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Abstract on Kenyan Indigenous Medicine Invention

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ABSTRACT ON KENYAN INDIGENOUS MEDICINE.

Traditional medicine comprises medical aspects of traditional knowledge that developed over generations within the ancestral guidance of various medicine. The World Health Organization (WHO) defines traditional medicine as the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences of our ancestors of different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.

It does not harm to say food is medicine. African Medicine is the sum total of the knowledge, skills, and practices of theories, beliefs, and experiences indigenous to different cultures.

Traditional medicine is locally purchased as it is our daily meal for example, 'thabai' is used normally as spinach with ugali the Agikuyu's homestead. This means that eating healthy is the safest and cheapest way to be healthy.

KAMBA

a) Ndetema

In English it is called malaria. The disease is caused by mosquito and anything that mosquitoes comes into contact with. This disease has various symptoms fever, coldness, headache and sweating.

Treatment:

a) Musemei- this medicine is found at the bark of the trees. Musemei is put in warm water and allowed to dissolve. The patient is then required to take.

b) Kiluuma(aloe vera) – you squeeze out the sap and dilute in warm water. The patient is required to take.



b) Masilingi

In English it is called ringworm. The disease associated with spots which is white powdery on the body mostly in the head. Treatment: a) Mukuswi – also known as Acacia brer. The patient chews the component and the substance produced he applies on the affected area.



c) Kyla kya maeo(teeth pain)

The condition associate where the teeth are having pain when chewing and taking cold water. a) Ndungu-this is a fruit of the tree cold mutungu. The fruit is chewed and spitting the remaining substance and when spitting down the pain is relieve.



d) Musanduku

The diseases that causes the swelling on the body which irritate. Referred as Chicken pox in English. Treatment . a) Musanduku (river red gum)- their leaves are boiled and the steam produced during the boiling will be smelled by the patient.



e) Honey

Honey is used as a sweetener of medicine. Some medicines are very bitter though they are helpful. Honey is obtained from the bees.



f)

KIKUYU

a) Wanjiru wa Rurii

You pluck leaves and boil them in water for a while. The patient takes solution and it tastes very bitter. This medicine is used to treat mainly malaria, homa, fever and infections and slowing down effects of Covid.



b) Thabai

In English it is called Sting nettle. You pluck the leaves, boil the leaves with water for a few minutes. The patient drinks the solution. This medicine is used to relieve menstrual pains.



c) Mucege(black jack)

This medicine in English is called Black jack. This medicine used to treat malaria, STIs, urinary truck infections and anti-cancer powers. This combact cancer from all stages from prevent cancer to killing cancer cells. It has antioxidants, sterols and fiber. Mucege is linked to a reducing heart diseases, diabetes and high blood pressure.



d) Mathireti

You pluck leaves and boil them in water. The patient covers himself and inhales the steam from the mathireti solution. The plant is used a remedy to relieve stomach upsets and pains. This is used to treat homa or common cold.

e) Makoni ma mori

Used to treat Stomach upset.



f) Sagi

used to treat kiroda commonly called tetanus drug.



g) Mukinduri

used to treat kiroda, wounds.



h) Aloe vera

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- i) Gitunguru
Commonly known as onions. This medicine is commonly grown in the farm lands. It has several usage such as used in daily cooking of foods such as githeri and also treat homa(common cold).

Treatment.

One removes the skin of the onion and cuts the onion into halves. Place the onion near the invalid overnight. It absorbs all the germs and diseases causing homa.



- j) Ndimu
This is a fruit that grows on ndimu trees. The fruit is often very bitter. One feels discouraged when taking it raw.

Treatment.

The ndimu is placed in boiling water, maintaining vitamin C and the solution is drank. The solution is also mixed with honey and ginger or garlic or onion. This solution is taken within few days and the homa subsidizes.



k) Ginger na Garlic

Commonly used in foods to add flavor, treats stomach upsets as well as homa. It is grated or pounded into very tiny fragment. The fragments are placed in foods to add flavor. As used in herbs, it is placed in water to form solution. This solution is drank.



l) Ash

The ash is applied in homesteads as pesticides to send away termites, mosquitoes, fungi. It is also used in plants, as fertilizers as well as pesticides. In case one is cut by sharp objects, the solution of ash is used to wash the cut area, as used as a disinfectant.



m)

LUO

a) Ogaka (aloe vera)

This is used to treat fever and headache.



b) Aremo

This is used in helping the body to add the amount of blood.

c) Nyalwet kwach

This is a traditional medicine used in the treatment of malaria and other diseases like typhoid.



d) Mbaki

This is used for treatment of asthma and other lungs related problem.



e) Akech akech

This is used in the treatment of stomach-ache

Luhya.

a) Luhabari

It treats stomachache. Its roots are dug, cleaned and boiled and later served by a patient who is experiencing stomachache.

b) Shikhuma

This traditional medicine treats body blights (indwali) e.g., fungal diseases. It also treats stomach complications especially to children. Tree backs are extracted from mukhuma tree, cleaned and boiled then served to a patient with related complications.



c) Shilokha

This medicine treats eye problems especially to old people. Its roots are mashed, dissolved and the solution served to the patient.

d) Shimenena mbuli

This medicine is extracted from leaves of (shimenena mbuli) they are mashed and dissolved in water then served to a patient especially babies. Sometimes the leaves are dried or burned into ash then given to patients experiencing sore throat (muyeka)

e) Likha(aloe Vera)

The leaves are mashed and its sap dissolved in water then the concoction served to patients with stomach complication. Sometimes the sap can be applied to cure skin rashes.



f) Lisutsa

This medicine is mostly used as vegetables but the leaves can be applied to cure skin diseases e.g., ringworms.



g) Shingululutse

The traditional medicine treats chest problems, gut, induce menopause, stomachache and curb sexually transmitted diseases.



KISII

- a) OMOGAKA(Aloe Vera)
- a) It has antioxidant and antibacterial properties
- b) It accelerates wound healing
- c) It reduces dental plaque
- d) It helps treat canker sores

- e) It reduces constipation.
- f) It may improve skin and prevent wrinkles
- g) It lowers blood sugar levels



- b) Ajwawa-
Used to treat baby skin rashes.



- c) Omosojo-
Used to treat hurt wounds.

- d) Lise(stinging neetle) –
Used to treat stomach upset.



e) Enyonyo(Oxalis) –

Used to treat tooth pain



f) Ekemogamogi (black jack)

Used to treat **inflammation, hemorrhoids, fever, and gastric ulcers** with reported pharmacological activities and chemical composition that sustain its selection as a potential intestinal anti-inflammatory product.



g) Omonyasese

Used to treat bleeding gum, diabetes, chest pain and allergies.



h) Omotangene

Used to treat anti-inflammatory



i) Chonsobonsobo (goose berries)

Used to treat **lower blood sugar, cholesterol, and blood pressure levels, as well as a reduced risk of cancer, diabetes, heart disease, and age-related illnesses of the brain.**



j) Ekebungabaisake (Balm)

Used to **reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion (including gas and bloating, as well as colic).**



KALENJIN

1.Chemurguiwet

leaves are used to treat cough, skin diseases



2. Tilalwet :

Leaves shoot is used to treat skin diseases



3: Chemurguiwetab suswek :

Skin diseases, wounds, eye infections

4. Nyamdutiet:

Used to treat antidiarrhoea, wounds, oedema, foot and mouth in livestock, pneumonia



5. Cheperenet:

The leaves is used to treat for cough, backache, and as paste for stepping up snake bites



6. Kipkesio :

leaves and flower ash (internal) are used for cough, anti-diarrhea, orchitis



8.Ndakariat:

leaves ash are used for dry cough, pneumonia, chronic asthma, cancer, tonsils, flu (mireiwek')



8.Rokorabchepkimis/chepyochoit :

leaves ash are used for sorcery, charms, ulcers, pneumonia



10. Tangaratwet (aloe vera)

leaves and roots infusion are used for typhoid, skin diseases, malaria, colds, ear problems, wounds, coccidiosis



11. Chesirimiot/Chesirimto

The root ash is used to treat cough



11. Mbogiat:

The leaves are used for treating cancer, boils

MAASAI

Yellow- Barked Acacia

Their dependency on the land, animals, plants and weather patterns of a given region have created a generational knowledge bank from which the Maasai store and pull from to treat and heal various medical issues— like Malaria, stomach-upset, fever, and more.



Others that are found in Kenya but, are from other culture.

a) Chamomile (flower)

Considered by some to be a cure -all. Mostly used for anxiety and relaxation and also for wound healing by reducing inflammation



b) Goldenseal(Root,Rhizome

This is chinese medicine. Used to treat diarrhea, eyes and skin irritation.



c) Saw palmetto(fruit)

used to treat urine symptoms



In conclusion, African medicine are common among all the communities with the difference of how we call them. For example thabai(kikuyu),stinging neetle(English), lise(Kikissi), we are all refering to the same drug. The use is the same to treat stomach upset. The scientist only, beautify the container and add sweetner to our traditional medicine then increase its worth. Africans, be loyal to your pride,African Medicine. It is always the best with minimal side effects. Africans are going natural.