

HEALING THROUGH THE USE OF PLANTS



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Introduction

From ancient times the use of plants (food, herbs, palms, shrubs, trees, etc.) has been the main source of man's survival, providing both nutritional and curative resources for his optimum health, as designed by God, his great Physician. A few ancient nations like Egypt, Israel, Greece, Rome, China, Japan and India have also used plants to treat several hard-to-cure diseases, such as all types of cancers and diabetes. Some of these plants include sweet basil, rosemary, thyme, neem, fever herb, pumpkin fruits and seeds, alliums species (onion family), eucalyptus, mahogany, spathodea, pawpaw, tomato, guava, dandelion, shea butter, sweet potato, blackjack, amaranths, etc., to treat or cure these notorious and deadly diseases.

The concept and belief in the use of these plants to treat and cure diseases actually indicate that they possess disease-fighting chemicals, phytonutrients, functional food potential and characteristics such as antiviral, antibacterial, antiseptic, anti-protozoa and anti-fungal properties. Modern scientific research into plants has basically proved the nutritional and healing values in these plants that have been used in treating and curing degenerative diseases sometime and somewhere in many nations on all the continents of the world.

The use of plants as medicines cannot be discarded or neglected in these modern times when the entire human race is potentially infected or contaminated with numerous serious degenerative, incurable and deadly ailments like AIDS, cardiovascular diseases, cancer, diabetes, hepatitis B, Alzheimer, asthma, Parkinson, Ebola, etc. Several people are now turning to plants to treat and cure their ailments due to the potentially undesirable, unpleasant or dangerous side effects from allopathic drugs, making the use of plants desirable and potentially popular. However, some plants have toxic and dangerous side effects. Among them are poison ivy, potentially deadly when drunk; *solanum nigrum*, that is woefully deadly when drunk, but can be used externally for piles; *rawwolfia vomitoria* that is effective for the treatment of heart disease, but is woefully dangerous if not drunk accordingly, or if overdosed. The same can be safely used externally against leprosy and dermatitis. Another example is purslane. This



herb could be used for salad, but is woefully dangerous if not drunk according to a recommended dose in decoction. Some of these plants are termed sanative but are extremely toxic.

The other issue is about drinking both orthodox drugs and plant remedies at the same time due to their interactions. Blood-thinning drugs like Wafarin interfere with ginkgo biloba. There are other orthodox antihypertensive drugs like Tylenol that interfere with liquorice when used at the same time.

Our times are infected by numerous diseases that could be easily overcome and defeated through natural methods and techniques of healing using nutrition (proper diet), exercises, proper use of water, sunshine, temperance (abstinence), pure air, rest (sleep) and trust in divine power. These are the natural doctors for mankind that treat and cure diseases with no nasty, unpleasant and notoriously deadly side effects. They are extremely and potentially more convenient than chemically processed agents or synthetic and orthodox drugs.

1

ABELMOSCHUS ESCULENTUS
(Okra)



Scientific Name/Botanical Name: *Abelmoschus esculentus*

Common Name(s) : Okra

Local Name(s) : “Nkruma” (Asante-Twi)

Part(s) Used : Fruit, Leaves, Root, Seeds and Stems

DISEASE(S)

Cancer, eye infections, gonorrhoea, hypertension, indigestion, and simplex zoster (shingles), stomach cancer and ulcer.

NUTRITIONAL VALUES AND PROPERTIES

Anthocyanins, antioxidants, calcium (Ca), carbohydrate, cardiac glycosides, carotene, chlorophyll, dietary fibre, fat, flavonols, folic acid/folate, iron (Fe), magnesium (Mg), phosphorus (P), potassium (K), protein, quercetin, sugar, vitamins B1, B2 and C, water and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

FRUIT

The raw fruit is eaten to help restore eye infections like dark spots on the eyes, myopia and hyperbyopia. It is also added to soups and stews to give a slimy nature. The raw fruit is also made into a poultice and applied on the skin that is infected with shingles.

LEAVES

The fresh leaves are used as a vegetable in most parts of Ghana. It is also made into a paste and rubbed on the chest and ribs to treat pneumonia and chest pains. About 20-30 g of leaves is used and applied twice a day. The decoction of the leaves is also taken to cure stomach ulcer. 20 g of the leaves is boiled with 1 litre of water within 14 minutes.

DOSAGE:

2 tablespoonfuls 3 times daily.

ROOTS

The fresh or dried root part is used to treat gonorrhoea. About 20 g of the root part is boiled with 1 litre of water within 10-14 minutes.

DOSAGE:

3 tablespoonfuls 3 times daily.

SEEDS

A cupful (250 g) of dried seeds is made into powder to treat hypertension or high blood pressure (BP).

DOSAGE:

1 teaspoonful in a cupful of warm water to be drunk 3 times a day before meals.

STEM

The dried stem is pounded or milled and used to make soup, especially in the northern part of Ghana. This assists to treat stomach cancer and indigestion.

SIDE EFFECTS

Certain individuals get allergenic reactions when they consume okra. If this is the case with you, then you should stop eating it.



2

**ACANTHOSPERMUM
HISPIDUM**

(Bristly Star Grass / Star Bur)





Scientific Name/Botanical Name: *Acanthospermum hispidum*
Common Name(s) : Bristly star grass, Star bur
Local Name(s) : “Nantwibini” (Asante-Twi)
Part(s) Used : Whole plant

DISEASE(S)

Malarial and typhoid fevers

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Carotene, vitamin C and chlorophyll.

MEDICINAL PREPARATIONS AND USES

The whole plant (20-30 g) is uprooted from the soil and thoroughly washed to remove sand and debris. It is then boiled with 1 litre of water within 21 minutes. The decoction is poured out through a sieve or otherwise. It is then used to treat malarial and typhoid fevers.

DOSAGE:

Children above 5: 2 tablespoonfuls 2 daily before meals.

Adults: 3 tablespoonfuls 3 times a day before meals

CAUTION: Pregnant women and lactating mothers must not drink this medicine.

3

AGERATUM CONYZOIDES

(Ageratum/Goat's Weed)



Scientific Name/Botanical Name: *Ageratum conyzoides*
Common Name(s) : Ageratum, Goat's weed
Local Name(s) : "Guakuro" (Asante-Twi)
Part(s) Used : Leaves

DISEASE(S)

Cataract, dandruff, eczema, gangrene, menstrual pains, miscarriage, skin cancer, Buruli ulcer and sores.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Alkaloids, beta-carotene, antiseptic, chlorophyll, flavonoids, phenolic acid, reducing sugars, sterols and vitamin C (ascorbic acid)

MEDICINAL PREPARATIONS AND USES

CATARACT

The fresh leaf of the herb is squeezed and applied on the eye(s) infected with cataract to treat it. The patient must be blinking the eye(s) to wipe out the opaque spot.

DOSAGE:

2 drops on the affected eye(s) 2 times daily.

STOPPAGE OF MISCARRIAGE

About 20-30 g of the fresh leaves is made into a mixture with 50 g of kaolin and 1 litre of water.

DOSAGE:

5 tablespoonfuls 3 times daily.

DANDRUFF, ECZEMA AND GANGRENE

The fresh or dried leaf of the herb is made into poultice or pounded with water and applied on the skin infected with dandruff, eczema, gangrene, skin cancer, ulcer and sores. About 20-30 g of the leaf part is used as a poultice and applied 2 times daily after bath.

MENSTRUAL PAINS

About 20-30 g of the herb is boiled with 1 litre of water within 14 minutes. The decoction is drunk to treat menstrual pains.

DOSAGE:

3 tablespoonfuls 3 times daily.





4

ALCHORNEA CORDIFOLIA

(Alchornea /Dove Wood)



Scientific Name/ Botanical Name: *Alchornea cordifolia*

Common Name(s) : Alchornea or Dove wood

Local Name(s) : “Ogyama” (Asante-Twi)

Part(s) Used : Leaves, Roots and Stem bark

DISEASE(S)

Amenorrhoea, anaemia, conjunctivitis, diabetes, diarrhoea, dysentery, dysmenorrhoea, fractures, malarial fever, septic sores and deep wounds, sexually transmitted infections, sickle cell anaemia, stomach ulcers and tonic.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Alkaloids, antioxidants, carotenes, flavonoids, iron, quercetin, phenol, vitamins A and C

MEDICINAL PREPARATIONS AND USES

LEAVES

The decoction of the leaf (20-30 g) is boiled with 1 litre of water for 14 minutes to treat amenorrhoea, anaemia, diabetes, diarrhoea, dysentery, dysmenorrhoea, malarial fever, sickle cell anaemia and stomach ulcers. It is also used as a blood tonic.

DOSAGE:

Children above 5: 1 tablespoonful 3 times daily before meals.

Adults: 3 tablespoonful 3 times a day before meals.

The extract of the fresh leaf is used as an eye drop to treat conjunctivitis.

LEAVES AND STEM BARK

The fresh or dried leaves with stem bark are crushed or made into poultice and basically used as a topical application to treat haemorrhoids (piles), deep wounds, septic sores and bone fractures.

ROOTS

The root parts (20-30 g) are boiled with 1 litre of water for 20 minutes for the treatment of sexually transmitted infections like gonorrhoea, chlamydia, syphilitic sores and trichomoniasis.



Caution: Overdose may cause nausea, vomiting and diarrhoea. This herbal remedy must not be used by pregnant women and lactating mothers.

5

ALLIUM CEPA
(Onion)



Scientific Name/ Botanical Name: *Allium cepa*
Common Name : Onion
Local Name : "Gyene" (Asante-Twi)
Part(s) Used : Whole plant

DISEASE(S)

Alopecia, anaemia, anorexia (loss of appetite), arthritis, ascites, backache, bad breath, cancer, cardiovascular diseases (arrhythmia, heart attack, high blood pressure, stroke, etc.), chronic obstructive respiratory diseases (asthma, bronchitis, emphysema, pneumonia, whooping cough (pertussis) and tuberculosis (TB), cold, convulsion, cystitis, diabetes, gum diseases, hepatitis, hyperlipidemia, hypercholesterolemia, impotence, indigestion, influenza (flu), insomnia, malarial fever, nephritis, oral thrush, osteoporosis, phlegm, piles, rheumatism, sexual weakness, sinusitis, sore throat, tonsillitis.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Carotenes, flavonoids, reducing sugar, quercetin, sterols, sulphur, diallyl disulphide, antioxidants, antibiotic, phenols, anti-inflammatory, digestive, pectoral, expectorant, dietary fibre, alkaline, antiviral, anodyne, antirheumatic, anticancerous, antiarthritis, antidiabetic, aphrodisiac, circulatory, detoxifier, hypolipidemic, immune booster, insecticidal, tonic, antihypertensive, antifungal, energizer, calcium (CA), copper (Cu), fluorine (F), folic acid, iron (Fe), magnesium (Mg), manganese (Mn), saponins, sedative, stimulant, volatile oil, vitamins B1, B2, B3, B5, B6, C, E and K, phosphorus (P), potassium (K), protein, sodium (Na), sugar, water (H₂O), and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

1. Eat the whole bulb of onion to treat cardiovascular diseases, reduction of cholesterol, all kinds of cancer, allergies, insomnia, anaemia, libido loss of both men and women, impotence, cough, influenza, common cold, immune booster, skin infections, diabetes, nephritis, cystitis, oral thrush, hepatitis, prostatitis, sinusitis, piles, arsenic poisoning, osteoporosis, gum diseases, tumours, bad breath, sore throat, phlegm and weak eyesight.
2. Crush 20-30 g of onion and mix it up with 250 ml of pure honey to treat diseases of the lungs like asthma, bronchitis, pneumonia, TB, whooping cough, etc.

DOSAGE:

Children above 1 year: 1 teaspoonful 3 times daily before meals.

Adults: 2 tablespoonfuls 3 times daily before meals.

This mixture could be used to treat athlete's foot and insect bites twice after bath.

3. Apply the poultice of onion on the skin to treat acne or pimples, alopecia or hair loss, arthritis, lumbago (backache), eczema, gout, grey hair, knee pain, muscle pains and rheumatism.



6

ALLIUM SATIVUM
(Garlic)



Scientific Name/ Botanical Name: *Allium sativum*

Common Name : Garlic

Local Name : “anwoo”

Part(s) Used : Bulb/clove

DISEASE(S)

Alopecia, anaemia, anorexia (loss of appetite), arthritis, ascites, backache, bad breath, cancer, cardiovascular diseases (arrhythmia, heart attack, high blood pressure, stroke, etc.), chronic obstructive respiratory diseases (asthma, bronchitis, emphysema, pneumonia, whooping cough (pertussis) and tuberculosis (TB), cold, convulsion, cystitis, diabetes, gum diseases, hepatitis, hyperlipidemia, hypercholesterolemia, impotence, indigestion, influenza (flu), insomnia, malarial fever, nephritis, oral thrush, osteoporosis, phlegm, piles, rheumatism, sexual weakness, sinusitis, sore throat, tonsillitis.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Carotenes, flavonoids, reducing sugar, quercetin, steroids, sulphur, diallyl disulphide, allicin, antioxidants, antibiotic, phenols, anti-inflammatory, digestive, pectoral, expectorant, dietary fibre, alkaline, antiviral, anedone, antirheumatic, anticancerous, antiarthritic, saponins, sedative, stimulant, detoxifier, antidiabetic, aphrodisiac, circulatory, hypolipidemic, immune booster, insecticidal, tonic, antihypertensive, antifungal, energy, calcium, copper, fluorine, folic acid, iron, magnesium, manganese, volatile oil, vitamins B1, B2, B3, B5, B6, C, E and K, phosphorus, potassium, protein, sodium, sugar, water and zinc.

MEDICINAL PREPARATIONS AND USES

1. Eat 1 to 3 cloves from the bulb of garlic to treat cardiovascular diseases, reduction of cholesterol, all kinds of cancers, allergies, insomnia, anaemia, libido loss of both men and women, impotence, cough, influenza, common cold, immune booster, skin infections, diabetes, nephritis, cystitis, oral thrush, hepatitis, prostatitis, sinusitis, piles, arsenic poisoning, osteoporosis, gum diseases, tumours, bad breath, sore throat, phlegm and weak eyesight.
2. Crush 20-30 g of garlic and mix it up with 250 ml of pure honey to treat diseases of the lungs like asthma, bronchitis, pneumonia, TB, whooping cough, etc.

DOSAGE:

Children above 1 year: 1 teaspoonful 3 times daily before meals.

Adults: 2 tablespoonfuls 3 times daily before meals.

This mixture could be used to treat athlete's foot and insect bites twice after bath.

3. Apply the poultice of garlic on the skin to treat acne or pimples, alopecia or hair loss, arthritis, lumbago (backache), eczema, gout, grey hair, knee pain, muscle pains and rheumatism.

Caution: Patients with low blood pressure must avoid using garlic. Patients with blood-thinning drugs must first seek professional advice from their doctors before using garlic.



7

AMARANTHUS HYBRIDUS
(Amaranth)



Scientific Name/Botanical Name: *Amaranthus hybridus*

Common Name : Smooth Amaranth

Local Name : “Aleefu” (Hausa)/“Efan” (Asante-Twi)

Part(s) Used : Leaf, Root and Whole plant.

DISEASE(S)

Arthritis, digestive problems, gonorrhoea, lung diseases (asthma, bronchitis, emphysema, pneumonia, TB and whooping cough (pertusis), osteoporosis, rheumatism, sexual weakness and syphilis.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Anaemia, antiarthritis, anti-inflammatory, antioxidants, antirheumatic, calcium (Ca), carbohydrate, chlorophyll, dietary fibre, expectorant, immune booster, iron (Fe), sterols, stimulant, vitamins A (retinol) and C (ascorbic acid).

MEDICINAL PREPARATIONS AND USES

LEAF

The leaves, used for preparing soups and stews, provides significant amount of calcium and dietary fibre to treat osteoporosis and digestive problems, respectively. The considerable amount of sterols, both vitamins A and C, help boost the immune system. The chlorophyll helps to detoxify the body as well as the function of the liver. The antioxidant property of the herb enhances the purification of the body system as well as fight against free radicals and cholesterol oxidation.

ROOT

About 20-30 g of the root part and 7 pieces of cloves boiled with 1 litre of water within 14 minutes is used to treat gonorrhoea, sexual weakness and syphilis.

DOSAGE:

3 tablespoonfuls 3 times daily.

WHOLE PLANT

One piece of the herb, nicely cleaned from dirt and sand, with 14 pieces of cloves is boiled with 1 litre of water within 17 minutes for the treatment of chronic obstructive respiratory diseases (CORDs/COPDs) like asthma, bronchitis,

emphysema, pneumonia, tuberculosis (TB) and whooping cough or lung diseases.

All of the other species of amaranths have the same healing properties for treating CORD.

DOSAGE:

Children: 1 teaspoonful 3 times daily before meals.

Adults: 2 tablespoonfuls 3 times daily before meals.



8

ANANAS COMOSUS

(Ananas / Pineapple)



Scientific Name/Botanical Name: *Ananas comosus*
Common Name : Ananas or Pineapple
Local Name : “Abrobe” (Asante-Twi)
Part(s) Used : Fruit, Crown leaf and Peels.

DISEASE(S)

Age-related macular diseases, arthritis, brain's function, cancer, poor circulation, hysteria, jaundice, loss of memory, immune booster (improve the white blood cells/WBCs), malarial fever, nephritis or kidney inflammation, night blindness, rheumatism, sexually transmitted infections (gonorrhoea, syphilis, etc.) and vermifuge (worm expeller).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antioxidants, beta-carotenoids, bromelain (protein-digestive enzyme), carbohydrate, flavonols, quercetin, vitamins A and C, phenols.

MEDICINAL PREPARATIONS AND USES

CROWN LEAVES

Boil about (30-40 g) of the crown leaves and 7 pieces of cloves with 1 litre of water within 10-14 minutes to treat sexually transmitted disease as well as an intestinal worm expeller. Strain the decoction and store in a container.

DOSAGE:

Children above 5 years: 1 teaspoonful 3 times daily before meals.

Option: honey or any natural sweetener could be used to sweeten it.

Adults: 1 tablespoonful 3 times daily before meals.

The pineapple fruit could be eaten to treat age-related macular disease, arthritis, cancer, hysteria, body inflammations, loss of memory, hysteria, nephritis and rheumatism; and boost immunity, good circulation as well as the brain's function.

PEELS

Boil about 20-30 g of the peels of pineapple with 1 litre of water within 10-17 minutes to treat jaundice and malarial fever.

DOSAGE:

Children above 5 years: 1 teaspoonful 3 times daily before meals.

Adults: 1 tablespoonful 3 daily before meals.

Caution: Pregnant women must not use this medication as it may provoke to abort the foetus or cause miscarriage.



9

ANNONA MURICATA
(Soursop)



Scientific Name/Botanical Name: *Annona muricata*
Common Name : Soursop
Local Name : “Apree” (Asante-Twi)

DISEASE(S)

Anaemia, arthritis, asthma, brain booster, cancers, cholera, cold, constipation, convulsion, depression, diabetes, diarrhoea, dysentery, dyspepsia (indigestion), epilepsy, fevers, general debility (general body weakness), heart disorders, high blood pressure (BP), high bad cholesterol, influenza (flu), joint pain, liver disorders, malaria, migraine, nervous disorders, obesity, osteoporosis, respiratory disorders, rheumatism, scarlet fever, scurvy, skin diseases, tapeworm, typhoid fever, ulcers, vomiting and wounds.

Part(s) Used: Bark, Fruit and Leaf

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Anti-arthritis, antibacterial, anticancer, antidiabetic, antidiarrhoeal, antiemetic, antifungal, antihypertensive, anti-inflammatory, antimalarial, antimicrobial, antioxidants, antiparasitic, antitumour, antiviral, beta-carotenes, calcium (Ca), carbohydrate, chlorophyll, copper (Cu), essential, dietary fibre, fatty acids, immune booster, iron (Fe), magnesium (Mg), manganese (Mn), monounsaturated fat, phosphorus (P), polyunsaturated fat, potassium (K), polyphenols, protein, sodium (Na), sugar, sterols, tonic, vitamins B complex, B1 (Thiamine), and B2 (Riboflavin) and C (ascorbic acid).

MEDICINAL PROPERTIES AND USES

THE BARK

The bark (30–40 g) and 7 pieces of cloves are boiled with 1 litre of water to treat anaemia, arthritis, asthma, cancers, cholera, diarrhea, dysentery, convulsion and tumours.

DOSAGE:

Children: 1 teaspoonful 3 times daily before meals.

Adults: 1 tablespoonful 3 times daily before meals.

FRUIT

The fruit is eaten to prevent or treat cancers and tumours.

LEAVES

About 20-30 g of leaves and 7 pieces of cloves are boiled with 1 litre of water for 14 minutes for the treatment of cold, constipation, convulsion, depression, diabetes, diarrhoea, dysentery, dyspepsia (indigestion), epilepsy, fevers, general debility (general body weakness), heart disorders, high blood pressure (BP), high bad cholesterol, influenza (flu), joint pain, liver disorders, malaria, migraine, nervous disorders, obesity, osteoporosis, respiratory disorders, rheumatism, scarlet fever, scurvy, skin diseases, tapeworm, typhoid fever, ulcers, vomiting and wounds.

DOSAGE:

Children: 1 teaspoonful 3 times daily before meals.

Adults: 1 tablespoonful 3 times daily before meals.

Caution: High doses will result in nausea and vomiting.



10

AVENA SATIVA

(Oats)



Scientific Name/Botanical Name: *Avena sativa*

Common Name : Oats

Local Name : Oats

Part(s) Used : Wholegrain straw cut

DISEASE(S)

Acne/pimples, age spots, arthritis, cancer, constipation, diabetes, hyperlipidemia, hypercholesterolemia (high cholesterol), heart attack, hypertension (BP), inflammations, nervous function, neuritis, oligospermia (low sperm count), osteoporosis, rheumatism, rickets, skin infections and spondylosis.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antioxidant, beta-glucans, calcium (Ca), carbohydrate, fat, gluten, iron (Fe), polyphenols, protein, selenium (Se), soluble fibre, zinc (Zn) and water (H₂O).

MEDICINAL PREPARATIONS AND USES

1. Boil the whole grain straw cut oats (70-100 g/14-20 tablespoonfuls) with 2 cups (500 ml) of water within 20-30 minutes to treat the diseases listed under diseases column.

DOSAGE:

Eat it two times daily with either fruits or vegetables and soya milk, almond milk, coconut milk (coconut water), quinoa milk, hazelnut milk or rice milk.

2. Roast the whole grain straw cut oats (70-100 g/14-20 tablespoonfuls) within 10-17 minutes under low-grade hot plate to treat the diseases listed under the diseases' column.

DOSAGE:

Eat it two times daily with either fruits or vegetables and soymilk or almond milk or coconut milk (coconut water) or quinoa milk or hazelnut milk or rice milk.

3. Boil the whole grain straw cut oats (5-10 g/1-2 tablespoonfuls) with 2 cups (500 ml) of water within 10-14 minutes to treat the skin diseases and infections. Strain the decocted water for topical application or massage two times daily after washing your face.

Caution: People who are allergic to glutens must avoid using this medication.

11

AZADIRACHTA INDICA

(Neem / Nim)



Scientific Name/Botanical Name: *Azadirachta indica* (*Azadirachta indica*)
Common Name : Neem /Nim, Prince of Wales
Local Name: “Nkran gyedua” (Asante-Twi); Prince of Wales “King tso” (Ga)
Part(s) Used : Bark, Flowers, Leaves and Seeds

DISEASE(S)

Arthritis, body inflammations, cancer, diabetes, gum diseases, jaundice, halitosis, hyperlipidemia (cholesterol reduction), weak immune system, malarial fever, mosquito repellent, pesticide, poor blood circulation, rheumatism, sexually transmitted infections, skin diseases, toothache and typhoid fever.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Azadirachtin, beta-carotenes, antioxidants, nimbin, oils, chlorophyll, phenols, magnesium, potassium, manganese, selenium, vitamins A, C, E and K and zinc.

MEDICINAL PREPARATIONS AND USES

LEAVES

Boil about 30-70 g of neem leaves and 3-7 pieces of cloves with 1 litre of water within 10-17 minutes to treat the following diseases: arthritis, body inflammations, cancer, diabetes, jaundice, hyperlipidemia, malarial fever, poor circulation, rheumatism, sexually transmitted infections, skin diseases, typhoid fever and weakened immunity. The vapour of the boiled neem leaves repels mosquito.

DOSAGE:

Children under 5 years: 1 teaspoonful 3 times daily before meals.

Adults: 1 tablespoonful 3 times daily before meals.

Caution: Pregnant women must consult their doctors for advice before using this medication as well as patients using cholesterol-reducing drugs like statin, metformin and blood-thinning drugs like warfarin.

DRIED LEAVES

Crush or make a powder of the dried neem leaves, use appreciable amount with water to paste so as to treat dental problems, gum diseases, halitosis and toothache twice daily after meals.

NATURAL PESTICIDE

The bark, flowers, leaves and seeds (about 100 g of each part) are soaked in 1 barrel of water for 14 days. This cold infusion could be used as a pesticide to spray our farm crops including grains, fruits, nuts and vegetables every fortnight against pest invasion.

NB: Pregnant women must consult their doctors for advice before using this medication as well as patients using cholesterol- reducing drugs like statin, metformin and blood -thinning drugs like warfarin.





12

BASELLA ALBA

(Indian Spinach/Vine Spinach)





Scientific Name/Botanical Name: *Basella alba*
Common Name : Indian spinach
Local Name : Indian spinach
Part(s) Used : Leaves

DISEASE(S)

Age-related macular disease, anaemia, arthritis, cancer, constipation, eye infections, body inflammations and swelling, malarial fever, poor circulation, rheumatism, skin infection, sores and wounds.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Calcium (Ca), chlorophyll, iron (Fe), mucilage, protein, vitamins A and C.

MEDICINAL PREPARATIONS AND USES

THE LEAF PART

The fresh, raw leaves are eaten as salads to provide substantial amount of vitamins A and C for treating age-related macular disease, cancer, eye infections, body inflammations and swelling skin infections, sores and wounds as well as improvement of poor circulation. The high amount of calcium helps to alleviate arthritis, osteoporosis and rheumatism. The content of iron contained in leaf is highly effective to treat anaemia and malarial fever.

Caution: People infected with such ailments must try to include the leaves in their meals as regularly as possible to combat against these several unpleasant and deteriorating diseases.

13

BIDENS PILOSA

**(Blackjack / Spider's Needle /
Spanish Needle)**



Scientific Name/ Botanical Name: *Bidens pilosa*

Common Name : Blackjack, Beggar's tick, Spider's needle

Local Name : “Ananse mpanee”/”Gyinaantwi” (Asante-Twi)

Part(s) Used : Leaf and Whole herb

DISEASE(S)

Anaemia, cancers, cataract, cirrhosis, conjunctivitis, diabetes, diarrhoea, dysentery, ear and eye troubles, goitre, hepatitis, weakened immune system, jaundice, liver cleansing and detoxification, lung problems, malarial fever, menstrual disorder and pains, nose bleeding and haemorrhoids (piles).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Beta-carotenes, chlorophyll, iodine (I), iron (Fe), vitamins A and C

MEDICINAL PREPARATIONS AND USES

THE LEAF PART

Apply the juice of the leaf as drops to treat the following devastating diseases: cataract, conjunctivitis, earache, jaundice and nose bleeding.

Nicely Wash about 60-70 g of the leaves, considered as the weight of a whole herb, to remove dirt, sand and stones. Add 7 pieces of cloves and boil in 1 litre of water for about 10-12 minutes. The decoction is drunk to treat anaemia, cancer of all types, liver cirrhosis, diabetes, diarrhoea, dysentery, goitre, haemorrhoids, hepatitis,, jaundice, lung problems, malarial fever, menstrual disorder and pains as well as cleanse and detoxify the liver and boost the immune system.

DOSAGE:

Children above 5 years: 1 teaspoonful 3 times before meals.

Adults: 1 tablespoonful 3 times daily before meals.

Caution: Pregnant women must avoid use during pregnancy.

14

BOERHAVIA DIFFUSA

(Pigweed)



Scientific Name/Botanical Name: *Boerhaavia diffusa*
Common Name : Pigweed
Local Name : “Aposompo” (Asante-Twi)
Part(s) Used : Leaf and Whole herb

DISEASE(S)

Anaemia, boils, cancers, cataract, cirrhosis, conjunctivitis, cystitis (bladder inflammation), diabetes, diarrhoea, dysentery, ear and eye troubles, haemorrhoids (piles), hepatitis, weak immune system, jaundice, liver cleansing and detoxification, lung cancer, lung problems, malarial fever, menstrual disorders and pains, nephritis (kidney inflammation), nose bleeding, sexually transmitted infections (STIs), swollen foot and urinary tract infections (UTIs).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antioxidants, carotenes, chlorophyll, sterols, phenols, vitamins A and C.

MEDICINAL PREPARATIONS AND USES

THE LEAF PART

Nicely wash the fresh leaf, beat it and apply the juice to the eyes, ears and nostrils as drops to treat the following devastating diseases: cataract, conjunctivitis, earache and nose bleeding.

Slightly heat the leaf and pour palm oil upon it to treat boils.

THE WHOLE HERB

Nicely wash a weight of about 60-70 g, considered as the weight of a whole herb, to remove the dirt, sand and stones. Add 7 pieces of cloves and boil in 1 litre of water for about 10 -12 minutes. The decoction is drunk to treat anaemia, cancer of all types, cystitis, liver cirrhosis, diabetes, diarrhoea, dysentery, haemorrhoids, hepatitis, jaundice, lung problems, malarial fever, menstrual disorders and pains, nephritis, STIs and swollen foot. It can also be used to boost the immune system and cleanse and detoxify the liver.

DOSAGE:

Children above 5 years: 1 teaspoonful 3 times before meals.

Adults: 1 tablespoonful 3 times daily before meals.

Caution: Pregnant women must avoid use during pregnancy.



15

BRASSICA OLERACEA

(Cabbage)



Scientific Name /Botanical Name: *Brassica oleracea*

Common Name : Cabbage

Local Name : Cabbage

Part(s) Used : Leaf

DISEASE(S)

Acidity (acidosis) alopecia, arthritis, baldness, cancer, constipation, diabetes, eye infections (cataract, glaucoma, etc.), hypercholesterolemia (high cholesterol), obesity, oedema (swollen foot), osteoporosis, rheumatism, stomach ulcer

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antioxidants, calcium (Ca), carotenes, choline, cobalt (Co), copper (Cu), dietary fibre, di-indolyl-methyl, folic acid, glucosinolates, Indole-3-carbinol, iron (Fe), isothiocyanates, magnesium (Mg), manganese (Mn), phosphorus (P), potassium (K), protein, selenium (Se), sodium (Na), sulforaphane, sulphur (S), tryptophan, vitamins A, B Complex, C, E and K and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

LEAF

Eat raw cabbage leaves frequently to fight against the risks of all types of cancers, diabetes, eye infections, constipation, arthritis, obesity, osteoporosis, rheumatism and to reduce cholesterol.

Take about 20-30 g of raw cabbage with a half cupful (125 ml) of water to make a juice for treating acidosis (acidity), constipation, obesity and stomach ulcer. Drink the juice 2 times daily 30 minutes before meals.

Make a poultice of raw cabbage (70 g) and apply it on the head for the treatment of alopecia and baldness. Apply it during the night and then wash the hair in the morning.

The same poultice of raw cabbage leaf could be used for topical application over a swollen foot for its cure. Tie a bandage around the foot to keep it safe and secure. It should be done twice daily.



Caution: All members of the cabbage family including bok choy, broccoli, brussels sprouts, cauliflower, Chinese cabbage, kale, kohlrabi, mustard green, radish, red cabbage, rutabaga, turnips, cress, and watercress, can be used to fight against the risks of all types of cancers. However, the level of iodine in the body reduces when these vegetables are consumed which results in goitre. So consumers must increase the intake of iodine-rich foods like salt, blackjack, kelp, and seaweed or steam their vegetables to offset the incidence of goitre.

16

CAPSICUM FRUTESCENS

(Cayenne/Chilli /Red Pepper)



Scientific Name/ Botanical Name: *Capsicum frutescens*
Common Name : Cayenne /Chili /Red pepper
Local Name : “Mako” (Asante-Twi)
Part(s) Used : Ripe fruit or Red pepper

DISEASE(S)

Arthritis, body inflammations and pains, bone luxation and fracture, cancer, cervical spondylosis, chest congestion, cold, cold extremities, coronary artery disease (heart attack), cramps, depression, diabetes, eye infections, fever, frostbite, body heating, high cholesterol, hypertension, impure blood, indigestion, infections, anorexia (loss of appetite), lumbago, lung diseases, malarial fever, muscle cramps, obesity, osteoarthritis, poor circulation, rheumatism, sore throat, stomach ulcer, throat disorder, tonic, tonsillitis, toothache, varicose vein and weak immunity.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antioxidants, carotenes, capsaicin, choline, dietary fibre, essential oil, fat, iron (Fe), protein, sterols, and vitamins A, B, C and E.

MEDICINAL PREPARATIONS AND USES

Cayenne is ONLY suitable to be utilized as a medicine but NOT added to food or used as food ingredient, because it contains a natural stimulating and additive tendencies that make the blood impure, causes feverish state, irritates the stomach, opens the way for acidosis, excites the brain, causes gastric ulcers, hypertension and numerous health menace and diseases.

Caution: The ONLY best and appropriate way is to use CAYENNE as a form of medicine when drunk or taken into the body or for topical application. The same ingredient is capable to cause these diseases listed below when it is added to food or used as a food ingredient.

Below is the partial list of diseases that cayenne (ripe pepper/red pepper) can treat: arthritis, body inflammations and pains, bone luxation and fracture, cancer, cervical spondylosis, chest congestion, cold, cold extremities, coronary artery disease (heart attack), cramps, depression, diabetes, eye infections, fever, frostbite, body heating, hypercholesterolemia (high cholesterol), hypertension,

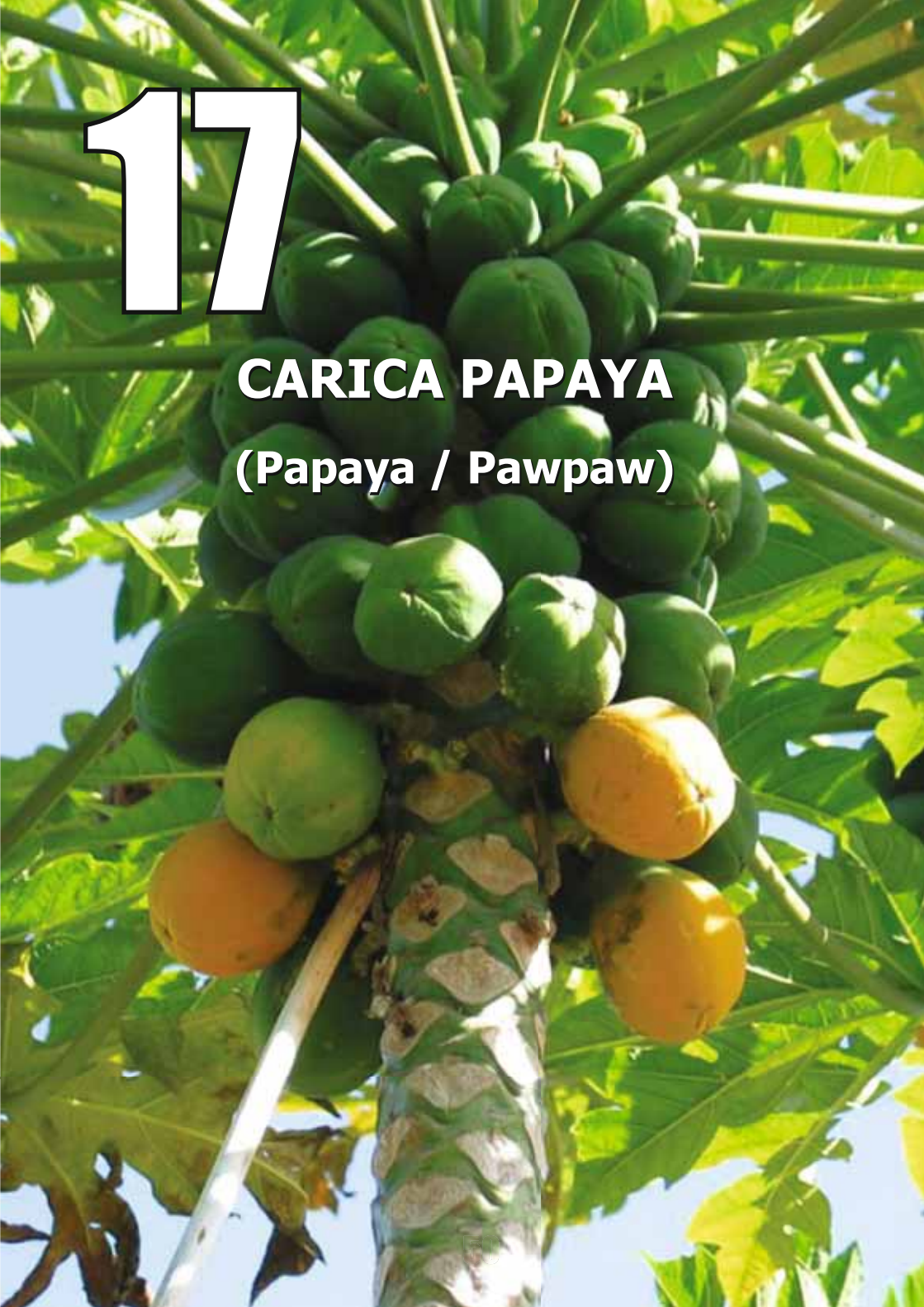


impure blood, indigestion, infections, anorexia (loss of appetite), lumbago, lung diseases, malarial fever, muscle cramps, obesity, osteoarthritis, poor circulation, rheumatism, skin infections, sore throat, stomach ulcer, throat disorder, tonic, tonsillitis, toothache, varicose vein and weak immunity.

DOSAGE:

Take 1 quarter of a teaspoonful of cayenne powder with 250 ml of water. Drink it 3 times daily before meals for the above-mentioned conditions. For external purposes, make a poultice and apply it to treat arthritis, knee pain, osteoarthritis and rheumatism twice daily.





17

CARICA PAPAYA
(Papaya / Pawpaw)

Scientific Name/Botanical Name: *Carica papaya*

Common Name : Papaya or Pawpaw

Local Name : “Brofere” (Asante-Twi)

Part(s) Used : Flowers, Fruit, Latex, Leaf and Root

DISEASE(S)

Anaemia, Anorexia (loss of appetite), athlete's foot, cancers, constipation, dyspepsia (indigestion) gastrointestinal ulcers, malarial fever, CORD /respiratory diseases (asthma, bronchitis, emphysema, pneumonia, tuberculosis (TB) and whooping cough (pertussis)) and sexually transmitted infections (chlamydia, gonorrhoea, trichomonas, shingles, syphilis, yeast infection, etc.) and vermifuge (worm expeller).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antioxidants, beta-carotenes, calcium (Ca), carbohydrate, choline, copper (Cu), fat, fibre, folate, iron (Fe), lycopene (ripe fruit), magnesium (Mg), malic acid, manganese (Mn), papain (protein-digesting enzyme), phosphorus (P), protease, protein, potassium (K), selenium (Se), sodium, sugar, vitamins A, B Complex, C, E and K, zeaxanthin and zinc (Zn).

FLOWERS

Boil about 30-40 g of the male flowers with 1 litre of water for about 12-14 minutes to treat chronic obstructive respiratory diseases (CORDs) like asthma and tuberculosis (TB).

Option: Add 2 tablespoonfuls of honey or molasses.

DOSAGE:

Children above 5 years: 1 teaspoonful 3 times daily before meals.

Adults: 1 tablespoonful 3 times daily before meals.

RAW LEAF

Boil about 60-70 g of the fresh leaves with 1 litre of water and 7 pieces of cloves within 10 minutes for the treatment of cancer, malarial fever, constipation and indigestion.

DOSAGE:

Children: 1 tablespoonful 3 times before meals.

Adults: 2 tablespoonfuls 3 times daily before meals.

Grind 70 g of fresh leaves and mix with 1 litre of water. Strain or sieve it and drink the liquid to treat loss of appetite, cancer as well as duodenal, intestinal and peptic ulcers.

DOSAGE:

Children under 5 years: 1 teaspoonful 3 times daily before meals.

Adults: 1 tablespoonful 3 times daily before meals.

DRIED LEAF

Boil about 60-70 g of the dried leaves with 1 litre of water and 7 pieces of cloves within 10 minutes for the treatment of anaemia, cancers, malarial fever, menstrual disorders and pains, constipation and indigestion.

DOSAGE:

Children: 1 tablespoonful 3 times before meals.

Adults: 2 tablespoonfuls 3 times daily before meals.

RIPE FRUIT

The ripe fruit has a considerable amount of lycopene to fight against all types of cancers





18

CITRULLUS VULGARIS

(Watermelon)



Scientific Name/Botanical Name: *Citrullus vulgaris*
Common Name(s) : Watermelon
Local Name (s) : “Anamuna” (Asante-Twi)
Part(s) Used : Fruit, Seeds and Rinds

DISEASE(S)

Age spots, anaemia, anorexia (loss of appetite), arthritis, ascites, body inflammations and swelling, cancer, constipation, cystitis (bladder inflammation), dehydration, detoxification, diabetes, diarrhoea, dysentery, headache, heart attack, hypertension (BP), hypercholesterolemia (high cholesterol), hyperlipidemia, indigestion, leukaemia, liver disorder, malarial fever, nephritis (kidney inflammation), obesity, oedema (swollen foot), osteoporosis, poor blood circulation, prostatitis (prostate inflammation), rheumatism, sickle cells (SS), skin disorders, urinary tract infections (UTIs), weak immune system and wrinkles.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Anticancer, anti-inflammatory, antimalarial, antioxidants, antipyretic, ascorbic acid, antihypertensive, beta-carotene, biotin, blood purification, calcium (Ca), carbohydrate, choline, citrulline, citric acid, copper (Cu), detoxicant, dietary fibre, diuretic, essential fatty acid, fat, flavonols, immune booster, inositol, iron (Fe), laxative, lutein, lycopene, magnesium (Mg), manganese (Mn), pectin, phenols, phosphorus (P) potassium (K), protein, selenium (Se), sodium (Na), sterols, stimulant, sugar, tonic, vitamins A (thiamine), B Complex, C (ascorbic acid), E, folic acid (vitamin B9) and K, water (H₂O) and zinc (Zn)

MEDICINAL PREPARATIONS AND USES

FRUIT JUICE

Drink one cup of the fruit juice twice daily on an empty stomach (30-60 minutes before meals) for the treatment of the following: anaemia, anorexia (loss of appetite), arthritis, ascites, body inflammations and swelling, cancer, constipation, cystitis (bladder inflammation), dehydration, detoxification, diabetes, diarrhoea, dysentery, headache, heart attack, hypertension (BP), hypercholesterolemia (high cholesterol), hyperlipidemia, indigestion, leukaemia, liver disorder, malarial fever, nephritis (kidney inflammation), obesity, oedema (swollen foot), osteoporosis, poor blood circulation, prostatitis (prostate

inflammation), rheumatism, sickle cells (SS), skin disorders, urinary tract infections (UTIs), weak immune system and wrinkles.

RINDS

Crush and blend about 30-40 g of the rinds (organic) with 1 cup of water and drink 3 times daily to treat high cholesterol, various types of cancers, constipation, indigestion, and poor blood circulation. It can also be used for blood purification and detoxification.

Grind the rind into paste and apply it on the face 2 times a day to treat wrinkles and age spots.

SEEDS

Chew about 7 pieces either fresh or dried 3 times daily for the treatment of hypertension (BP), prostate cancer and prostatitis (prostate inflammation).



19

CITRUS LIMON

(Lemon)



Scientific Name/Botanical Name: *Citrus limon*

Common Name(s) : Lemon

Local Name (s) : “Akutu” (Asante-Twi)

Part(s) Used : Juice, Peels and Seeds.

DISEASE(S)

Gastric oesophageal reflux disease (acidity, acidosis, heartburn), acne (pimples), age spots, altitude sickness, anaemia, angina pectoris, anorexia (loss of appetite), arthritis, blackhead, boils, cancers, cataract, chills, conjunctivitis (red eyes), cold, constipation, cuts, cystitis, dandruff, diabetes, diphtheria, dizziness, epistaxis (nose bleeding), eye infections, fatigue, gastrointestinal ulcers (duodenal, peptic and stomach ulcers), halitosis (bad breath), headache, heart attack, herpes, hiccups, hoarseness, hypercholesterolemia (high cholesterol), hypertension (BP), infections, indigestion, influenza (flu), jaundice, laryngitis, liver diseases, malarial fever, migraine, nausea, nephritis, oral herpes, osteoporosis, heart palpitation, phlegm, poor circulation, respiratory diseases (asthma, bronchitis, pneumonia, TB, whooping cough, etc.), rheumatism, ringworm, sinusitis, skin infections, sore throat, tonsillitis, varicose veins, vomiting, weak immune system, wrinkles and yellow teeth.

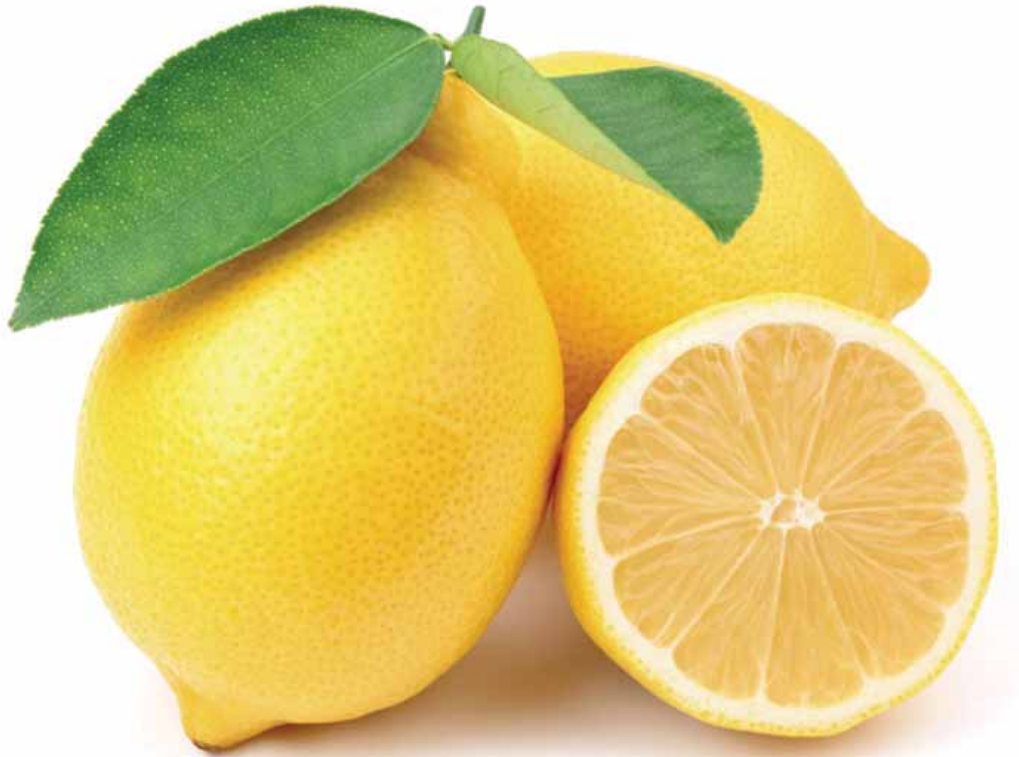
NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antimicrobial; antibacterial; antioxidants; beta-carotenes; calcium (Ca); carbohydrate; citric acid; choline; dietary fibre; essential oil; fat; iron (Fe); limonene; magnesium (Mg); manganese (Mn); pectin; phosphorus (P); potassium (K); protein; sugar; vitamins A (retinol); B Complex: B1 (thiamine) B2 (riboflavin), B3 (niacin/nicotinic acid), B5 (pantothenic acid) B6 (pyridoxine), B9 (folate/folic acid), C (ascorbic acid); vitamin P (bioflavonoids, rutin, citrin, hesperidins); and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

JUICE

Mix 1 teaspoonful of lemon juice with a half cup (125 ml) of warm water to treat the diseases listed below: acidosis, acne (pimples), age spots, altitude sickness, anaemia, angina pectoris, anorexia (loss of appetite), arthritis, boils, cancers, cataract, chills, cold, constipation, cuts, cystitis (bladder inflammation), diabetes, diphtheria, dizziness, eye infections, fatigue, gastrointestinal ulcers (duodenal, peptic and stomach ulcers), halitosis (bad breath), headache, coronary artery



disease (heart attack), herpes, hiccups, hoarseness, hypercholesterolemia (high cholesterol), hypertension (BP), infections, indigestion, influenza (flu), jaundice, laryngitis, liver diseases, malarial fever, migraine, nausea, nephritis (kidney inflammation), oral herpes, osteoporosis, heart palpitation, phlegm, poor circulation, respiratory diseases, rheumatism, skin infections, sore throat, tonsillitis, vomiting, weak immune system.

DOSAGE:

Take this mixture 3 times daily 12-14 minutes before meals.

Apply lemon juice externally twice daily on the skin after bath to treat arthritis, acne (pimples), age spots, cold sores, cuts, boils, gangrene, rheumatism, ringworm, shingles, skin cancers and infections and wrinkles.

The juice could also be applied directly into the nostrils to treat blocked nostrils,

migraine, nose bleeding and sinusitis.

Mix 1 teaspoonful of lemon juice with 10 teaspoonfuls of water for the treatment of cataract, conjunctivitis, other eye infections, ear infections and nasal problems. Apply 2 drops in the eye(s), ear(s) and nostril(s) 3 times daily. Likewise, use the same dosage for the treatment of blackhead.

YELLOW TEETH

Use this mixture to clean the teeth to remove yellow colour stains from them 2 times daily after meals.

PEELS

Grate the lemon skin, crush it into a poultice to rub or apply over the forehead to treat headache and migraine 2 times daily.

ESSENTIAL OILS

The essential oil extracted from the peels or the seeds could be used externally or applied topically for the treatment of age spots, arthritis, blackhead, gangrene, pimples, rheumatism, ringworm, varicose veins and wrinkles.

DOSAGE:

Use 2 times daily after bathing.

There are other varieties of the citrus family like orange, grapefruit, lime, and mandarin/tangerine that could be added regularly to our daily diet (menu).



20

CLEOME GYNANDRA

**(African Cabbage,
African Spider Flower, Gynandra)**



Scientific Name /Botanical Name: *Cleome gynandra*

Common Name : African Cabbage, African Spider Flower, Gynandra

Local Name : “Suule” (Hausa)

Part(s) Used : Leaf, Flower and Whole herb

DISEASE(S)

Anaemia, arthritis, constipation, cough, diabetes, ear infections, eye infections, expulsion of afterbirth (placenta), fever, headache, infections, inflammations, impotence, liver disorders, muscle sprains, nerves injury and pains, oedema, osteoporosis, rheumatism, stomach disorder and pains, swelling, vermifuge (worm expeller).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antibacterial, antidiabetic, antiinflammatory, antimicrobial, antioxidants, antipyretic (febrifuge), beta-carotenes, beta-sitosterol glucosides, calcium (Ca), chlorophyll, cobalt (Co), dietary fibre, iron (Fe), vitamins A (retinol), B1 (thiamine), B2 (riboflavin), B3 (niacin /nicotinic acid), B5 (pantothenic acid), B6 (pyridoxine), B9 (folate, folic acid), C (ascorbic acid), E (tocopherol) and K (menadione), fat, magnesium (Mg), manganese (Mn), oil, phenols, phosphorus (P), potassium (K), flavonoids (rutin) and sterols.

MEDICINAL PREPARATIONS AND USES

LEAF

Squeeze or rub the raw leaf part and apply it on the forehead to treat headache and migraine twice daily. Put two drops each of the raw leaf extract on the eye(s) to treat age-related macular degeneration (AMD), cataracts, conjunctivitis and other eye infections thrice daily.

The cooked or raw leaves are incorporated into the diet to treat arthritis, body inflammations, constipation, oedema and rheumatism.

LEAF DECOCTION

About 30-40 g of the leaf part is boiled with 1 litre of water for the treatment of anaemia, arthritis, constipation, cough, diabetes, expulsion of the afterbirth, inflammations, impotence, liver disorders, malarial fever, muscle sprains,

nerves injury and pains, oedema, osteoporosis, rheumatism, stomach disorder and pains, swelling, vermifuge (worm)

DOSAGE:

Children under 5 years: 1 tablespoonful 3 times daily before meals.

Adults: 2 tablespoonfuls 3 times daily before meals.



21

COCOS NUCIFERA

(Coconut)



Scientific Name/Botanical Name: *Cocos nucifera*

Common Name : Coconut

Local Name : “Kube” (Asante-Twi)

Part(s) Used : Coconut juice, coconut milk, or coconut water and oil

DISEASE(S)

Acidosis (heartburn), Alzheimer's disease, anaemia, anorexia (loss of appetite), anxiety, arteriosclerosis, atherosclerosis, baldness, bloating, breast milk, cancer, cholera, constipation, cystitis, dementia, depression, detoxification, dehydration, diarrhoea, fatigue, fevers, gallbladder stones, general body debility, haemorrhoids (piles), headache, heart attack, hiccup, hypercholesterolemia (high cholesterol), impotence, insomnia, intestinal worms (ascaris), itching, jaundice, laryngitis, libido loss (man and woman), liver function, malaria, measles, memory enhancer, menstrual disorders, migraine, Parkinson, obesity, oedema (swollen foot), osteoporosis, nephritis (kidney inflammation), nausea, nervous disorder, nervousness, respiratory diseases, ringworm, skin complexion and toner, sore throat, sunburn, tonsillitis, varicose veins, voice improver, vomiting, weak immune system and wrinkles.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Analgesic, antibacterial, antidepressant, antimicrobial, antioxidants, antiviral, beta-carotenes, biotin, calcium (Ca), choline, essential oils, essential fatty oils, diuretic, expectorant, febrifuge (antipyretic), folic acid, immune booster, inositol, iron, magnesium (Mg), Manganese (Mn), phenols, phosphorus (P), potassium (K), saturated fat, sedative, selenium (Se), sterols, sudorific (diaphoretics), sulphur (S), vitamins (A, B Complex, C, E and K), vermifuge (worm expeller) and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

Coconut has a component of SATURATED FAT, so the consumption of the coconut oil raises the cholesterol level, making consumers become susceptible to cardiovascular diseases, cancers, diabetes, Alzheimer, arthritis, rheumatoid arthritis and several other degenerating diseases.

Drink 1 cupful (250 ml) 1 or 2 times daily for the treatment of the diseases under the 'diseases' section above.

The coconut oil is used for topical application against anal fissure and external piles. It can be applied twice daily. The oil also improves hair growth, retards baldness and premature greying, tones the skin and cures dandruff, itching, ringworm, sunburn, etc.



Coconut juice, milk or water, on the other hand, helps to repair damaged and obstructive voice. It's therefore very essential for musicians, pastors, singers, teachers and persons who use their voices continuously in their profession to drink it regularly to maintain or improve their voice quality.





22

CORCHORUS OLITORIUS

(Jew's Mallow)



Scientific Name /Botanical Name: *Corchorus olitorius* (Jew's Mallow)
Common Name : Jew's Mallow
Local Name : “Ayoyo” (Asante-Twi)
Part(s) Used : Leaf, Seeds and Whole Herb

DISEASE(S)

Anaemia, anorexia (loss of appetite), constipation, diarrhoea, dysentery, dyspepsia (indigestion), headache, liver disorder, malarial fever, obesity, osteoporosis, sexually transmitted infections, skin infections, snake bite antidote and weak immune system.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antioxidants, beta-carotenes, biotin, calcium (Ca), cardio tonic, cellulose, choline, chlorophyll, fat, febrifuge, hemicelluloses, immune booster, inositol, iron (Fe), laxative, lignin, lutein, polyphenols, protein, sedative, sterols, vitamins A (thiamine), C (ascorbic acid), K (menadione) and water (H₂O).

MEDICINAL PREPARATIONS AND USES

Chew seven of the seeds and swallow with 1 cupful (250 ml) of water two times daily against snake bite.

THE LEAF PART

The leaf is incorporated into food for the treatment of anaemia, loss of appetite, constipation, indigestion, obesity, osteoporosis, skin diseases and weak immune system.

LEAF DECOCTION

Boil about 30-40 g of the leaves with 1 litre of water for about 14 minutes to treat anaemia, loss of appetite, constipation, diarrhoea, dysentery, dyspepsia (indigestion), headache, liver disorder, malarial fever, obesity, osteoporosis and weak immune system.

DOSAGE:

Children above 5 years: 1 teaspoonful 3 times daily before meals.

Adults: 2 tablespoonfuls 3 times daily before meals.

THE WHOLE HERB

Boil about 50-70 g of the whole herb with 7 pieces of cloves and 1 litre of water to treat gonorrhoea, syphilis and other STIs.

DOSAGE:

2 tablespoonfuls 3 times daily.

23

CUCUMIS SATIVUS

(Cucumber)



Scientific Name /Botanical Name: *Cucumis sativus*
Common Name : Cucumber
Local Name : “Kukumba” (Asante-Twi)
Part(s) Used : Fruit

DISEASE(S)

Age spots, anaemia, anorexia (loss of appetite), appendicitis, arthritis, bleeding gum, cancer, constipation, cystitis (bladder inflammation), diabetes, eye infections, gout, halitosis, (bad breath), headache, heart attack, hypertension (BP), hypercholesterolemia (high cholesterol), indigestion, liver disorder, migraine, nephritis (kidney inflammation), obesity, osteoporosis, rheumatism, skin disorder, toothache, weak gum, weak immunity and wrinkles.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Alkaline, analgesic, anodyne, anticancer, antidiabetic, antioxidants, calcium (Ca), carbohydrate, carotenes, chlorophyll, choline, curcubitacin, dietary fibre (roughage), diuretic, fat, fluorine (F) immune booster, iron (Fe), lignans, magnesium (Mg), manganese (Mn), phenols, phosphorus (P), potassium (K), protein, relaxant, sterols, tonic, vitamins A (retinol), B complexes B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine); C (ascorbic acid), E (tocopherol) folic acid (B9) and K (menadione); selenium (Se) and zinc (Zn)

MEDICINAL PREPARATIONS AND USES

Incorporate cucumber into your meals regularly for the treatment of age spots, anaemia, anorexia (loss of appetite), appendicitis, arthritis, bleeding gum, cancer, constipation, cystitis (bladder inflammation), diabetes, eye infections, gout, halitosis, (bad breath), headache, heart attack, hypertension (BP), hypercholesterolemia (high cholesterol), indigestion, liver disorder, migraine, nephritis (kidney inflammation), obesity, osteoporosis, rheumatism, skin disorder, toothache, weak gum, weak immunity and wrinkles.

Use a slice of a cucumber for topical application or massage on the face for the treatment of age spots, pimples, skin tone and wrinkles.

24

**CUCURBITA MAXIMA /
CUCURBITA PEPO**
(Pumpkin)



Scientific Name/Botanical Name: *Cucurbita pepo*
Common Name : Pumpkin
Local Name : “Efere” (Asante-Twi)
Part(s) Used : Leaf, Flower, Fruit and Seed

DISEASE(S)

Anaemia, anorexia (loss of appetite), anxiety, arthritis, ascaris, breast cancer, cancers (all types), constipation, cystitis (bladder inflammation), depression, diabetes, eye infections, fibroids, heart diseases, hepatitis, hypercholesterolemia (high cholesterol), insomnia, leukaemia (blood cancer) liver disorders, malarial fever, nephritis (kidney inflammation), osteoporosis, prostate cancer, prostatitis (prostate inflammation), rheumatism, sexual weakness, skin infections, sleeplessness, stress, tapeworm, weak immunity and worm expeller (intestinal worms).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Anticancer, antidepressant, antiinflammatory, antimalarial, antioxidants, antipyretic (febrifuge), aphrodisiac, beta- carotenes, calcium (Ca), carbohydrate, chlorophyll, choline, copper (Cu), cryptoxanthin, dietary fibre (roughage), diuretic, essential fatty acids (EFAs), fat, folic acid (B9), immune booster, iron (Fe), lycopene, magnesium (Mg), manganese (Mn), nervine, phenols, phosphorus (P), protein, quercetin, sedative, selenium (Se), sodium (Na), sterols, stimulant, sugar, tonic, vermifuge (anthelmintic), vitamin A (retinol), vitamin B complex [B1 (Thiamine), B2 (Riboflavin), B3 (nicotinic acid), B5 (pantothenic acid), B6 (pyridoxine)], vitamin C (ascorbic acid), vitamin E (tocopherol), vitamin K (menadione); water (H₂O), zeaxanthin and zinc (Zn),

MEDICINAL PREPARATIONS AND USES

THE FLOWER AND LEAF

The flower and leaf are incorporated into the diet for the treatment of anaemia, anorexia (loss of appetite), anxiety, arthritis, breast cancer, cancers (all types), constipation, cystitis (bladder inflammation), depression, diabetes, eye infections, fibroids, heart diseases, hepatitis, hypercholesterolemia (high cholesterol), insomnia, leukaemia (blood cancer) liver disorders, malarial fever, nephritis (kidney inflammation), osteoporosis, prostate cancer, prostatitis (prostate inflammation), rheumatism, skin infections, sleeplessness, stress and weak immunity (IMMUNE BOOSTER).

About 30-70 g of the leaves part and 7 pieces of cloves are boiled with 1 litre of water within 14 minutes to treat anaemia, anorexia (loss of appetite), anxiety, arthritis, breast cancer, cancers (all types), constipation, cystitis (bladder inflammation), depression, diabetes, eye infections, fibroids, heart diseases, hepatitis, hypercholesterolemia (high cholesterol), insomnia, leukaemia (blood cancer) liver disorders, malarial fever, nephritis (kidney inflammation), osteoporosis, prostate cancer, prostatitis (prostate inflammation), rheumatism, skin infections, sleeplessness, stress and weak immunity (IMMUNE BOOSTER).

DOSAGE:

Children above 5 years: 1 tablespoonful (Tbsp) 3 times daily before meals.

Adults: 3 tablespoonfuls 3 times daily before meals

FRUIT

The matured fruit with skin is added to food or prepared as a soup or baked for the treatment of anaemia, anorexia (loss of appetite), anxiety, arthritis, breast cancer, cancers (all types), constipation, cystitis (bladder inflammation), depression, diabetes, eye infections, fibroids, heart diseases, hepatitis, hypercholesterolemia (high cholesterol), insomnia, leukaemia (blood cancer) liver disorders, nephritis (kidney inflammation), osteoporosis, prostate cancer, prostatitis (prostate inflammation), rheumatism, skin infections, sleeplessness, stress and weak immunity (IMMUNE BOOSTER).

SEED

About 30-40 g of the unshelled seeds is chewed and swallowed into empty stomach for the expulsion of ascaris or tapeworms.

Option: Crush or pound the seeds into powder. Mix with a half cupful (125 ml) of water or soya milk or almond milk and 1 teaspoonful of honey. Drink this before meals.

3-7 tablespoonfuls of the seed without the husk, when chewed and swallowed, stimulates sexual performance as well as serves as a sedative (enhances or promotes a good night rest).

25

CYMBOPOGON CITRATUS

(Lemongrass)

Lemongrass Plant



Scientific Name/Botanical Name: *Cymbopogon citratus*

Common Name : Lemongrass

Local Name : “Eserehwehwam” (Asante-Twi)

Part(s) Used : Leaf and Oil

DISEASE(S)

Acne (pimples), age spots, anaemia, anorexia (loss of appetite), anxiety, arthritis, worm expeller (ascaris), body odour, bone fracture, luxation and sprains, brain capability, cancer, cholera, constipation, cramps, cystitis (bladder inflammation), debility (general body weakness), depression, diabetes, diarrhoea, epilepsy, eye infections, infections, influenza (flu), insect bites, headache, hypercholesterolemia (high cholesterol), hypertension (BP), indigestion, insomnia, joint pain, liver disorders, malarial fever, menstrual disorders, mental ability and alertness, migraine, muscle spasm and sprains, nephritis (kidney inflammation), nervous diseases, osteoporosis, poor circulation, ringworm, scurvy, skin infections, sleeplessness, stomach ache, stress, typhoid, urinary tract infections (UTIs), vomiting, wrinkles, weak immune system and yeast infection (candidiasis).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Alkaloids, analgesic, anodyne, antiarthritis, antibacterial, antidepressant, antifungal, antihypertensive, antimalarial, antioxidants, antipyretic, antirheumatic, antistress, antiviral, appetizer, aromatic, beta sitosterol, calcium (Ca), chlorophyll, circulatory, citronellol, cooling, copper (Cu), digestive, diuretic, essential oil, fat, immune booster, iron (Fe), laxative, limonene, magnesium (Mg), manganese (Mn) phosphorus (P), potassium (K), protein, quercetin, relaxant, saponins, sedative, selenium (Se), sodium (Na), sterols, tannins, tonic, vitamin A (retinol) vitamin B1 (thiamine), vitamin B3 (riboflavin), vitamin B3 (niacin /nicotinic acid), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin C (ascorbic acid) and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

LEAF

The leaf part (30-70 g) and 7 pieces of cloves are boiled with 1 litre of water for 14 minutes for the treatment of anaemia, anorexia (loss of appetite), anxiety, arthritis, worm expeller (ascaris), body odour, bone fracture, luxation and sprains, brain capability, cancer, cholera, constipation, cramps, cystitis (bladder

inflammation), debility (general body weakness), depression, diabetes, diarrhoea, epilepsy, eye infections, infections, influenza (flu), insect bites, headache, hypercholesterolemia (high cholesterol), hypertension (BP), indigestion, insomnia, joint pain, liver disorders, malarial fever, menstrual disorders, mental ability and alertness, migraine, muscle spasm and sprains, nephritis (kidney inflammation), nervous diseases, osteoporosis, poor circulation, ringworm, scurvy, skin infections, sleeplessness, stomach ache, stress, typhoid, urinary tract infections (UTIs), vomiting, weak immune system and yeast infection (candidiasis).

DOSAGE:

Children above 5 years: 1 tablespoonful 3 times daily before meals.

Adults: 3 tablespoonfuls 3 times daily before meal

OIL

It is applied for topical application on the face for the treatment of age spots, pimples, ringworm, scurvy, skin infections and wrinkles twice daily after bath.

The oil is also used as an insecticide against moths, fleas, bed bugs and mosquitoes when applied locally on the skin.



26

CYPERUS ESCULENTUS

(Earth Almond /Tiger Nut)



Scientific Name/Botanical Name: *Cyperus esculentus*
Common Name : Earth Almond /Tiger Nut
Local Name : “Atadwe” (Asante-Twi)
Part(s) Used : Seeds/Nuts

DISEASE(S)

Anaemia, arthritis, brain booster, cancer, constipation, diabetes, diarrhoea, dyspepsia (indigestion), fever, headache, heart disorder, hypercholesterolemia (high cholesterol), menstrual disorders, migraine, obesity, oligospermia, osteoporosis, rheumatism, sexual performance, skin infections, stomach acidity, weak immune system (white blood cells /WBCs) and wrinkles.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Anticancer, antidiabetic, antidiarrhoeal, anti-inflammatory, antioxidant, antipyretic (febrifuge), aphrodisiac, beta- carotenes, calcium (Ca), chromium (Cr), copper (Cu), digestive, essential fatty acids, linoleic acid, tonic, immune booster, iron (Fe), magnesium (Mg), manganese (Mn) and stimulant.

MEDICINAL PREPARATIONS AND USES

About 40-70 g of the nuts or tubers is chewed and swallowed to treat anaemia, arthritis, brain booster, cancer, constipation, diabetes, diarrhoea, dyspepsia (indigestion), fever, headache, heart disorder, hypercholesterolemia (high cholesterol), menstrual disorders, migraine, obesity, oligospermia, osteoporosis, rheumatism, sexual performance, skin infections, stomach acidity, weak immune system (white blood cells /WBCs) and wrinkles.

DOSAGE:

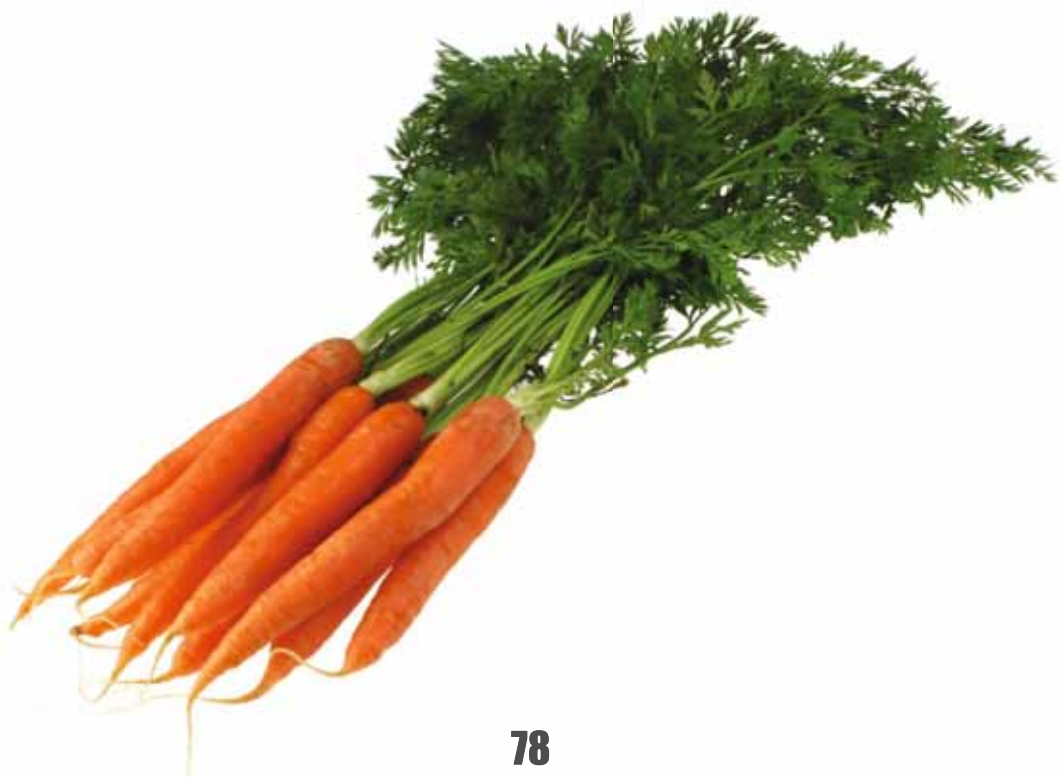
Take 40-70 g 3 times daily on empty stomach.



27

DAUCUS CAROTA

(Carrots)



Scientific Name/Botanical Name: *Daucus carota*

Common Name : Carrot

Local Name : “karoto” (Asante-Twi)

Part(s) Used : Root

DISEASE(S)

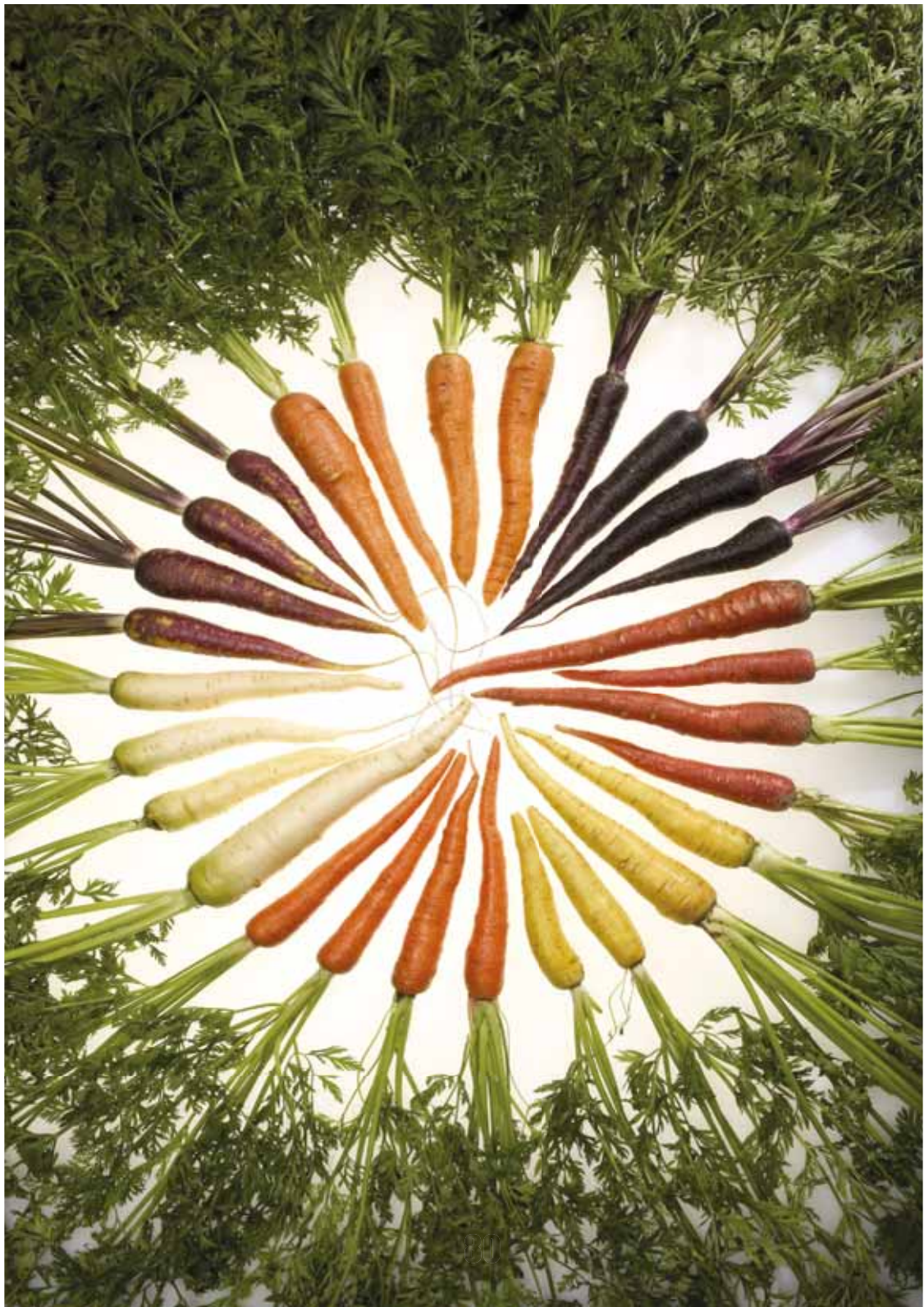
Acidosis (acid reflux), Alzheimer's disease, anaemia, anorexia (loss of appetite), apoplexy (brain stroke), appendicitis, arthritis, impure blood, blurred vision, boils, brain disorders, cancers, caries, cataract, cold, colic, colitis (large intestine inflammation), constipation, cystitis (bladder inflammation), diabetes, diarrhoea, dysentery, dyspepsia (indigestion), eye infections, gastric ulcers, glaucoma, gout, haemorrhoids (piles), hangover, hiccups, hoarseness, hypercholesterolemia (high cholesterol), hypertension or high blood pressure (BP), hysteria, impotence, jaundice, kidney disorders, libido loss, liver diseases, liver tonic, low blood pressure, low blood platelet count, menstrual disorders, mouth cancer, oral thrush, oedema (foot swellings), osteoporosis, poor blood circulation, rheumatism, skin infections, toothache, tumours, ulcers, uterine tract infections (UTIs), urine retention, weak eyesight, weak immune system, worm expeller (ascaris), wounds, wrinkles and yeast infection (candidiasis).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Anti-arthritis, anticancerous, anti-inflammatory, antioxidant, antitumor, beta-carotene, calcium (Ca), carbohydrate, choline, collagen, copper (Cu), fluorine (F), hepatotonic, immune booster, iron (Fe), lignin, lutein, magnesium (Mg), manganese (Mn), phosphorus (P), potassium (K), protein, selenium (Se), sodium (Na), sugar, tonic, vermifuge (anthelmintic /worm expeller) vitamin A (retinol), vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin/nicotinic acid), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin C (ascorbic acid), vitamin E (tocopherol) vitamin K (menadione) and zinc (Zn).

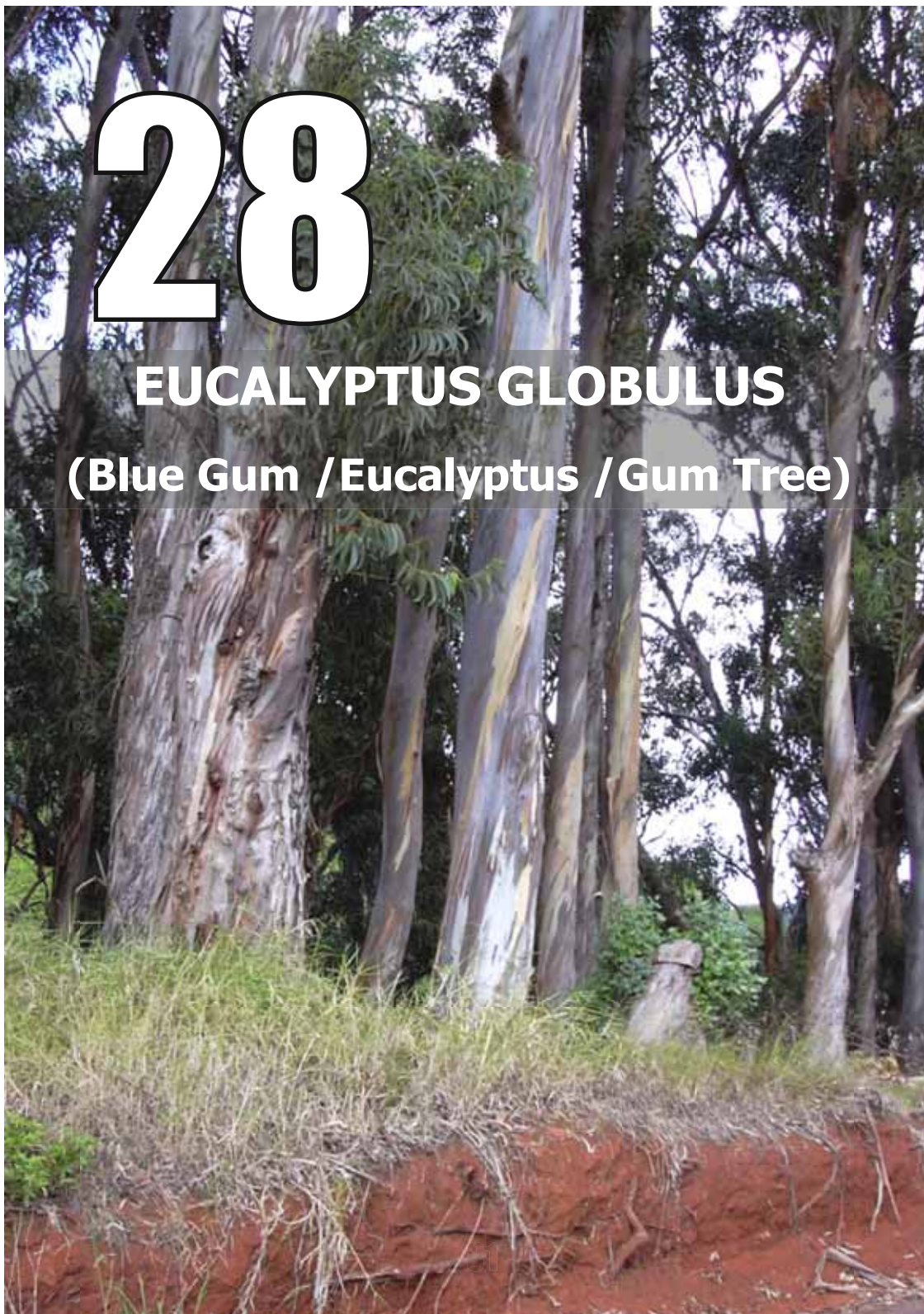
MEDICINAL PREPARATIONS AND USES

Incorporate carrot into your diet for the treatment of the above-mentioned diseases, or make 1 cupful (250 ml) of carrot juice to be taken twice daily into empty stomach.



28

EUCALYPTUS GLOBULUS
(Blue Gum / Eucalyptus / Gum Tree)



Scientific Name /Botanical Name: *Eucalyptus globulus*
Common Name : Blue gum /Eucalyptus
Local Name : Gum tree
Part(s) Used: Leaf and Oil

DISEASE(S)

Anaemia, athlete's foot, blocked nose, chronic obstructive respiratory diseases (CORDs) – asthma, bronchitis, diphtheria, emphysema, pneumonia, tuberculosis (TB) and whooping cough (pertusis), cancers, cirrhosis, cold, cough, cystitis (bladder inflammation), depurative, diabetes, diarrhoea, dysentery, earache, fevers, gout, haemorrhoids (piles), halitosis (bad breath), hay fever, headache, hepatitis, hoarseness, impure blood, indigestion (dyspepsia), infections, influenza (flu), jaundice, joint pain and stiffness, laryngitis, lumbago (lower backache), malarial fever, migraine, nephritis (kidney inflammation), osteoporosis, menstrual disorders, muscle cramps and spasm, poor circulation, rheumatism, sinusitis, sores, stress, toothache, sore throat, tonic, tonsillitis, typhoid fever, weak immune system, wounds and yeast infection (candidiasis).

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Analgesic, anodyne, antiarthritis, antiasthmatic, antibacterial, anticancerous, antidiabetic, antifungal, antiinflammatory, antimalarial, antimicrobial, antipectoral, antipyretic (reduces fever), antirheumatic, antiseptic, antispasmodic, antiviral, aromatic, calcium (Ca), copper, diaphoretic, diuretic, essential fatty acids, essential oil, febrifuge (reduces fever), flavonoids, germicide, hepatoprotective, iron (Fe), magnesium (Mg), manganese (Mn), quercetin, relaxant, repellent, resin, selenium (Se), sodium (Na), stimulant, volatile oil water (H₂O) and zinc (Zn)

MEDICINAL PREPARATIONS AND USES

LEAF

Make a cold infusion (1 litre of water) with 30–40 g of either fresh or dried leaves for 10 minutes for the treatment of the following diseases: anaemia, chronic obstructive respiratory diseases (CORDs) – asthma, bronchitis, diphtheria, emphysema, pneumonia, tuberculosis (TB) and whooping cough (pertusis), cancers, cirrhosis, cold, cough, cystitis (bladder inflammation), depurative, e, muscle relaxant, piles, rheumatism, sinusitis, sores and varicose veins.



diabetes, diarrhoea, dysentery, fevers, gout, halitosis (bad breath), hay fever, headache, hepatitis, hoarseness, impure blood, indigestion (dyspepsia), infections, influenza (flu), jaundice, laryngitis, malarial fever, migraine, nephritis (kidney inflammation), osteoporosis, menstrual disorders, muscle cramps and spasm, poor circulation, rheumatism, sinusitis, sores, stress, toothache, sore throat, tonic, tonsillitis, typhoid fever, weak immune system, wounds and yeast infection (candidiasis).

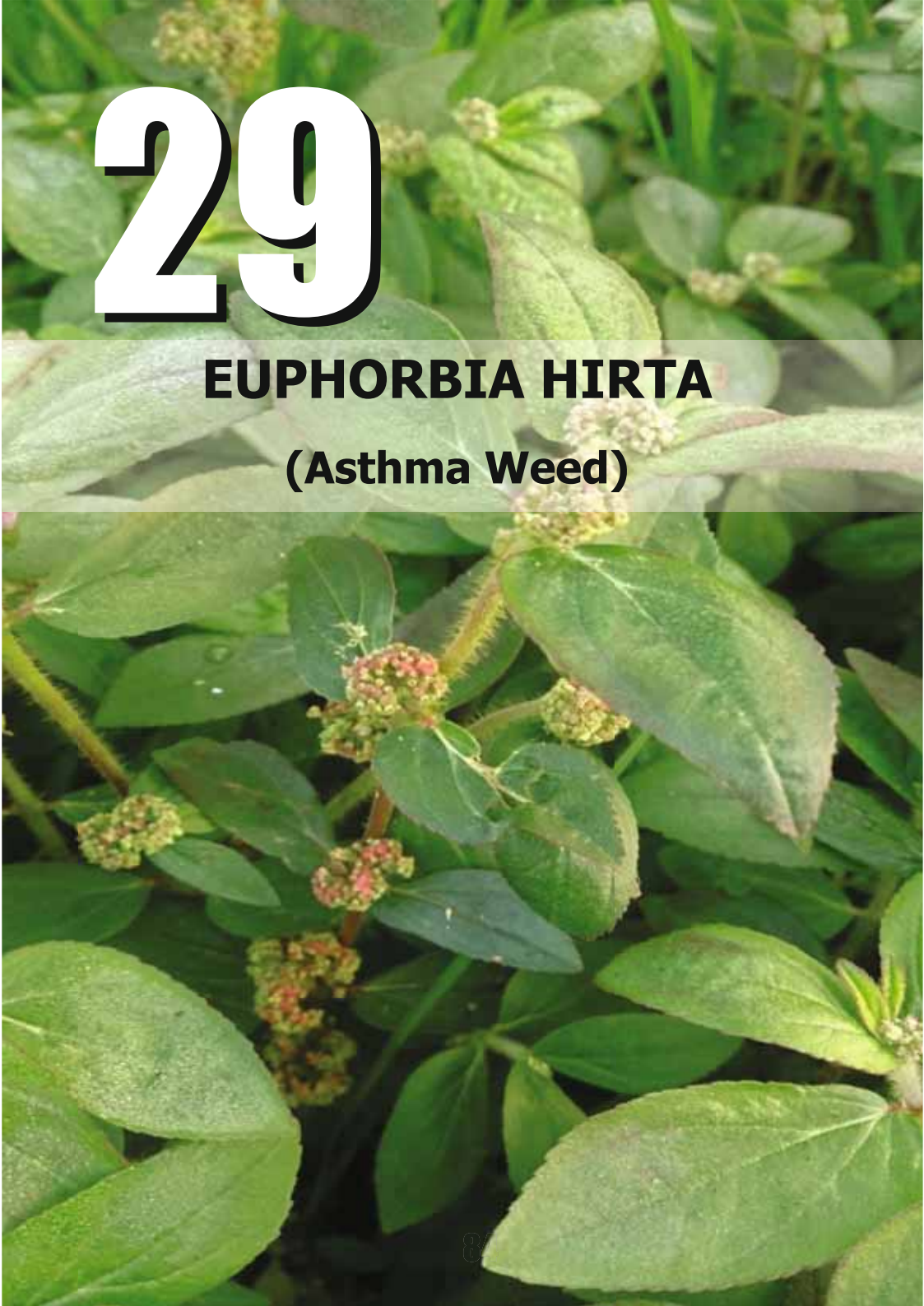
DOSAGE:

Children above 5 years old: 1 teaspoonful 3 times daily before meals.

Adult: 1 tablespoonful 3 times daily before meals.

OIL

The oil is applied locally to treat anxiety, arthritis, athlete's foot, blocked nose, chest congestion, chronic obstructive respiratory diseases (CORDs) – asthma, bronchitis, depression, diphtheria, emphysema, pneumonia, stress, tuberculosis (TB) and whooping cough (pertusis), cold, earache, gout, headache, joint pain and stiffness, lumbago (lower backache), migraine

A close-up photograph of the Euphorbia hirta plant. The image shows several green, oval-shaped leaves with serrated edges and prominent veins. Small, dense clusters of tiny flowers, some with a reddish tint, are visible among the foliage. The background is a soft-focus view of more of the same plant.

29

EUPHORBIA HIRTA
(Asthma Weed)

Scientific Name/Botanical Name: *Euphorbia hirta*
Common Name : Asthma weed
Local Name : “Kakaweadwe” (Asante-Twi)
Part(s) Used : Whole herb

DISEASE(S)

Anaemia, asthma, breast milk insufficiency, bronchitis, cold, cough, emphysema, menstrual disorders, pneumonia, sexually transmitted infections (gonorrhoea, syphilis, etc.), skin infections, tuberculosis (TB) and whooping cough (pertusis)

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antiasthmatic, antibacterial, antimicrobial, antiseptic, antiviral, immune booster, antitussive, emmenagogue, expectorant, flavonoids, quercetin, pectoral rutin and tonic.

MEDICINAL PREPARATIONS AND USES

About 20-30 g (3-5 pieces of whole herbs) of the herb with 7 pieces of cloves is boiled with 1 litre of water for 14 minutes for the treatment of anaemia, asthma, breast milk insufficiency, bronchitis, cold, cough, emphysema, menstrual disorders, pneumonia, sexually transmitted infections (gonorrhoea, syphilis, etc.), skin infections, tuberculosis (TB) and whooping cough (pertusis).

DOSAGE:

Children above 5 years: 1 teaspoonful 3 times daily before meals

Adults: 1 tablespoonful 3 times daily before meals.

Caution: Pregnant women during the trimester must avoid this medication.

30

GLYCINE MAX

(Soya Bean)



Scientific Name/Botanical Name: *Glycine max*
Common Name : Soya bean
Local Name : Soya
Part(s) Used : Oil and Seeds

DISEASE(S)

Alzheimer's disease, anaemia, anorexia (loss of appetite), apoplexy (stroke), arsenic poisoning, atherosclerosis, arteriosclerosis, arthritis, bone cancer, breast cancer, breast milk insufficiency, burns, cancers, constipation, coronary artery disease (heart attack), dandruff, diabetes, dyspepsia (indigestion), hormonal imbalance, hypercholesterolemia (high cholesterol), hypertension or high blood pressure (BP), inflammations, insomnia (sleeplessness), leukaemia (blood cancer), liver cancer, lung cancer, malnutrition, memory agility and enhancer, menopause, menstrual disorders, muscle wasting, obesity, osteoarthritis, poor blood circulation, prostate cancer, rheumatism, tuberculosis (TB), vaginal dryness, weak bones and weak immune system

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Alkaline, alpha-carotene, alpha linolenic acid (ALA), antiseptic, appetizer, beta-carotene, bioflavonoid, caffeic acid, calcium (Ca), choline, copper (Cu), defensins, detoxicant, dietary fibre (roughage), digestive, essential amino acids, essential fatty acids, folic acid (vitamin B9), genistein, glycinin, immune booster, iron (Fe), isoflavanols, isoflavonoid, kwashiorkor, lecithin, oil, magnesium (Mg), manganese (Mn), Omega-3 and -6 fatty acids, phenolic acids, phosphorus (P), phytoestrogens, phytosterols, potassium (K), protein, saponins, sedative, selenium (Se), skin infections, sodium (Na), soluble and insoluble fibre, sores, tonic, toxic, tryptophan, water (H₂O), wound, wrinkles and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

Add or combine or incorporate soya beans into your daily meals for the treatment Alzheimer's disease, anaemia, anorexia (loss of appetite), apoplexy (stroke), arsenic poisoning, atherosclerosis, arteriosclerosis, arthritis, bone cancer, breast cancer, breast milk insufficiency, burns, cancers, constipation, coronary artery disease (heart attack), dandruff, diabetes, dyspepsia (indigestion), hormonal imbalance, hypercholesterolemia (high cholesterol), hypertension or high blood pressure/ (BP), inflammations, insomnia (sleeplessness), leukaemia (blood cancer), liver cancer, lung cancer, malnutrition, memory agility and enhancer,

menopause, menstrual disorders, muscle waist, obesity, osteoarthritis, poor blood circulation, prostate cancer, rheumatism, tuberculosis (TB), vaginal dryness, weak bones and weak immune system.

THE OIL

Mix soya oil with lemon juice in equal proportions for treatment against skin diseases and dandruff.

Caution: Allergenic reactions may take place in individuals who are susceptible to the consumption of soya beans. Soya beans must not be eaten in the raw form, because it has certain components which facilitate toxic effects in the human system.





31

GMELINA ARBOREA

(Gmelina or Snap Dragon Tree)



Scientific Name/Botanical Name: *Gmelina arborea*
Common Name : Gmelina or Snap Dragon Tree
Local Name : Gmelina
Part(s) Used : Bark, Leaf and Root

DISEASE(S)

Age spots, anaemia, anorexia (loss of appetite), arthritis, cancers, fevers, general body debility (general body weakness), haemorrhoids (piles), headache, influenza (flu), malarial fever, migraine, rheumatism, sexually transmitted infections (STIs), skin disorder, stomach disorders, tuberculosis (TB), typhoid fever, ulcers, varicose veins and weak immune system.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Analgesic (pain killer and reliever), anodyne (pain killer), antibacterial, antiinflammatory, antimicrobial, antipyretic (reduces fever), antiseptic, antiviral, febrifuge (reduces fever), immune booster, sterols and tonic.

MEDICINAL PREPARATIONS AND USES

LEAF

Make a poultice or paste of the leaf part for the treatment of arthritis, headache, migraine, piles, rheumatism skin disorders and varicose veins. Apply twice daily.

THE BARK

Boil about 30-70 g of the bark and 7 pieces of cloves with 1 litre of water for about 14 minutes for the treatment of anaemia, loss of appetite, cancers, fevers, general body debility (general body weakness), flu, malarial fever, sexually transmitted infections, stomach pains and disorders, TB, typhoid fever and weak immune system.

DOSAGE:

Children above 5 years: 1 teaspoonful (tsp) each 3 times daily before meals.

Adults: 1 tablespoonful (Tbsp) 3 times daily before meals.

THE ROOT

Prepare a decoction with the root (20-30 g), 7 pieces of cloves and 1 litre of water for 12 minutes to treat snake bite.

DOSAGE:

Drink 3 tablespoonfuls 3 times daily before meals.



32

HELIOTROPIUM INDICUM
(Scorpion Weed / Sun-dial Herb)



Scientific Name/Botanical Name: *Heliotropium indicum*

Common Name(s) : Scorpion weed or Sun-dial herb

Local Name (s) : “Akonfemtikoro” (Asante-Twi)

Part(s) Used : Whole herb

DISEASE(S)

Anaemia, arthritis, burns, cancers, conjunctivitis, convulsion, cystitis (bladder inflammation), diabetes, diarrhoea, dysentery, epilepsy (fit), haemorrhoids (piles), leprosy, malarial fever, menstrual disorders, miscarriage, nephritis (kidney inflammation) paralysis, prostate cancer, prostatitis (prostate inflammation), rheumatism, skin infections, sores, tumours, typhoid fever, ulcers and wounds.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Alpha-carotene, abortifacient (facilitates abortion), antibacterial, anticancer, antiinflammatory, antimicrobial, antioxidant, antipyretic (reduces fever), antiseptic, antitumour, antiviral, chlorophyll, choline, copper (Cu), emmenagogue, febrifuge (reduces fever), folate (vitamin B9), immune booster, iron (Fe), magnesium (Mg), manganese (Mn), phosphorus (P), potassium (K), selenium (Se), tonic, vitamin A (retinol), vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin /nicotinic acid), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine) and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

About 30-70 g of the whole herb is decocted with 7 pieces of cloves and 1 litre of water for the treatment of arthritis, burns, cancers, convulsion, cystitis (bladder inflammation), diabetes, diarrhoea, dysentery, epilepsy (fit), haemorrhoids (piles), leprosy, malarial fever, menstrual disorders, miscarriage, nephritis (kidney inflammation) paralysis, prostate cancer, prostatitis (prostate inflammation), rheumatism, skin infections, sores, tumours, typhoid fever, ulcers and wounds.

DOSAGE:

Children above 5 years: 1 teaspoonful 3 times daily before meals.

Adults: 1 tablespoonful 3 times daily before meals.



LEAF

One or 2 drops of the juice are applied on the eye(s) two times daily to treat conjunctivitis (red eye).

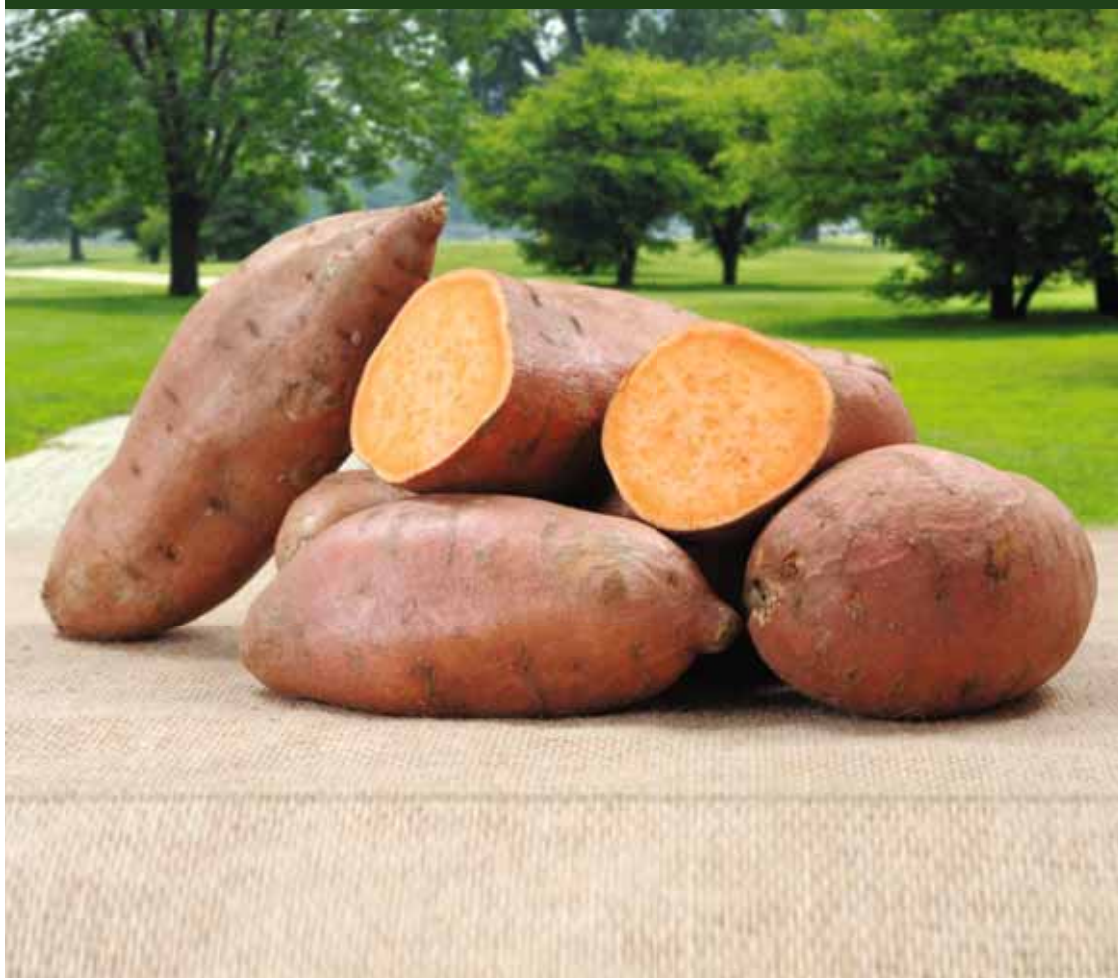
The juice or poultice or paste of the herb is applied topically to treat skin infections, sores, ulcers and wounds twice daily for gratifying results.

Caution: This medication must not be used a woman who is pregnant for the first three months, it will induce abortion. Kaolin is added to the juice to treat bleeding pregnancy and miscarriage.

33

IPOMOEA BATATAS

(Sweet Potato)



Scientific Name/Botanical Name: *Ipomoea batatas*

Common Name(s) : Sweet Potato

Local Name (s) : “Abrodwomaa” (Asante-Twi); “Asantum” (Ga-Adangwe)

Part(s) Used : Leaves and Tubers

DISEASE(S)

Athlete's foot, blurred vision, cancers, cardiovascular diseases (CVDS), coronary artery disease (heart attack), diabetes, eye infections, heavy metal poisoning, hypertension or high blood pressure (BP), hypercholesterolemia (high cholesterol), sores and wounds.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Adeponectin, anthocyanins, antibacterial, antidiabetic, antifungal, antimicrobial, antioxidants, antiseptic, antiviral, batatin, carotenoids, calcium (Ca), carbohydrate, chlorophyll, choline, copper (Cu), dietary fibre (roughage), immune booster, iron (Fe), lycopene, lutein, magnesium (Mg), manganese (Mn), phosphorus (P), potassium (K), phytosterols, protein, resin glycosides, selenium (Se); sodium (Na), sporamins, starch, sugar, vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin C (ascorbic acid), vitamin E (tocopherol), vitamin K (menadione), zeaxanthin and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

LEAF

About 30-70 g of the leaves and 7 pieces of cloves are boiled with 1 litre of water for 10-14 minutes for the treatment of blurred vision, cancers, cardiovascular diseases (CVDS), coronary artery disease (heart attack), diabetes, eye infections, heavy metal poisoning, hypertension or high blood pressure (BP), hypercholesterolemia (high cholesterol), sores, ulcers, wounds and wrinkles.

DOSAGE:

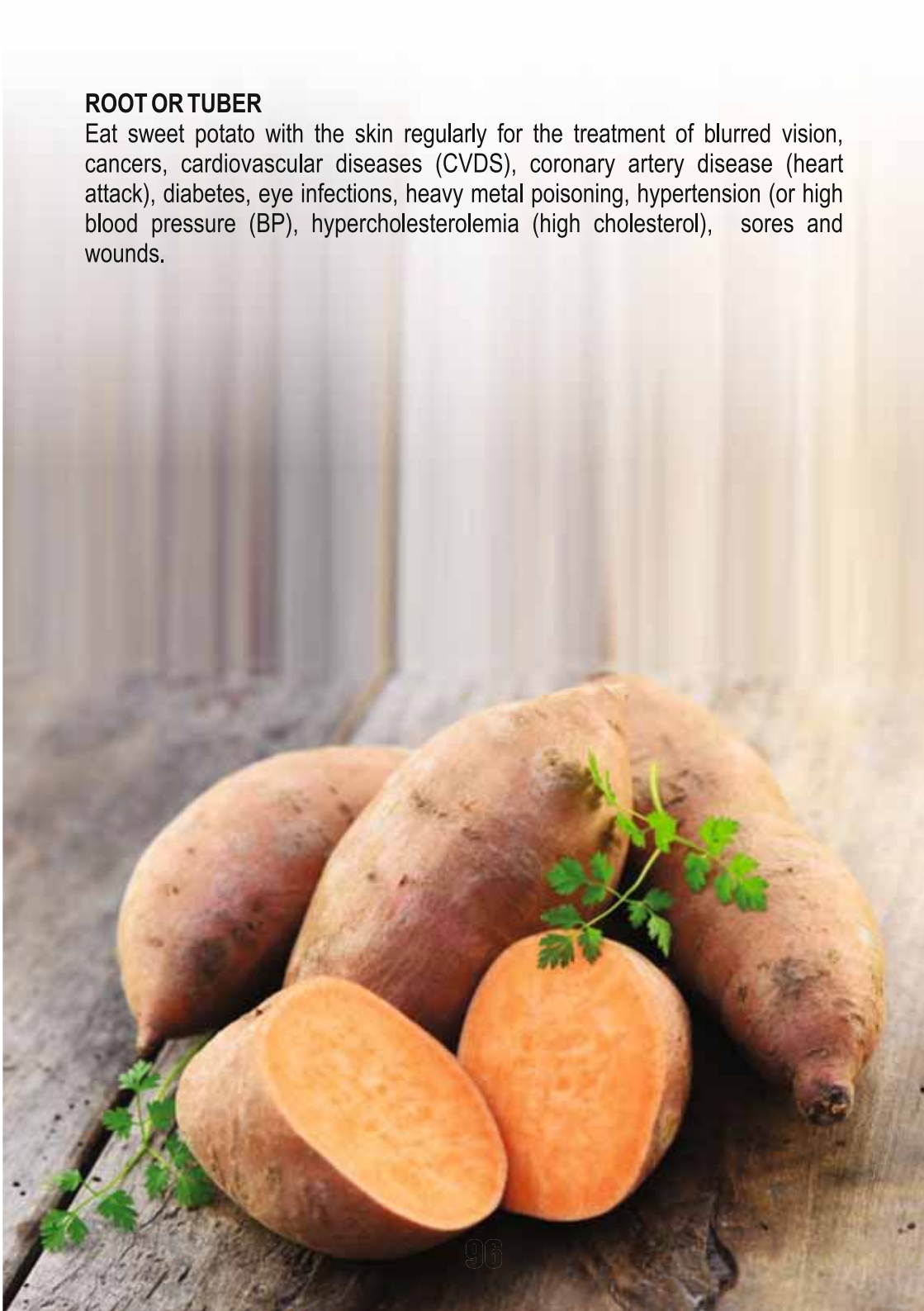
Children under 5 years: 1 teaspoonful 3 times daily before meals.

Adults: 2 tablespoonfuls 3 times daily meals.

The paste or poultice of the leaf is applied topically to treat athlete's foot, sores ulcers and wounds twice daily.

ROOT OR TUBER

Eat sweet potato with the skin regularly for the treatment of blurred vision, cancers, cardiovascular diseases (CVDS), coronary artery disease (heart attack), diabetes, eye infections, heavy metal poisoning, hypertension (or high blood pressure (BP), hypercholesterolemia (high cholesterol), sores and wounds.



34

JATROPHA CURCAS
(Jatropha Or Physic Nut)



Scientific Name/Botanical Name: *Jatropha curcas*

Common Name(s) : Candle Nut Shrub, Jatropha Physic Nut or Purging Nut

Local Name(s) : “Nkrangyedua” (Asante-Twi); Akuapem “Abrototo”,

Part(s) Used : Latex, Leaf, Oil, Seeds and Twig

DISEASE(S)

Constipation, intestinal worms (ascaris and pin worms), jaundice, liver disorders, malarial fever, gum infections, mouth sores, oral thrush, toothache, typhoid fever, skin diseases, syphilitic sores, urinary tract infections (UTIs) and warts.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Abortifacient (induces abortion), analgesic, antibacterial, antihelmintic (worm expeller), antiinflammatory, antimicrobial, antioxidant, chlorophyll, antipyretic (reduces fever), antiviral, diuretic (increase of urine), emollient, essential fatty acids, fat, febrifuge (reduces fever), immune booster, insufficiency of breast milk, laxative, narcotic, oil, purgative, shingles, skin infections, sores, sterols, toxic, ulcers and vermifuge (worm expeller).

MEDICINAL PREPARATIONS AND USES

LEAF

Boil (10-20 g) of the leaves and 7 pieces of *Syzygium aromaticum* (cloves) with 1 litre of water for about 10 minutes and drink it to treat constipation, jaundice, liver disorders, malarial fever, toothache, typhoid fever urinary tract infections (UTIs).

DOSAGE:

Children under 5 years: 1 teaspoonful 2 times daily 20 minutes before meals.

Adults: 1 tablespoonful 2 times daily 30 minutes before meals.

The leaf is heated slightly and placed over the breast to induce more breast milk in lactating mothers.

Latex: The latex as well as the twig is used to treat gum diseases, mouth sores and ulcers, oral thrush and toothache. Apply the latex topically or chew the twig twice daily either before or after meals.

SEEDS

About 2-3 pieces of the seeds are roasted, chewed and swallowed to expel ascaris and pin worms. The same dosage may be taken as a laxative.

The oil is applied topically to treat shingles, skin infections, sores, syphilitic sores, ulcers and wounds.

DOSAGE:

2 times daily.

Caution: The seeds are narcotic and toxic, so an overdose may induce discomfort and unpleasant reactions.



35

JUSTICIA FLAVA

(Justicia)



Scientific Name/Botanical Name: *Justicia flava* (*Justicia flava*)

Common Name(s) : Justicia

Local Name (s) : “Afama” (Asante-Twi)

Part(s) Used : Leaf

DISEASE(S)

Anaemia, constipation, convulsion, epilepsy (fit), fevers, malarial fever, stomach ache and typhoid fever.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Analgesic, antiinflammatory, antimalarial, antipyretic (reduces fever), chlorophyll, febrifuge (reduces fever), immune booster, iron (Fe), phytosterols, vitamin A (carotenoids), vitamin C (ascorbic acid) and water.

MEDICINAL PREPARATIONS AND USES

The leaves (30-40 g) and 7 pieces of syzygium aromaticum (cloves) are decocted with 1 litre of water for 10 minutes to treat anaemia, constipation, convulsion, epilepsy (fit), fevers, malarial fever, stomach ache and typhoid fever.

DOSAGE:

Children under 5 years: 1 teaspoonful 3 times daily 15 minutes before meals.

Adults: 1 tablespoonful 3 times daily 20 minutes before meals.





36

KHAYA SENEGALENSIS

(Mahogany)



Scientific Name /Botanical Name: Khaya senegalensis (Khaya senegalensis)
Common Name(s) : Mahogany
Local Name (s) : “Krumben” or “Dubini” (Twi-Asante)
Part(s) Used : Stem Bark

DISEASE(S)

Age Spots, Anaemia, Anorexia (Loss of Appetite), Arthritis, Blood Purifier, Blood Tonic, Cancers, Diabetes, Gastric Ulcer, Haemorrhoids (Piles), Hypertension (High Blood Pressure /BP), Malarial Fever, Malnutrition, Menstrual Disorders, Phlegm, Poor Blood Circulation, Rheumatism, Skin Diseases, Stomach Ache & Pains, Tumour, Typhoid Fever and Weak Immune System.

NUTRITIONAL PROPERTIES & VALUES AND ACTIONS

Alpha-Carotenes, Analgesic, Anthraquinones, Antianaemic, Antiarthritis, Antibacterial, Antiinflammatory, Antimicrobial, Antioxidant, Antipyretic (Reduces Fever), Antirheumatic, Antiviral, Appetizer, Beta-Carotenes, Calcium (Ca), Cardiac Glycosides, Cardio Tonic, Febrifuge (Reduces Fever), Flavonoids, Immune Booster, Iron (Fe), Phytosterols, Polyphenols, Reducing Sugars, Tonic and Unsaturated Sterols.

MEDICINAL PREPARATIONS AND USES

About 5-7g of the stem bark and 7 pieces of Syzygium aromaticum (cloves) are boiled with 1 litre of water for about 17-20 minutes for the treatment of , Anaemia, Anorexia (Loss of Appetite), Arthritis, Blood Tonic, Cancers, Diabetes, Gastric Ulcer, Haemorrhoids (Piles), Hypertension (High Blood Pressure /BP), Malarial Fever, Malnutrition, Menstrual Disorders, Phlegm, Poor Blood Circulation, Rheumatism, Skin Diseases, Stomach Ache & Pains, Tumour, Typhoid Fever and Weak Immune System.

DOSAGE

Children > 5 years are 1 teaspoonful each three times daily 10 minutes before meals. Option: Add honey to sweeten the decoction due to the bitter taste of the medication.

Adults are 1 tablespoonful each three times daily 14 minutes before meals. Option: Sweeten with 1 teaspoonful of honey.

Apply the paste or poultice of the stem bark topically to treat age spots, arthritis, piles, rheumatism, ulcers and chronic wounds.

DOSAGE is twice daily after bath



37

LYCOPERSICUM ESCULENTUM

(Tomato)



Scientific Name /Botanical Name: Lycopersicum esculentum
(Lycopersicum esculentum)

Common Name(s) : Tomato

Local Name (s) : “Ntosi” (Twi-Asante)

Part(s) Used : Leaf and Fruit

DISEASE(S)

Acidity, Alzheimer's Disease, Age Spots, Anaemia, Arthritis, Blood Impurity, Breast Cancer, Cancers, Blocked Nose, Blood Clotting, Catarrh, Cold, Constipation, Coronary Artery Disease (Heart Attack), Diabetes, Dehydration, Dyspepsia (Indigestion), General Body Debility (General Body Weakness / Fatigue), Eye Infections, Hypercholesterolemia (Reduces High Bad Cholesterol), Hypertension (High Blood Pressure /BP), Influenza (Flu), Jaundice, Leukaemia (Blood Cancer), Liver Cancer, Liver Disorders, Obesity, Osteoporosis, Prostatitis (Prostate Inflammation), Prostate Cancer, Rheumatism, Sinusitis, Skin Diseases and Wrinkles,

NUTRITIONAL PROPERTIES & VALUES AND ACTIONS

Alanine, Alkaline, Alpha -Carotene, Antiaging, Antidiabetic, Antimicrobial, Antioxidant, Antiseptic, Antiviral, Arginine, Beta-Carotenes, Calcium (Ca), Carbohydrate, Choline, Citric Acid, Copper (Cu), Depurative, Dietary Fibre (Roughage), Fat, Fluorine (F), Glutamic Acid, Immune Booster, Iron (Fe), Lutein, Lycopene, Magnesium (Mg), Manganese (Mn), Pectin, Phenols, Phosphorus (P), Potassium (K), Protein, Silicon (Si), Selenium (Se), Sodium (Na); Sterols, Sugar, Sulphur (S), Vitamin A (Retinol), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin /Nicotinic Acid), Vitamin C (Ascorbic Acid), Vitamin E (Tocopherol) Vitamin K (Menadione), Water (H₂O), Zeaxanthin, and Zinc (Zn).

MEDICINAL PREPARATIONS AND USES

THE FRUIT

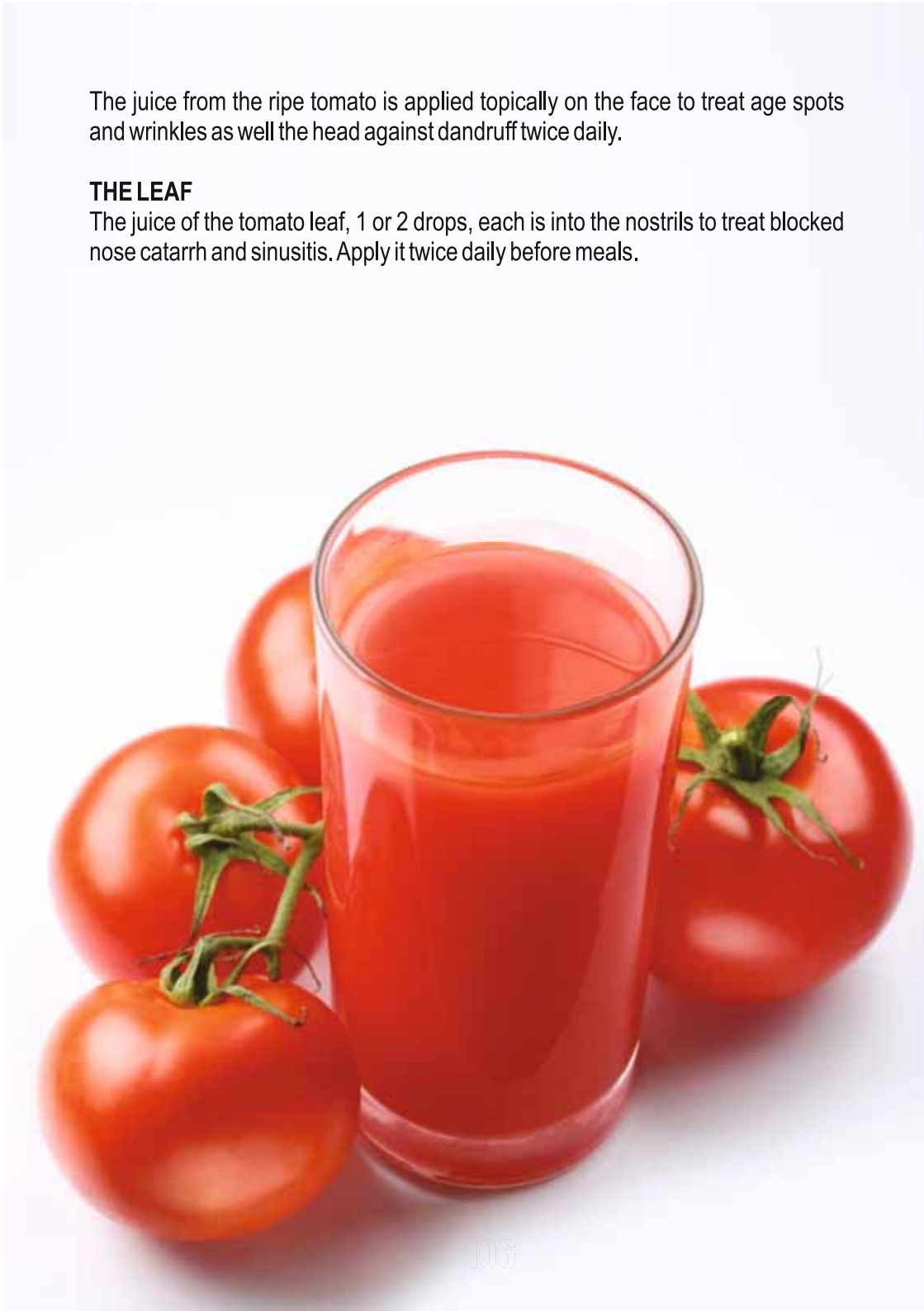
Incorporate or added ripe tomato fruit into your everyday's or regular diet to treat these numerous diseases as listed in the diseases' section.



The juice from the ripe tomato is applied topically on the face to treat age spots and wrinkles as well the head against dandruff twice daily.

THE LEAF

The juice of the tomato leaf, 1 or 2 drops, each is into the nostrils to treat blocked nose catarrh and sinusitis. Apply it twice daily before meals.



38

MANGIFERA INDICA

(Mango)



Scientific Name /Botanical Name: Mangifera indica (Mangifera indica)
Common Name(s) : Mango
Local Name (s) : “Amango” (Twi–Asante)
Part(s) Used : Bark, Fruit and Leaf

DISEASE(S)

Age-related macular degeneration, anaemia, anorexia (loss of appetite), arthritis, asthma, brain capacity, cancers, cold, cough, diabetes, fever, ear diseases, eye infections, malarial fever, constipation, dyspepsia (indigestion), chronic obstructive respiratory diseases (CORDs) – asthma, bronchitis, emphysema, pertussis (whooping cough), pneumonia and tuberculosis (TB), headache, haemorrhoids (piles), heart disorders, hypercholesterolemia (high cholesterol), impure blood, inflammations, influenza (flu), insomnia liver disorders, migraine, obesity, poor blood circulation, rheumatism, skin diseases, sores, sore throat, tonsillitis, weak vision, weak immunity, wounds and wrinkles.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Antianaemic, antirheumatic, antiasthmatic, antibacterial, anticancerous, antidiabetic, antihypertensive, antiinflammatory, antimicrobial, antimycobacterium, antipyretic (reduces fever), antirespiratory, antiseptic, antitumour, antiviral, appetizer, ascites, beta-carotenes, biotin, brain booster, calcium (Ca), cancers, carbohydrate, cardio tonic, choline, citric acid, copper (Cu), cryptoxanthin, dietary fibre (roughage), digestive, essential amino acids, essential fatty acids, febrifuge (reduces fever), folate (folic acid/vitamin B9), glutamic acid, glycine, hypocholesterolemic (low cholesterol), hypoglycaemic, immune bolster, infections, inositol, iron (Fe), laxative, limonene, lutein, lycopene, magnesium (Mg), malic acid, manganese (Mn), mangiferol, quercetin, pectin, phosphorus (P), potassium (K), protein, selenium (Se), sodium (Na), starch, sugar, tonic, tyrosine, vitamin B complex (A, B, C, E and K), zeaxanthin and zinc (Zn).

MEDICINAL PREPARATIONS AND USES

BARK

Boil about 30–40 g of the bark of the mango tree and 7 pieces of cloves for about 10 minutes to treat fevers.



DOSAGE:

Children above 5 years: 1 teaspoonful 3 times daily before meals.

Adults: 1 tablespoonful 3 times daily before meals.

FRUITS

Add or incorporate mango fruit with your daily meals for the treatment of eye infections, skin complexion, immune booster, poor blood circulation, impure blood, high cholesterol, constipation, loss of appetite, cancer of all types, memory loss, headache, migraine, anaemia, general body weakness, arthritis, rheumatism and nervous disorders.

RESPIRATORY DISEASES

Mix about 3 tablespoonfuls of pure honey with 1 litre of mango juice to treat chronic obstructive respiratory disease (CORP/COPD).

DOSAGE:

Children: 1 teaspoonful 3 times daily before meals

Adults: 1 tablespoonful 3 times daily before meals.

Boil 20-30 g of the fresh, soft mango leaves and 3 pieces of cloves with 1 litre of water for about 14 minutes to treat CORP like asthma, and T.B.

DOSAGE:

Children: 1 teaspoonful 3 times daily before meals

Adults: 1 tablespoonful 3 times daily before meals.

CAUTIONS:

The peels and sap of mango may cause an allergic reaction to certain individuals due to a chemical component, urushiol, found in them. Likewise, people sensitive to latex may also have latex-allergic reactions.

Some farmers use calcium carbide to induce the ripening of mangos which results in serious health hazards. For that matter, thoroughly wash inorganic mangoes very well before consumption.



39

MANIHOT ESCULENTA

(Cassava)



Scientific Name /Botanical Name: Manihot esculenta (Manihot esculenta)
Common Name(s) : Cassava /Manioc /Tapioca
Local Name (s) : “Bankye” (Twi–Asante)
Part(s) Used : Leaf and Tuber

DISEASE(S)

Age-related manicular degeneration, anaemia, bleeding cut, cancers, cholera, diarrhoea, eye infections, poor blood circulation, scurvy, skin disorders, vomiting and weak immunity.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Alpha-carotenes, anticancer, anticoagulant, antimicrobial, antioxidants, antiviral, beta-carotenes, carbohydrate, chlorophyll, dietary fibre (roughage), hydro cyanic acid (HCN), iron (Fe), protein, starch, vitamin A (carotenes), vitamin B complex, vitamin C (ascorbic acid) and water (H₂O).

MEDICINAL PREPARATIONS AND USES

LEAF

The juice of the leaf is applied topically to treat newly bleeding cuts to stop the oozing blood and avoid excessive loss of blood.

The leaf is incorporated, or added, to the daily diet to supply vitamins A, B complex and C to improve or treat eye infections, tone the skin, promote hair growth and act as immune booster. The leaf part contains hydro cyanic acid (HCN), so it should be boiled or steamed to dissipate the compound before eating.

One or 2 drops of the juice of the leaf may be applied on the eye(s) 2 times daily to treat eye infections like “Apollo.” Likewise, 2 or 3 drops of the juice of the leaf may be applied topically 3 times daily on the mid-part of the head as well as on the eyes to stop diarrhoea, cholera and vomiting in both children and adults.

TUBER

The tuber is suitable for consumption by diabetics due to its high starch content which regulates diabetes. Cassava tubers are a far better food choice for diabetics than refined or polished grains due to the loss of vitamins and minerals sustained by the latter during processing. This loss spikes the serum blood sugar to cause susceptibility for the creation of diabetes.

The tuber should be a preferred diet for manual skilled workers owing to the high energy content of the starch. The same applies to cocoyam, Irish potato, sweet potato (with skin or peels) and yams. The poultice of the tuber is applied topically to treat skin infections such as “Epo” chicken pox and small pox.



40

MOMORDICA CHARANTIA

(Bitter Gourd / Bitter Melon)



Scientific Name /Botanical Name: Momordica charantia
(Momordica charantia)
Common Name(s) :Bitter gourd /Bitter Melon
Local Name (s) : “Nyanya” (Twi –Asante)
Part(s) Used : Fruit and Leaf

DISEASE(S)

Anaemia, cancers, diabetes, infertility, liver disorders, malarial fever, weakened immunity (suppressed or depressed immunity) and sexually transmitted infections.

NUTRITIONAL PROPERTIES, VALUES AND ACTIONS

Alpha-carotenoids, anticancer, antidiabetic, antimalarial, antimicrobial, antioxidants, antiviral, beta-carotenoids, iron (Fe), phenols/phenolic acid, reducing sugars, saponins, unsaturated sterols,

MEDICINAL PREPARATIONS AND USES

FRUIT

Eat 1 piece of the fruit part, 3 times daily to treat diabetes.

LEAF

Boil about 30-40 g of the leaf with 1 litre of water within 10-14 minutes to treat the various diseases listed under the disease column.

DOSAGE:

Children: 1 teaspoonful each 3 times daily before meals

Adults: 3 tablespoonfuls each 3 times daily before meals.

Caution: The medication is not suitable for pregnant and lactating mothers as well as children under 5 years.



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