster of barbed fruits. The fruits are like short, stiff hairs and get stuck in feathers, fur, fleeces, clothing etc. Its little black fruits hook onto clothes or animal thereby the bur spreads itself around.

Disease/ailment: Indigestion in infants

Part (s) used: Roots



Family: Oleaceae

Botanical name: *Olea africana*

Local name (Tugen): Emtit

Botanic Description: A shrub or a small to medium sized tree up to 5-10 m in height, occasionally reaching 18 m. The bark is grey to brownish-blackish, smooth to rough when old. The leaves are narrowly oblong-elliptic, grey-green to shiny dark green above, greyish or yellowish with a dense covering of silvery, golden or brown scales on the under surface. The flowers greenish-white or cream, 6-10 mm long, sweetly scented, in loose axillary or occasionally terminal heads, 5-6 cm long. The fruits are ovoid, thinly fleshy, tapering to a sharp tip, dark brown or black when mature.

Disease/ailment: Malaria, allergy, lack of appetite

Part (s) used: Roots



Family: Euphorbiaceae

Botanical name: *Croton megalocarpus*

Local name (Tugen): Otonwo

Botanic Description: A tree which grows to 15-35 m and has distinctive layering of branches and a rather flat crown. The bark is dark grey, rough and crackling. The leaves are variable, long, oval and pointed to about 12 cm. The dull green upper surface contrasts with the pale, silvery underside. The flowers are conspicuous but very short-lived; yellow white, inserted in many flowered, silver budded racemes, up to 30 cm long; a few female flowers towards the base, the remainder male. The fruits turn from green to greyish-brown as it matures. Endocarp is hard and woody. Each fruit contains 3-ellipsoid seeds. The seeds are white when immature, grey-brown when mature, with minute caruncle.

Disease/ailment: East Coast Fever in livestock

Part (s) used: Bark



Family: Combretaceae

Botanical name: *Terminalia brownii*

Local name (Tugen): Koloswo

Botanic Description: A leafy deciduous tree with an attractive somewhat layered appearance, usually 4-15(25) m high with a rounded, flat topped, spreading crown. Slash dull red-brown, bark of branch-lets grey fibrous. Leaves spirally arranged, crowded at the ends of branches, underside with white hairs, turning bright red before falling. Fruit winged, smooth, greenish when young, purplish-red to brown when mature, broadly elliptic to ovate, apex obtuse to rounded. The seeds are 2-winged, 3 cm long, 2 cm wide, red to purple in colour.

Disease/ailment: Yellow Fever

Part (s) used: Bark



Family: Fabaceae

Botanical name: *Vachelia xanthophloea*

Local name (Tugen): Lengnee

Botanic Description: Almost luminous, lime green to greenish-yellow bark is smooth, slightly flaking, and coated in a yellow powdery substance described by some as sulphurous. Young twigs have a red-brown bark which peels off leaving the twigs sulphur yellow. The long straight white thorns are arranged in pairs. Bright yellow, golden, ball-like flowers which are sweetly scented are borne in clusters on shortened side shoots at the nodes and towards the ends of branches.

Disease/ailment: Indigestion in infants

Part (s) used: Roots



Family: Periplocaceae

Botanical name: *Periploca linearifolia*

Local name (Tugen): Sinendet

Botanic Description: A shrub, woody at base, up to 10 m long, glabrous, latex copious. Leaves are opposite, simple and entire, almost sessile; stipules absent. Inflorescences have an open axillary and terminal panicle-like cyme, many-flowered, up to 15 cm in diameter. Flowers are bisexual, 5-merous, regular, c. 1 cm in diameter. Fruit are a pair of follicles, horizontal, each follicle linear-ovoid, 6–12(–16) cm 4–5 mm, many-seeded. Seeds ovate, brown, tuft of hairs white

Disease/ailment: Cultural plant (traditional weddings and circumcision ceremonies)

Part (s) used: Leaves and stems



Family: Fabaceae

Botanical name: *Indigofera atriceps*

Local name (Tugen): Barkelat

Description: A mostly woody, shrubby herb up to 1 m tall but sometimes a scrambling shrub up to 3 m high. The stems are red or brown, more or less densely covered with short gland-tipped hairs and whitish and brown appressed hairs. The leaves are pinnate, mostly 9 to 15-foliolate up to 9 cm long; leaflets elliptic-oblong to oblanceolate, 6-25 mm long, stigose with oppressed biramous hairs on both surfaces, gland-tipped hairs sometimes present on the mid-rib beneath. The pods are straight, 8-15 mm long, more or less densely covered with gland-tipped hairs and brown to blackish strigose, beaked by the persistent style base

Disease/ailment: Headache

Part (s) used: Roots



Family: Malvaceae

Botanical name: *Sida schimperiana*

Local name (Tugen): Segut

Botanic Description: These are annual or perennial herbs or shrubs growing up to 2m tall (6 feet). Most species have hairy herbage. The leaf blades are usually un-lobed with serrated edges, but may be divided into lobes. They are borne on petioles and have stipules. Flowers are solitary or arranged in inflorescences of various forms. Each has five hairy sepals and five petals in shades of yellow, orange, or white. There are many stamens and a style divided into several branches. The fruit is a disc-shaped schizocarp up to 2 cm (3/4 inch) wide which is divided into five to 12 sections, each containing one seed. The pollens are spherical in shape.

Disease/ailment: Ulcers, Boils and wounds

Part (s) used: Leaves and Roots

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Family: Cupressaceae Hochst. ex Endl.

Botanical name: *Juniperus procera*

Local name (Tugen): Torokwo

Botanic Description: An afro-montane tree often reaching 30-35 m high; can reach 50 m. The bark is pale brown to reddish brown, thin, fibrous with thin longitudinal fissures, exfoliating in thin papery strips. The leaves are grey or glaucous when mature, acute, hooded and kneeled at the apex. The inflorescence is dioecious cone. Male cones are solitary, terminal on short branch-lets. Fruit berry like, globose or sub-globose, reddish-brown to blue-black, waxy, composed of confluent, swollen, fleshy scales with distinguishable tips on female cone, 4-8 m diameter when ripe, containing up to 4 brown seeds about 5m long.

Disease/ailment: Mouth and stomach ulcers

Part (s) used: Bark

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