IMITI IVURA ABANTU YO MU BYAREMWE.

IRIBURIRO

Ni ingenzi cyane kumenya akamaro k'imirire n'iminywere, kwirinda mu buryo bwose ndetse no kwivurisha ibyaremwe mu gihe abantu bahuye n'uburwayi n'igihe batarwaye. Abantu bose bakwiriye gusobanukirwa uko bagomba kwirwanaho. Imiti y'ibyaremwe iravura mu cyane ariko bisaba ko ubanza ukamenya neza indwara iyo ariyo utibeshye. Ibyaremwe byinshi bivura kimwe n'imiti yo muri za farumasi no kwa muganga ndetse bimwe biranayirusha rwose.

Dore ibyo wareberaho icyitegererezo:

ISOGI (**Cleome gynandra**) ivura umugongo ubabara mu buryo bukomeye uyikoresheje inshuro **imwe gusa** kandi kuva ku minota 15 kugeza kuri 18 itarenga.

URUJENONE (Conyza sumatrensis) ruvura tifoyide mu buryo bukomeye, iyo ugize isuku, igakira neza.

+UMUBUZA (Dichrocephala integrifolia) uvura neza indwara y+'amaso aryaryatwa akazamo imirishyi,…ya conjonctivite.

AVOKA (Persea amercana) umuzi n'amababi byayo bivura cyane umuvuduko ukabije w'amaraso = HYPERTENSION, n'ikibuto cy'avoka kivura umuvuduko w'amaraso cyane.

CYAYICYAYI (Cymbopogon citratus) ivura indwara y'impyiko vuba.

Hari imiti myinshi ahakikije umuntu cyane cyane abatuye mu cyaro ariko n'abatuye mu mijyi hari iyo bashobora kubona hafi y'ingo zabo; nibaba ari bantu birinda muri byose kandi bagakoresha iyo miti bazakira ntagushidikanya; yarakoreshejwe mu kuvura abarwayi benshi bakira uburwayi rwose.

Igituma akenshi abarwayi n'abaganga batihutira gukoresha ibyaremwe mu buvuzi ni uko baba batazi umuti bagomba gukoresha uko ungana kuri buri nshuro, inshuro bawukoresha n'iminsi bazawukoresha; ariko muri iki gitabo byose birasobanutse ntihakiriho ibibazo nk'ibyo kuko izo ngero (DOSAGE= POSOLOGIE) zagaragajwe ziranakoreshwa mu buvuzi.

Nyamara ni byiza kumenya kwivura ariko ukamenya n'ibitera indwara ukabyirinda.

Akenshi igitera indwara ni iki?

Ugukabya mu mirire (KURYA INSHURO ZIRENZE ESHATU KU MUNSI; KURYA HATARI HASHIRA AMASAHA ATANU URIYE,…) akenshi ni yo ntandaro y'indwara. Icyo uwo murwayi aba akeneye muri icyo gihe ni ugukurwaho umutwaro utari ngombwa aba yageretsweho. Ku ndwara nyinshi, umuti urusha iyindi kuba mwiza ku murwayi ni ukwigomwa kurya ifunguro rimwe cyangwa abiri, kugira ngo ingingo z'igogora ziremerewe zibone amahirwe yo kuruhuka.

Akenshi, kwigomwa kurya mu gihe gito, bigakurikirwa no gufata ibyo kurya byoroheje kandi biringaniye, bizanira umubiri kugenda woroherwa ugasubirana imbaraga waremanywe. Imirire igendana no kwirinda mu gihe cy'ukwezi cyangwa amezi abiri, izemeza abantu bahura n'uburibwe mu mubiri ko inzira yo kwiyanga ari yo nzira nziza ituma bagira amagara mazima. Hariho bamwe babona inyungu nyinshi kubwo kumara umunsi umwe cyangwa ibiri mu cyumweru batariye kurusha guhabwa inama zindi nyinshi z'ubuvuzi. Kwiyiriza umunsi umwe utariye mu cyumweru bizabazanira inyungu nyinshi cyane.

Hariho uburyo bwinshi bwo gukora umwuga w'ubuvuzi; ariko uburyo bumwe rukumbi nibwo bwemerwa n'ijuru. Imiti itangwa n'Imana ni ikomoka ku bikoresho byoroheje byo mu byaremwe bitangīza umubiri kandi ntibiwuce intege bitewe n'ubushobozi bw'ibigize iyo miti.

Umwuka mwiza, umucyo w'izuba, imyitozo ngororamubiri, amazi meza, isuku, icumbi ryiza kandi rifite isuku, imirire iboneye, kwirinda, ubuzima butunganye, ikiruhuko, kwiringira Imana kutajegajega, gufasha abandi, gusohoza neza inshingano zawe,

gukiranuka ukaba intakemwa, kureba ibintu mu ruhande rwiza (optimisim), kwirinda ibyangiza umubiri kandi ugakoresha ku rugero rukwiye ibiwumerera neza, hiyongereyeho imizi, ibihu, amababi, indabyo n'imbuto by'ibimera biboneka ahadukikije, ni imiti ituma ibihumbi by'abantu bapfa igihe bayibuze. Kandi byose bibasha kuboneka ndetse bidahenze, mu gihe imiti yo mu nganda ihenze, kubwo kuyitangaho ibiguzi ndetse n'ingaruka mbi nyinshi zitandukanye igira ku mibiri y'abantu. Nyamara abantu benshi bibwira ko iyi miti itakigezweho bitewe n'uko imikoreshereze yayo isaba akazi abantu batishimira.

Abantu ibihumbi bapfuye bazize kubura amazi meza n'umwuka mwiza, nyamara barashoboraga kubaho….Iyo baba barabyigishijwe, bakareka gukoresha imiti ikorerwa mu nganda, bakimenyereza gukora imyitozo ngororamubiri ahantu hari umwuka mwinshi hanze, bagakingurira umwuka mwiza ukinjira mu mazu yabo igihe cy'imvura n'icy'izuba, ku manywa na nijoro, bakanywa amazi meza menshi byibura iminota 30 mbere yo kurya kandi bakanayiyuhagiza ku mubiri wose buri munsi, baba baragize ibyishimo aho kugira imibereho mibi.

Buri muntu akwiriye kumenya imiti ikoreshwa yo mu byaremwe n'uburyo bwo kuyikoresha. Bakwiriye kugira ubumenyi bw'amahame agendana no kuvura umurwayi kandi ubwo bumenyi bukagendana no guhugurirwa kubushyira mu bikorwa. Gukoresha imiti yo mu byaremwe bisaba kubyitaho cyane hamwe n'umuhati benshi batiteguye gukoresha. Imikorere y'ubuvuzi bukoresha ibyaremwe no gusana umubiri igenda izamuka buhoro buhoro, bigatuma abantu batihangana babona ko iyo mikorere itinda.

Ku rundi ruhande, kureka ingeso zigirira nabi umubiri bisaba ubwitange. Ariko iyo umuntu akomeje kwihangana, abona ko ibyaremwe, igihe umurimo wabyo udakomwe mu nkokora, bikora umurimo mwiza kandi ukoranywe ubuhanga. Abihangana bakagendana n'amategeko y'ibyaremwe bazasarura ingororano yo kugira umubiri uzira umuze n'intekerezo nzima.

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IBYAREMWE BIVURA.

UMUBATU (Abuliton indicum)

UTUBUTO:

Zica intege ibyashoboraga gutera kanseri mu mubiri n'ibindi byari kuwangiza **(antioxidant).**

AMABABI:

Akiza guhisha no kuryaryatwa ku mubiri (inflammation) abinyujije mu mikorere y'umubiri.

Aburizamo uburwayi buterwa n'uduhumyo (antifungal)

Akingira kandi akagabanya igicuri n'uburwayi bundi bumeze nkacyo (anticonvulsant).

Avura impiswi (antidiarrheal)

Ashyira ku rugero rukwiriye isukari yo mu maraso ku barwaye diyabete (antidiabetic) kandi agabanya isukari mu mubiri (hypoglycemic).

Ishyira ubwirinzi bw'umubiri ku rugero rukwiye (immunomodulatory.)

Atuma umuntu yituma neza bitari impatwe (laxative).

Asohora ibinure mu mubiri (lipid lowering).

Amaraso yavaga arayahagarika (bleeding piles); uteka amababi ukayarya.

Iryinyo riryana n'ishinya yoroshye (toothache and tender gums): wogesha amenyo amazi yatekanywe n'amababi.

Rubagimpande (Rheumatism): akabumbe k'amababi asekuye kavanze n'amavuta ya mutaride (mustard oil).

Ibisebe by'umufunzo: uvanga amavuta n'ifu y'ibibabi ukajya uyasiga ku gisebe.

Uburwayi bwanduje mu gitsina cy'umugore (vaginal infections), ibikomere n'ibisebe by'umufunzo: utekana amazi n'amababi ukayiyogesha.

Ibiryo byanze kuva mu gifu (indigestion): urya amababi yakozwemo chutney.

IMIZI:

Ikiza ububabare mu mubiri (analgesic)

Inzira z'inkari zirwaye, kunyara amaraso, strangury: ukoresha imizi kuko yirukana amazi mu mubiri (diuretic).

IMBUTO N'AMABABI:

Bivura gutukura cyangwa kuryaryatwa (inflammation or irritation).

Bitera kwituma bikavanaho impatwe (laxative).

IMBUTO N'IMIZI:

Bitera umubiri gusohora amazi mu nkari zikagenda ari nyinshi (diuretic).

IKIMERA CYOSE:

Kirinda umwijima kwangirika.

INGERO Z'IBIPIMO BY'UMUTI WAKORESHA (DOSAGE):

1. Ifu y'amababi ukoresha 5-7g
2. Ifu y'utubuto ukoresha 1-3g.
3. Umuti ukorwa mu mbuto 125-500mg
4. Ifu y'imizi ukoresha 3-6g
5. Umuti ukorwa mu mizi ukoresha 250-750mg.

Umuti mwinshi utagomba kurenza ni 12g ari ifu y'imizi cyangwa ifu y'imbuto.

IGITOVU (Acanthus pubescens).

French: Acanthe pubérulente.

AMABABI:

Ahagarika amashereka ntiyongere kuza ku bagore bapfushije abana bonka cyangwa batandukanijwe n'abana bonkaga: Uvanga imikamato 2 y'amababi na litiro y'amazi arimo kubira. Ukanywa ikirahure 1, ukabikora inshuro 4 ku munsi kugeza ubwo amashereka atakiza.

Indwara y'uruhu (dartres): Wanika amababi y'igitovu ukayatwika. Ivu rivuyemo urivanga n'amavuta y'ibimera kugeza ubwo bibaye nk'umutsima ukajya usiga aharwaye.

Kuruka amaraso n'uburibwe bw'imiyoborantanga y'abagore: Uvanga imikamato 2 y'amababi na litiro y'amazi arimo kubira. Unywa ikirahure 1, ukabigira inshuro 4 ku munsi.

Ubwandu bw'imirerantanga n'imiyoborantanga y'abagore (annexite): Uvanga ibibabi 5 by'igitovu na litiro 1 y'amazi arimo kubira. Unywa ikirahure 1, ubikore 2 ku munsi, uzabikore ukwezi kwose.

UMUHURURA UTARANDARANDA (Achyrantes aspera):

French: Achyranthe; English: Klits.

AMABABI:

Indwara y'uruhu (verrues): Uvuguta amababi ukayashyira aharwaye.

Ishaza ryo mu jisho (cataractes): Uvuguta amababi ugakamurira ikijojoba muri buri jisho.

Kwenda gukuramo inda k'umugore utwite: Usekura umukamato w'amababi y'umuhunga (kotschya africana) n'uw'ay'umwisheke (chenopodium procerum), n'uw'ay'igifashi n'uw'ay'umuhurura. Uyaronge, uyasekure,

uyafungurishe amazi y'akazuyaze litiro 2, ujye unywa 75 cl ubikore 2 ku munsi, iminsi 6.

Umusonga (les points de côté): Uhekenya umukamato w'amababi ku manywa.

UMUHURURA UTARANDARANDA WOSE UKO WAKABAYE:

Kubyimba umwijima (cirrhosis): Ufata imikamato 2 y'igifuraninda, 2 y'akaziraruguma, 2 y'uruheza n'umukamato 1 w'inyamapfundo. Ubiteka muri litiro 1 y'amazi bitogote iminota 10. Uyungurure, unywe igice cy'ikirahure, ubikore inshuro 2 ku munsi, ibyumweru 3.

Indwara z'uruhu (dartres): Anika umuhurura utariho imizi, uwutwike. Uvange ivu ryawo n'amavuta ujye usiga aharwayi, 2 ku munsi.

Umuhurura ufite imyunyungugu ikurikira: manganeze (**Mn),** potasiyumu (**K**) na kalisiyumu (**Ca**) kandi uraribwa; ni imboga.

AMATUGUNGURU (Aframomum laurentii)

French: Maniguette, Graine de paradis.

INGURI:

Uburwayi bw'ijisho ritukura rikaryaryatwa (conjonctivite et ecchymose conjonctivale): Usekura inguri y'amatugunguru, umutobe wayo ukawushyira mu jisho, ikijojoba 1 mu jisho inshuro 2 ku munsi, iminsi 4.

Inkorora, Umugongo ubabara wo hepfo , umunaniro mu kuryamana kw'umugabo n'umugore: Ushyira imbuto zawo mu mazi yatuye, ukajya uwunywa amanywa yose.

Kudwingwa n'udukoko dufite ubumara: Womeka akabumbe wasekuye k'agati n'amababi ku ruhu ahadwinzwe.

Kurumwa n'inzoka: Uhekenya inguri yawo, ukomeka aho inzoka yarumye agati n'amababi bisekuye.

AMABABI:

Kuva imyuna (Gukanuka): Womeka mu zuru umwumba w’amababi yo ku mutwe w’amatugunguru, wayasekuye.

Imbuto n’inguri bifite imyunyungugu itandukanye: zenke **(Zn**), potasiyumu **(K),** kalisiyumu **(Ca**), manyeziyumu **(Mg),** vanadiyumu (**Va)**, manganese (**Mn)**, na **vitamine C.**

AKAZIRARUGUMA (Agerantum conyzoides)

French: Herbe bouc; English: Appa grass, goat weed.

AMABABI:

Kolera: Umukamato w’amababi. Urayasekura, ukayabiza muri litiro 2 z’amazi iminota 10. Ukayayungurura, ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, umunsi 1 gusa.

Umukamato w’amababi y’akaziraruguma n’uw’ay’urujenone, uyasekure, uyavange na litiro 1 y’amazi agishyushye cyane. Unywa ikirahure 1 inshuro 4 (ibirahure 4) buri munsi, iminsi 6.

Gukingira kolera: Ni ngombwa buri gihe gukingira kolera urya amababi y’akaziraruguma mu biryo igihe hariho icyorezo cyangwa ukavanga umukamato w’amababi n’ibirahure 2 by’amazi arimo kubira iminota 5. Ukayungurura, ukanywa ikirahure 1 mu gitondo, 1 nimugoroba.

Asima (amahwima) n’inkorora idacika igikororwa (bronchite): utsirima amababi mu gatuza.

Ibisebe: ukamurira amatembabuzi ku bisebe. Bibuza amaraso kwongera kuva bikanakiza kumva ubabara.

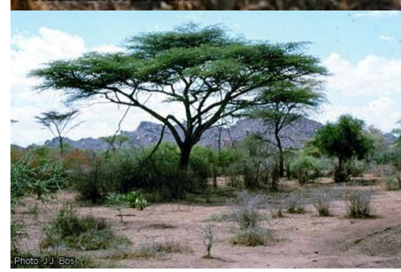
Indwara y'inzara n'uruhu (panaris): usekura amababi y'akaziraruguma n'ay'imbatabata ukayashyira aharwaye 2 ku munsi, kugera aho ukiriye. Mu kunywa, ukoresha umuti w'amababi y'akaziraruguma gusa.

Umuriro mwinshi mu mubiri: ubiza umukamato w'amababi y'akaziraruguma mu birahure 2 by'amazi. Uyungurure, unywe ikirahure 1 buri nshuro, 2 ku munsi, iminsi 3.

Mu kaziraruguma harimo potasiyumu **(K),** kalisiyumu **(Ca),** manganese **(Mn),** aluminiyumu **(Al),** brome (**Br),** sodiyumu (**Na**) na zenke (**Zn**).

UMUSEBEYA (Albizia grandibracteata).

French: Albizia; English: Flat crown.



IBICE BYAWO BIVURA: Ibice byawo byose (amababi, imizi n'ibishishwa) byihutisha mu nda ibyo umuntu yariye (purgatifs).

IMIZI:

Impatwe (constipation) : ufata igice cy'umukamato w'amababi cyangwa igice cy'umukamato w'imizi byumye, ukabibiza iminota 10 muri litiro 1 y'amazi, ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 3. Abagore batwite ntibagomba kunywa uyu muti.

IBISHISHWA BY'IGITI:

Indwara z'uruhu (dermatoses): Ifu y'ibishishwa by'igiti uyivanga n'amavuta y'ikibonobono (Ricinus communis) ukajya uyasiga aharwaye.

AMABABI:

Ubushye: utwika amababi y'umusebeya wayashyize ahantu hatagera umwuka (mu kintu gipfundikiye). Ivu ubonye urishyira ku bushye.

IGIKAKARUBAMBA (Aloe barbadensis)

French: Aloes.

UMUTOBE W'IGIKAKARUBAMBA:

Ubushye: Uwushyira ahari ubushye inshuro 3 ku munsi kugeza ukize.

Sinezite: Shyira ikijojoba 1 mu zuru, 2 ku munsi, iminsi 5.

Ibihushi: ubishyiraho umutobe w'igikakarubamba iminsi myinshi.

Ibyuririzi bya SIDA (HIV/AIDS): 250g z'igikakarubamba utekane na litiro 2 z'amazi uyavange na kimwe cya 4 cy'ikirahure cy'ubuki (1/4). Unywe ibiyiko 3 uko ugiye kurya, uwunywe ukwezi kwose.

IBIBABI:

Macinya (dysenterie bacillaire): uteka amababi 2 wayakekeye muri litiro 1 y'amazi, unywe ikirahure 1 buri nshuro, unywa inshuro 3 ku munsi, iminsi 5.

Kanseri: 500g z'amababi uyashyire muri 500ml z'alukolo ya 40%. Wongeremo 500g z'ubuki, upfundikire bimarane ibyumweru 2. Ujye unywa ibiyiko 3 buri munsi.

AKAZIBANNYO (Alysicarpus rugosus):

AMABABI:

Sinezite: sekura amababi mashyashya, ukamure amatembabuzi yako, ushyire ibijojoba 2 mu zuru ku munsi, iminsi 5.

Intangangabo zidakura (oligospermie): Tapfuna agati kariho utubabi n'ubunyobwa.

Amenyo (carie dentaire): usekura amababi, ugashyira akabumbe kayo ku ryinyo rirwaye.

IKIMERA CYOSE:

Irungu ry'abana (marasme infantile): usekura akazibannyo katariho imizi, ukavanga n'amazi ashyushye, ugaha umwana akanywa.

Umwakura wo ku nyonga y'itako: uteka umukamato w'uduti n'amababi by'akazibannyo, umukamato w'amababi ya bambuba n'ay'urwiri. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 7.

BAMBUBA (Artemisia annua):

French: Armoise chinoise.

AMABABI:

Malariya, inkorora, imihango iryana itanashyitse na bilariziyoze (bilharziose): Uvanga ikiyiko 1 cy'ifu ya bambuba na litiro 1 y'amazi ashyushye. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 7.

Ibicurane: wiyukisha amazi ashyushye arimo ifu ya bambuba.

Kuryaryatwa ku ruhu: utsirima amababi ya bambuba aharyaryatwa.

Umusonga: ushyira umukamato w'amababi mu litiro y'amazi ashyushye. Ukayungurura, ukanywa amanywa yose iminsi 10 kugera kuri 15.

Inzoka zo mu mara: Ikiyiko 1 cy'ifu y'amababi na litiro y'amazi ashyushye. Uyungurure unywe ibirahure 4 ku munsi, iminsi 5.

Kongerera ubushobozi abasirikare b'umubiri ku bantu bafite ubwandu bwa virusi itera SIDA (HIV/AIDS): Vanga ikiyiko 1 cy'ifu y'amababi ya bambuba uvange n'amazi ashyushye. Unywe ibirahure 4 ku munsi, iminsi 20.

Binatera abo barwayi gushaka kurya, ukanavura udukoko tw'inzira y'ibiryo (candidoses digestives).

Kubatwa n'inzoga: Vanga umukamato w'amababi na 500ml z'amazi ashyushye. Wongereho umutobe w'indimu 3. Unywa litiro 1 ku munsi, iminsi 15.

GASAHO (Asclepias physocarpa):

French: Asclepiade; English: wild cotton.

IMIZI:

Inkorora idacika igikororwa (bronchite): ikiyiko cy'ifu y'imizi muri litiro y'amazi ashyushye. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 8.

AMABABI:

Amashereka adahagije: ufata ibiyiko 3 by'ifu y'amababi ya gasaho n'igice cyo hejuru cya periploca linearifolia, uwinike muri litiro y'amazi ashyushye, unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 5.

IGITI:

Kuruka: Ibijojoba 30 by'amatembabuzi ya gasaho afungujwe 250ml z'amazi ashyushye. Unywe ikirahure 1, ubigire 3 ku munsi, iminsi 5.

Ibibyimba: ukamurira amatembabuzi ya gasaho ku kibyimba.

Intege nke mu kuryamana kw'umugabo n'umugore: vanga ibiyiko by'ifu y'igiti n'amababi bya gasaho muri litiro y'amazi ashyushye. Unywa ikirahure 1 ukabikora 3 ku munsi, iminsi 7.

INDARAMA (Basella alba):

French: Baselle blanche, epinard de chine; English: ceulon spinach.

AMABABI:

Gutuma umugore utwite agira ibise no kubyara neza: uteka indarama cyangwa ukayirya nka salade.

Umunaniro mu kuryamana kw'umugabo n'umugore: usekura amababi 3 mashyashya ukayinika muri 500ml z'amazi ashyushye. Uwo muti uwucamo ibice 2 ukabinywa mu munsi 1.

Ibisebe byo mu gifu no kongerera ubushobozi abasirikare b'umubiri ku bantu bafite ubwandu bwa virusi itera SIDA (HIV/AIDS): Teka, urye amababi y'indarama nk'imboga wikurikiranya, 3 mu cyumweru.

Kugabanya gusaza mu buryo bwihuse (equilibrer le liquide synoviale): urya imboga z'indarama kenshi.

Indarama ikize cyane ku myunyungugu itandukanye: potasiyumu **(K),** kalisiyumu **(Ca),** ubutare **(Fe),** zenke **(Zn),** seleniyumu **(Se),** manganeze **(Mn), inafasha abafite indyo nkene.**

INYABARASANYA (Bidens pilosa):

French: Bident poilu, coriope odorante; English: Black jack, Spanish needles.

AMABABI:

Umusonga: hekenya amababi 3 cyangwa 4 mu gitondo na nimugoroba, ukwezi 1.

Malariya: ufata umukamato w'amababi y'inyabarasanya (Bidens pilosa) n'uw'aya cyayicyayi n'uw'ay'umuyoka, ukabishyira muri litiro 2 z'amazi ashyushye. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Ubwandu bwo mu nzira z'inkari n'Imitezi (blennorragie: gonnorrhea): Uvanga umukamato w'amababi na litiro 1 y'amazi ashyushye, ukanywa ikirahure 1 buri nshuro, 4 ku munsi, iminsi 5.

Ibisebe: ukamura amatembabuzi y'amababi ku gikomere. Bituma amaraso atongera kuva.

Gusa n'umuhondo, uburwayi bw'umwijima, impyiko no kubabara mu rura runini (mu nda): umukamato 1 w'amababi, uvange na litiro

1 y'amazi abira, ubicanirane iminota 10. Uyungurure, unywe ikirahure 1 mu gitondo, 1 ku mugoroba, ukwezi.

Ubushye: umukamato w'amababi asekuye uyashyire ku bushye.

Anjine: ushyira ibijojoba byayo mu kanwa.

Abana bababara mu mara manini no kurya ibyakwangiza umubiri (intoxications alimentaires): Fata umukamato w'amababi uwutekane na litiro 1 y'amazi iminota 10, ukayiyinisha mu kibuno, ukananywaho ikirahure 1.

Ibihushi: wanika ibibabi bisekuye ukabishyira ku bihushi.

Kuva imyuna: ushyira uwo muti mu zuru.

Kurya ibyakwangiza umubiri (intoxications alimentaires): unywa amazi ashyushye washyizemo amababi y'inyabarasanya (Bidens pilosa).

Indwara z'umwijima utuma umuntu asa n'umuhondo (ictère): urya amababi y'inyabarasanya (Bidens pilosa).

Amibe: urya amababi akaranze y'inyabarasanya (Bidens pilosa) kenshi.

Amababi yayo akize ku butare **(Fe),** kalisiyumu **(Ca)** na zenke **(Zn).**

IGITABITABI (Blumea cristata, Laggera alata):

English: winged laggera

IMIZI:

Kubabara mu muhogo: uhekenya imizi ukamira amatembabuzi yayo.

Isepfu, kurya ibyakwangiza umubiri (intoxications alimentaires), gusohora imihango y'abagore itajyaga iza: uvanga ikiyiko 1 cy'ifu y'imizi n'amazi ashyushye 500ml. Unywaho gake gake amanywa yose bishire, uzabikore iminsi 3.

AMABABI:

Gute (goute), umusonga, agakwega, inzoka zo mu mara: usekura ibipfunsi 3 by'amababi, ukabyinika muri litiro y'amazi ashyushye. Ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

Gukanuka (kuva imyuna): usekura amababi mashyashya ukayomeka mu mazuru.

Kubabara mu gifu n'indwara zo mu buhumekero: uteka umukamato w'amababi mu mazi ukayarya nk'imboga.

Teniya: umukamato w'amababi uyasekure ukamure uyungurure uvange na 200ml z'umutobe w'ibitoki. Uwunywa utari warya 1 ku munsi, ukabigira 3, ukongera iyo udakize.

IGIHEHE (Bothriocline longipes)

IMIZI:

Ibisebe: umukamato 1 w'imizi uyanike, usekure, ifu uyivange n'amavuta avura bibe pomade, ujye usiga ku gisebe. Itonde mu gihe ubisarura kuko agafu gatumuka kava mu ndabo gashobora kumerera amaso nabi.

AMABABI:

Uburwayi bwo mu gifu n'amara na macinya: usekura umukamato w'amababi y'igihehe, uw'ishikashike n'uw'ay'umunyuragisaka (umuhe), uyishyire muri litiro 2 z'amazi. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire), kwicara mu nda k'umwana wenda kuvuka (position siège du foetus): Umukamato w'amababi uwusekure, uvange na litiro y'amazi atetse. Unywa ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 3.

Charbon (amashamba) (amashamba): imikamato 2 y'amababi, uyasekure, uvange na litiro 2 z'amazi akonje atetse, uyungurure, unywe ikirahure 1 mu gitondo, 1 nijoro, iminsi 3.

IKIROGORA (Brillantaisia cicatricosa):

AMABABI:

Bwaki: usekura amababi y'ikirogora n'amababi yoroshye ya Dicloptera colonata. Ukabivanga na litiro y'amazi ashyushye, ukajya unywa ikirahure 1 buri nshuro, ubikore 3 ku munsi, iminsi 5.

Kurumwa n'inzoka: amababi atarakomera muri litiro y'amazi ashyushye. Unywa ikirahure 1 buri nshuro, ubikore 3 ku munsi.

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire): usekura amababi ukayabiza muri litiro y'amazi yatuye, ujye unywa ukiri akazuyaze, ikirahure 1 buri nshuro, ubikore 3 ku munsi, iminsi 5.

Kubabara mu gifu, ibisebe byo mu gifu, imivurungano mu gifu n'amara, kurya ibyakwangiza umubiri (intoxications alimentaires): winika imikamato 2 y'amababi asekuye muri litiro y'amazi ashyushye, ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Ubwandu bw'imirerantanga n'imiyoborantanga y'abagore (annexite): Umukamato w'amababi y'ikirogora n'uw'ay'umuravumba. Uyasekure uyinike mu mazi make y'akazuyaze uyiyinishe muri nyababyeyi ukoresheje umupira wabigenewe, inshuro 2 ku munsi. Iki kimera gikize cyane kuri aluminiyumu **(Al),** kalisiyumu **(Ca),** potasiyumu **(K)** na manganeze **(Mn).**

ICUNGA (Canavalia gladiata):

French: Pois sabre.

AMABABI:

Uburozi wamize (les empoisenements): Uteka umukamato w'amababi muri litiro y'amazi. Ukanywa ikirahure 1 buri nshuro, inshuro 3 ku munsi, iminsi 6.

Indwara y'ibere, ibibyimba n'ibishyute: amababi akaranze kandi avungaguye avanze n'amavuta y'inka atarimo umunyu uyasigeho.

Igicuri (Epilepsie) : sekura imikamato 2 y'amababi y'icyatsi cyitwa **icunga (Canavalia gladiata)** n'imizi y'ubuhumuraneza n'amababi **y'umutagara (crassocephalum mannii**), ubiteka muri litiro y'amazi. Uyungururure, urwaye anywe ikirahure 1 buri nshuro, 3 ku munsi, iminsi 15.

IMBUTO:

Kurumwa n'inzoka: impeke y'icyatsi cyitwa **icunga (Canavalia gladiata),** uyisature womeke aho inzoka yarumye; ubumara buva mu mubiri nk'aho ukoresheje ibuye ry'umukara (**pierre noire).**

Ibisebe bya kanseri: Usekura imbuto, uzivanga n'amavuta. Wogesha kuri ibyo bisebe umuti wica udukoko (désinfecter les plaies), amavuta uyasige aharwaye ku bisebe 2 ku munsi, ibyumweru 2.

UMUBOGORA (Cardiospermum halicacabum)

French: Liane poc-poc, pois de coeur.

AMABABI:

Indwara z'uruhu: Tsirima ku ruhu amababi mashyashya wavungaguye.

Kubyimbagirana (oedèmes): winika imikamato 2 y'amababi avungaguye muri litiro y'amazi. Unywa 500ml ku munsi.

Asima (amahwima), ibihaha byabyimbyemo amazi [pleurosie], macinya, impiswi, imyivumbagatanyo y'inzira z'uhumekero n' umuriro mwinshi mu mubiri: Ikiyiko cyuzuye cy'ifu y'amababi uvange na litiro y'amazi ashyushye. Unywe ikirahure 1 buri nshuro, 3 ku munsi.

Umuhaha (otite) uzana amashyira mu gutwi: sekura amababi mashyashya wayaronze ukamurire ibijojoba 2 mu gutwi, 2 ku munsi.

Gukanuka (kuva imyuna): usekura amababi y'umubogora umaze kuyaronga, ugakamurira ibijojoba 2 mu zuru.

Imidido (éléphantiasis): Fata ikiyiko cy'ifu y'amababi y'umubogora uvange na litiro y'amazi ashyushye. Unywa ikirahure 1 buri nshuro, 3 ku munsi. Noneho ugatwika igikeri maze ivu ryacyo ukarivanga n'amavuta ya Lebrunia. Ugasiga ku midido iminsi 30.

IGIHWARARA = IKIGEMBEGEMBE (Carduus nyassanus)

French: chardon.

AMABABI:

kurya ibyakwangiza umubiri (intoxications alimentaires), kurumwa n'inzoka: sekura ikibabi uvange na 200ml z'amazi ashyushye. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 10 ikurikirana.

Ibisebe byo mu gifu: usekura umukamato w'amababi y'igihwarara (ikigembegembe) n'umukamato w'inyabarasanya (Bidens pilosa), ubyinike muri litiro y'amazi ashyushye. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 15.

Ubushye: ukamura amatembabuzi y'amababi mashyashya asekuye ku bushye.

Kongerera ubushobozi abasirikare b'umubiri ku bantu bafite ubwandu bwa virusi itera SIDA (HIV/AIDS): vanga ibiyiko 2 by'ifu

y'amababi y'igihwarara n'ibiyiko 2 by'ifu ya magaru **(Hypoestes triflora)**. Ubyinike muri litiro 2 z'amazi ashyushye, uyanywe umunsi wose, iminsi 10 kugera ku minsi 15.

AGATI:

Ibisebe bya kanseri: umuti wakamuye mu giti cy'igihwarara uwushyira ku gisebe.

Amababi akize kuri kalisiyumu **(Ca),** zenke **(Zn),** na manyeziyumu **(Mg).**

IPAPAYI (Carica papaya)

French: papayer

AMABABI:

Malariya, inzoka zo mu mara, uruhu rw'umuhondo: umukamato w'amababi mashyashya uwuvange na litiro y'amazi ubitogose iminota 5. Unywe ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

IMIZI:

Imitezi (blennorragie: gonnorrhea): umukamato 1 w'imizi n'undi 1 w'amababi by'ipapayi, n'undi w'amababi y'**inyabarasanya (Bidens pilosa)**. Ubitekana na litiro y'amazi, uyungurure, uvange na litiro y'umutobe w'indimu. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 15.

INDABO:

Inkorora: fata umukamato w'indabo n'umukamato w'imizi ubisekure. Ubiteke muri litiro y'amazi bibire iminota 5. Uvange na litiro 1 y'ubuki, unywe ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

IMBUTO:

Macinya iterwa n'amibe, inzoka zo mu mara: Anika ku zuba ridakaze imbuto **z'ipapayi** zeze, iminsi 3, uzisekure. Unywa ibiyiko 2 by'ifu utaragira icyo urya, 1 ku munsi, iminsi 10.

UMUHORE W'IPAPAYI:

Umwijima urwaye virusi (hepatite virale): Usekura umuhore w'ipapayi yenda guhisha ukayisekurana n'uduti 3 tw'**uruheza** dufite amababi. Ubivanga n'amazi ashyushye litiro 2. Unywa litiro 1 ku manywa hose, iminsi 30.

Gukura amashyira mu gisebe: Ukeka ipapayi mbisi ukayomeka ku gisebe. Ukayisimbuza buri masaha 2. Iyo wumvise bigeze ubwo urimo kubabara umenya ko amashyira ashizemo.

Umuhore w'ipapayi ufite **vitamine A, B** na **C**. Utubuto twayo dufite sufure **(S),** zenke **(Zn)** na manganeze **(Mn).**

UMUCUNGWE (Celosia trigyna):

French: Célosie rouge, celosie.

AMABABI:

Teniya n'izindi nzoka zo mu mara: Winika umukamato w'amababi asekuye muri litiro 1 y'amazi atetse yahoze. Ushyire uwomuti ku zuba amasaha 6. Uwuyungurure, unywe ikirahure 1 buri nshuro, 2 ku munsi utari warya, iminsi 4. Umwana anywa igice cy'ikirahure buri nshuro, 2 ku munsi, iminsi 4.

Kurumwa n'inzoka: Winika umukamato w'amababi asekuye muri litiro 1 y'amazi atetse ahoze. Ukawushyira ku zuba amasaha 6. Ukayungurura, ukanywa ikirahure 1 buri nshuro, 2 ku munsi buri gihe utari warya, iminsi 7.

Amababi yawo akize cyane kuri **vitamine A, B, C**.

GUTWIKUMWE (Centella asiatica):

French: Herbe boileau; English: Indian pennywort, waternavel wort.

AMABABI:

Ibimeme n'ibisebe byo ku ruhu: Ushyira umukamato w'amababi mu mazi ari kubira, ukayogesha ku ruhu, inshuro 2 ku munsi.

Indwara y'umwijima, igifu gifite aside nyinshi n'amibe: Fata umukamato w'amababi uwushyire muri litiro 1 y'amazi ashyushye. Unywe ikirahure 1 buri nshuro, 3 ku munsi, iminsi 9.

Ibisebe: wanika gutwi kumwe yose ukayisekura ukajya ushyira iyo fu ku bisebe, 2 ku munsi.

UMUSHYIGURO (Chamaesyce hirta):

French: Euphorbe indienne, rougette; English; Asthma weed.

IKIMERA CYOSE:

Macinya iterwa n'amibe na Asima (amahwima); Togosa 15-30g z'umushyiguro mushyashya muri litiro 1 y'amazi, iminota 10. Uyungurure, unywe ikirahure 1 buri nshuro, 2 ku munsi, iminsi 15.

Amashereka adahagije: Sekura amababi mashyashya y'umushyiguro, uyomeke ku moko z'amabere amasaha 6. Kandi muri icyo gihe uvange ibiyiko 3 by'ifu y'inzuzi n'ikirahure 1 cy'amazi ubinywe. Ubikore iminsi 3.

Uburemba (impuissance sexuelle): Imikamato 2 y'amababi y'umushyiguro, uyatapfune wayavanze n'umukamato w'ubunyobwa bwumye budatetse, n'utubuto 20 tw'ipapayi, ubikore inshuro 2 ku munsi, iminsi 30.

Ishaza ryo mu jisho (cataracts): shyira ikijojoba 1 muri buri jisho, 2 ku munsi, iminsi 10.

Macinya: fata kimwe cya kane (1/4) cy'umukamato w'imizi y'ipapayi, ¼ cy'umukamato w'amababi y'umushyiguro, ¼ cy'amababi y'ipera, ¼ cy'umukamato w'ibishishwa by'igiti cy'umwembe na ¼ cy'amababi y'umwembe. Uyisekure, uyanike, uyiteke muri litiro 1 y'amazi unywe ½ cy'ikirahure mu gitondo, ½ nimugoroba, iminsi 7.

UBUHUMURANEZA, AGASENDABAZIMU (Chenopodium ambrosioides):

French: thé de Mexique, Chénopode, anserine; English: Jesuits tea, Mexican tea.

AMABABI:

Inzoka zo mu mara: winika umukamato 1 w'amababi mu mazi ashyushye 500ml. Unywa ikirahure 1 mu gitondo, 1 nijoro, iminsi 5.

Ububabare bwo mu mura (les douleurs utérines): woza amababi ukoresheje amazi atetse, ukayasekura. Ucengeza akabumbe k'ayo mababi mu gitsina.

Umuriro mwinshi mu mubiri mu mubiri: uvanga uwo muti n'amazi ashyushye ukabyiyukisha wipfukiranye iminota 10.

Kuva amaraso mu mazuru: uteka umukamato w'amababi mashyashya muri litiro y'amazi. Uwunywe buri munsi ikirahure 1, iminsi 3.

Kuva imyuna (gukanuka): ushoreza (priser) ifu y'amababi.

Umura uva amaraso (hémorragie utérine)w'umugore ugiye gucura (métrorragie de la ménopause): vanga ikiyiko 1 na litiro y'amazi ashyushye. Unywe ½ cy'ikirahure buri nshuro, 2 ku munsi, iminsi 7.

UMUGOMBE (Chenopodium ugandae)

French; Ansérine de l'Ouganda, chénopode blanc.

AMABABI:

Kanseri y'amaraso (kwiyongera gukabije kw'insoro zera) no kwiyongera kw'insoro ntuku (leucémie et hyperglobulinémie): Sekura imikamato 2 y'amababi mashyashya y'umugombe uyinike muri litiro 1 y'amazi ashyushye. Ukomeza kuwunywa umunsi wose, iminsi myinshi.

Iseru (rougeole): wuhagiza umwana amazi winitsemo amababi mashyashya y'umugombe kandi ukamwina mu kibuno 1 ku munsi.

Kugabanya ubwaguke bw'igitsina cy'umugore wabyaye: ubumbira hamwe amababi y'umugombe asekuye ukayohereza mu gitsina.

Gusohoka k'umura, ibibyimba byo mu mura (uterus prolapsus and myoma): sekura umukamato w'amababi y'ikizimyamuriro **(Gynura scandens)** n'uw'ay'umugombe n'uw'ay'umunyuragisaka (umuhe) **(Microglossa pyrifolia)**. Utekana iyo miti na litiro 2 z'amazi. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 10 mu kwezi, kugeza igihe uzakirira.

Macinya, inzoka zo mu mara, impiswi, imyivumbagatanyo yo mu gifu no mu mara: usekura imikamato 2 y'amababi ukayateka muri litiro y'amazi. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

Indwara z'uruhu: wogesha aharwaye umugombe watekanye n'amazi.

KENKINA (Cinchona officinalis)

French: Quinquina; English: cinchona tree

IBISHISHWA BY'IGITI:

Kumva udashaka kurya (l'anorexie): Togosa akayiko gato k'ifu y'ibishishwa by'igiti cya kenkina muri litiro y'amazi iminota 10. Ujye unywaho ikiyiko 1 buri gihe mbere yo kurya.

ICYITONDERWA: Uyu muti ntunywebwa n'abarwaye diyabete.

AMABABI:

Malariya: Umukamato w'amababi kuri buri kimera muri ibi bikurikira: kenkina, **inturusu mayideni (Eucalyptus robusta),** umucyuro (**UMUBAGABAGA= Senna didymobotrya)**, umuravumba **(Tetradenia riparia)**. Ubisekure, ubitekane na litiro 4 z'amazi iminota 15, ukabyiyukisha iminota 5 wipfukishije ikiringiti, ibyuya bigasohoka mu mubiri, ubikore iminsi 3. Unywa ikirahure 1 buri nshuro, 3 ku munsi.

UMUHURURA URANDARANDA (Cissampelos mucronata)

IMIZI:

Imisuha (hernie= hernia): teka imikamato 2 y'imizi muri litiro y'amazi, ujye unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 15.

AMABABI:

Imitezi (blennorragie: gonnorrhea), kurumwa n'inzoka, malariya: Umukamato w'amababi utekane na litiro y'amazi. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

AMATEMBABUZI Y'UMUHURURA (Sève):

Anjine n'ubugendakanwa (angine et amygdalites): Fata amababi n'imizi ukamuremo amatembabuzi, uyavange n'ikiyiko1cya gikukuru. Ujye unywa ibiyiko 2 buri nshuro, 3 ku munsi, iminsi 7.

Amababi akize ku butare **(Fe),** manganeze **(Mn),** vanadiyumu **(Va),** aluminiyumu **(Al),** kolore **(Cl),** kalisiyumu **(Ca),** Borome **(Br),** sodiyumu **(Na),** potasiyumu **(K),** ceziyumu (**Ce), antimwane** na **rubidiyumu.**

ISOGI (Cleome gynandra):

French: Herbe-araignée

IMIZI:

Umuhaha (otite): Fata umukamato w'imizi y'isogi, uyironge, uyisekure, ukamure, ushyire ikijojoba 1 mu gutwi kurwaye buri gitondo na buri mugoroba, iminsi 7.

AMABABI:

Umugongo ubabara (Lombalgie): umukamato w'amababi y'isogi, uyasekure uyomeke ku rutirigongo rwose hagati y'iminota 15 na 18 ntuyirenze. Inshuro 1 gusa ntuyirenze.

Aside nke mu maraso (hypo-acidité): rya ibiryo birimo isogi uko ushaka.

INDABO:

Ibibyimba, ibisebe (abcès et les plaies infectées): Fata umukamato w'indabo, uwusekure, womeke aharwaye, buri munsi kugeza ukize.

UMUKUZANYANA (Clerodendrum myrcoides):

French: clerodendron

AMABABI:

Kubabara umwakura wo ku nyonga y'itako (ciatic nerve pain): Sekura umukamato w'amababi y'umukuzanyana n'uw'inyabarasanya **(Bidens pilosa)**. Ubyinike muri litiro y'**umutobe w'indimu**. Uwunywe amanywa yose, iminsi 10. Utsirime ahababara ibyo bikatsi byawo bishyushye buri mugoroba.

Kurumwa n'inzoka: sekura umukamato w'amababi n'undi w'imizi. Uyinike muri litiro y'amazi. Unywe ikirahure 1 buri nshuro, 3 ku munsi, iminsi 10.

Guhagarika kubyara ukoresheje ibyaremwe (natural contraceptive): Ukoresha alukoro yabigenewe ikavana umuti mu mababi y'umukuzanyana, umugore akawunywa kenshi mu gihe cy'uburumbuke.

Indwara zandura zo mu kanwa z'abana: sekura umukamato w'amababi y'umukuzanyana n'undi w'ay'umunyuragisaka (umuhe), wogeshe mu kanwa umubumbe w'iyo miti yombi, mu gitondo na nimugoroba.

IMIZI:

Kubabara mu gatuza (douleurs de la poitrine): fata umukamato w'imizi uyitekane na litiro y'amazi. Unywe umunsi wose ishire, ubikore iminsi 5.

Impiswi: ikiyiko 1 cy'ifu y'imizi uyivange na 500ml z'igikoma cy'amasaka (utayabonye wakoresha uburo). Uwunywe amanywa yose ushire, uzabikore iminsi 5.

Macinya iterwa n'amibe, inzoka zo mu mara, ibijagu, anjine, Impatwe (constipation) : fata imikamato 2 y'imizi, uyisekure, uyibize muri litiro 1 y'amazi. Ujye unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

Inkorora, anjine, ubugendakanwa (toux, angines et amygdalites): fata 5cm z'imizi y'umukuzanyana, uwuhekenye umire amatembabuzi yawo.

Umutwe ubabara cyane uruhande rumwe (migraines): sekura 5cm z'imizi, uwomeke mu gahanga, uyihatsirimishe cyane.

Malariya (paludisme), malariya yo mu bonko (malaria cérébrale), uburozi (les empoisennements): fata umukamato w'amababi n'imikamato 2 y'imizi. Ubisekure, uvange na litiro 2 z'amazi atetse yahoze. Ujye unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

URUTEJA (Commelina Africana)

French: herbe cochon; English: blue wandering grass.

AMABABI:

Kurya ibyakwangiza umubiri (intoxications alimentaires): umukamato w'amababi uyanike yume, ikiyiko 1 cy'ifu yayo ukivange n'amazi y'akazuyaze mu kirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, unywa.

Igifu gifite aside irenze urugero (hypergastralgie): sekura umukamato w'amababi, wanike ku zuba. Ufata ikiyiko 1 ukakivanga n'ikirahure 1 cy'amazi y'akazuyaze buri nshuro, 3 ku munsi.

Uburozi (l'empoisennement): hekenya amababi 2 cyangwa 3 buri gitondo na buri mugoroba, amezi 4.

Kurumwa n'inzoka cyangwa indi nyamaswa ifite ubumara (morsure de serpent ou animal vénimeux): fata umukamato w'amababi, uyasekure womeke aho yarumye, ubikore iminsi 5. Nyuma urakomeza ukajya ubikoresha.

Impyiko zangiritse (inflammations des reins): fata imikamato 2 y'amababi uyateke muri litiro 1 y'amazi. Unywa iyo litiro amanywa yose, ubikore iminsi 15.

URURENDA:

Ibihushi n'izindi ndwara z'uruhu (teigne et autres dermatoses): shyira ururenda rw'uruteja washwanyaguje aharwaye.

Ibisebe: shyira ururenda rw'uruteja ku bisebe.

AGATI K'URUTEJA:

Imihango y'abagore itameze neza (les troubles de menstruation): Uvanga 100g z'**uruteja rwose** uko rwakabaye na ¼ cy'ikirahure **cy'amatembabuzi y'ipapayi** (amata y'ipapayi) itarahisha ngo ibe umuhondo. Ubishyire muri litiro 2 z'amazi arimo kubira, bimaremo iminota 5, ukayungurura, ukanywa ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 12.

URUJENONE (Conyza sumatrensis)

French: Vergerette du Canada.

AMABABI:

Indwara z'uruhu ziterwa n'uduhumyo (mycoses): unyuza amababi ku muriro akanya gato ukayasekura, ukayomeka ku ruhu aharwaye. Amababi afite **iyode (I_2).**

Amibe: fata imikamato 2 y'amababi atoshye uyasekure, uyashyire muri litiro 1 y'amazi ashyushye. Unywa 125ml buri nshuro, unywe inshuro 4 ku munsi, iminsi 7.

Ibisebe byo jisho: shyira mu jisho ibijojoba 2 ku munsi, iminsi 5.

Kudwingwa n'udukoko ukabyimbirwa: Vuguta amababi uyatsirime ahadwinzwe.

Anjine: Unywa umuti wakamuwe mu mababi y'urujenone.

Umuriro mwinshi mu mubiri utewe na malariya, tifoyide (thyphoide), Umutima uteragura(palpitations cardiaques): utekana amababi umukamato na litiro y'amazi. Ukajya unywa ikirahure 1 buri nshuro, unywe inshuro 2 ku munsi, iminsi 7.

Umutwe ubabara w'uruhande rumwe (migraines) no kubabara imitsi y'ubwonko = imyakura (nevralgies): Omeka amababi n'uduti bisekuye ku gahanga cyangwa ugashyira ibijojoba 2 by'amababi mu jisho kugeza ukize.

Inkorora y'igikororwa kidacika (bronchitis) n'inkoro y'igikororwa gicika: Sekura umukamato w'amababi y'urujenone n'umukamato wa bwunyubwanyamanza, uyivange n'ikirahure 1 cy'umutobe w'indimu. Unywa ikirahure 1 cy'urwo ruvange ku munsi 1, iminsi 5.

Amababi y'urujenone arimo iyode **(I_2)** na potasiyumu **(K).**

IGIFURANINDA (Crassocepharum montuosum)

AMABABI:

Kurya ibyakwangiza umubiri (intoxications alimentaires) gitera ibise umugore ngo abyare: Uronga imikamato 2 y'amababi, ukayinika muri litiro y'amazi, ukanywa ikirahure 1 kuri buri nshuro, inshuro 3 ku munsi, iminsi 5.

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire): Uteka litiro y'amazi irimo 500g z'igifuraninda kidafite imizi. Ukayungurura ukanywa ikirahure 1 buri nshuro, inshuro 3 ku munsi.

IGIFURANINDA CYOSE:

Kuva amaraso: utekana litiro 1 y'amazi na 500g z'igifuraninda. Ukayungurura ukanywa ikirahure1 buri nshuro, ukanywa inshuro 3 ku munsi, **igifuraninda kibuza amaraso kuva mu buryo ubwo aribwo bwose**.

Ibisebe: ukamurira igifuraninda ku gisebe.

ISUNUNU (Crassocephalum vitellinum)

AMABABI:

Atera umugore kubyara neza: umukamato 1 w'amababi muri litiro y'amazi, ukabibiza iminota 5. Ukayungurura ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba.

Uburwayi bw'umwijima: Utekana umukamato w'amababi na litiro y'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba, iminsi 15.

Kurumwa n'inzoka: Usekura imikamato 2 y'amababi y'isununu n'umukamato 1 w'inyabarasanya (Bidens pilosa). Ukavanga na litiro 2 z'amazi. Unywa 75cl=750ml kuri buri nshuro, unywe inshuro 2 ku munsi (=1500ml), iminsi 7.

Ibibyimba n'igisebe cy'umufunzo: ufata amababi y'isununu n'ay'umucundurarweru, ukayasekura ukayomeka ku gisebe cyangwa ku kibyimba.

Ubwandu bw’inzira z’inkari: ufata umukamato w’amababi y’isununu n’undi wa cyayicyayi ukabiteka muri litiro y’amazi. Ukayungurura ukanywa ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 10.

IGIFASHI (Cyanthula uncinulata)

French: klits

AMABABI:

Ubugumba bw’abagore (stérilité des femmes): Hagati y’umunsi wa 10 n’uwa 18 y’uburumbuke bw’umugore, ufata imikamato 3 y’amababi ukayatogosa muri litiro 1 y’amazi iminota 10. Ukayungurura, ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 12. Ni umuti uvura ubugumba rwose.

Kurumwa n’inzoka: imikamato 2 y’amababi mashyashya uyiteka muri litiro 1 y’amazi ukawunywa amanywa yose, ukabikora icyumweru 1.

Ibimeme: uvuguta amababi mashyashya y’igifashi ukayavanga n’amavuta, ukajya uyasiga ku bimeme umaze kwoga no kwihanagura.

Indwara z'ubuhumekero n'inkorora: ufata umukamato 1 w'amababi mashyashya ukayatekana na litiro1 y'amazi. Ukanywa ikirahure1 buri nshuro, 3 ku munsi, iminsi 5.

Ibisebe: amababi urayaronga neza ukayasekura ukayomeka ku bisebe nk'aho ari igipfuko. Igifashi gifite manganeze **(Mn),** kalisiyumu **(Ca),** ubutare **(Fe).**

IKIBOMBWE (Cyphostemma adenocaule)

IMIZI:

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire), kwitambika k'umwana mu mura w'umugore: Uronga umukamato w'imizi y'ikibombwe ukayiteka muri litiro 1 y'amazi. Ukanywa ku manywa yose, uzabikore iminsi 3.

Ibishyute n'ibibyimba: usekura imizi ukayomeka aharwaye.

Uburibwe bwo mu miyoborantanga y'umugore, imihango iryana kandi idashyitse (dysménorrhée) (dysmenorrhea) n'umura uva amaraso (hémorragie utérine) igihe kitari icy'imihango (ménomètrorragies): usekura umukamato w'imizi n'umukamato w'amababi ukabiteka muri 500ml z'amazi, umurwayi akawunywa amanywa yose, azabikore iminsi 7.

AMABABI:

Igicuri (Epilepsie): winika imikamato 3 y'amababi asekuye muri litiro y'amazi. Ukanywa ikirahure 1 buri nshuro, 3 ku munsi.

Ni imboga: amababi atekwa nk'ay'izindi mboga zisanzwe (amaranthes …) ukazirisha ibindi biryo.

RWIZIRINGA (Datura strammonium)

French: pomme épineuse, stramoine, trompette du diable; English: angel’s trumpet.

AMABABI:

Kubabazwa n’imbori z’inzuki: utsirima amababi 2 cyangwa 3 mashyashya aho inzuki zadwinze. Ayo mababi avura uburibwe ku rwego rukomeye cyane. Ariko ugomba guhita ukaraba intoki ukimara kubikoresha kuko byaguteza akaga ubaye ubimize.

Gucukuka kw’amenyo (carie dentaire): usekura umukamato w’amababi mashyashya ukayafunguza amazi y’akazuyaze mu kirahure. Ukayajundika mu kanwa uyacunduguturamo inshuro 3 ku munsi. Ntumire na gake cyane kuko bishobora no kukwica.

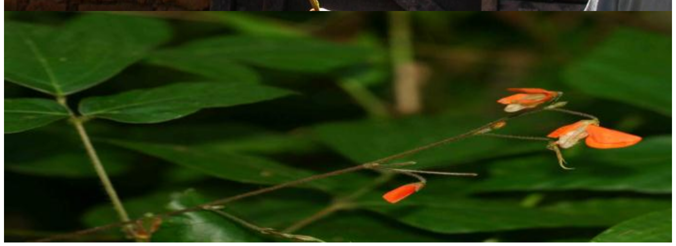
Kworoshya urugendo rurerure cyane rw’amaguru: ushyira amababi mu nkweto wambaye.

IMBUTO:

Uburwayi bw’uruhago: ufata imbuto 15 zumye, ukazisekura, ukavanga ibiyiko 2 n’ikirahure cy’amazi ukabiteka bikabira. Ukanywa ikirahure 1 mu gitondo, 1 ku mugoroba, iminsi 5.

UMUVUMBURANKWAVU, ITUZA (Desmodium repandum)

French: Desmodie



AMABABI:

Umura uva amaraso (hémorragie utérine)k’umugore mu gihe kitari icy’imihango, ibibazo by’ubwonko ndetse n’umunaniro wo mu bwonko (surmenage): utekana umukamato w’amababi n’ibirahure 2 by’amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 6.

Ubugumba bw’abagore (stérilité des femmes), ibibyimba byo mu mura, Imihango iryana kandi idashyitse (dysménorrhée) : ufata imikamato 2 y’amababi mashyashya y’umuvumburankavu (ituza), umukamato 1 w’imizi y’urukararambwe, n’umukamato w’amababi y’umunkamba ukayishyira muri litiro 1 y’amazi ashyushye. Ukayinywa amanywa yose, ubikore iminsi 10.

Kubabara mu mara manini ku bana bacyonka (icyo munda): usekura amababi mashyashya ukayakamurira ku kayiko gato 1 ugaha umwana, inshuro 2 ku munsi.

Kubyara neza no gukiza kuva amaraso k’umugore utwite (kurenza ku nda): ufata imikamato 2 y’amababi mashyashya ukayiteka muri 500ml z’amazi, ukanywa amanywa yose.

UMUBUZA (Dichrocephala integrifolia)

AMABABI:

Ijisho rirwaye agace karyo k'inyuma (conjonctivite) rikazamo n'imirishyi: ushyira ikijojoba mu jisho, 3 ku munsi, iminsi 5.

Kuva amaraso mu zuru: ufata umukamato w'amababi y'umubuza n'umukamato w'amababi n'indabo by'ishenyanguzi (ubushwima). Ubiteka muri litiro y'amazi. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5, ukanomeka mu mazuru amababi mashyashya y'umubuza asekuye.

Umuhaha (otite) wo mu gutwi uzana amashyira: ushyira ibijojoba 2 mu matwi arwaye buri munsi.

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire): ahekenya amababi 5 y'umubuza akamira amazi yawo.

Macinya n'inzoka zo mu mara: usekura amababi y'umubuza n'ay'akaziraruguma ukayifunguza amazi make atetse ukawunywa.

Ubugendakanwa: usekura amababi y'umubuza n'ay'umunyuragisaka (umuhe) ugakamuramo amazi yayo, ukawukaraza mu kanwa no mu muhogo.

UMUBUZA WOSE UKO WAKABAYE:

Kuvura ubwandu bwo mu matwi: ushyira ikijojoba 1 cy'umubuza ukamuye mu matwi, ubigire 3 ku munsi.

Umusonga (les points de côté): winika umukamato w'umubuza uko wakabaye muri litiro y'amazi, ukanywa igice cy'ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 5.

BWUNYUBWINTAMA ITARANDARANDA = IKINYANGOMBE (Dissotis brazzae)

AMABABI:

Amaraso akennye (anemia): usekura umukamato w'amababi, ukayateka muri litiro y'amazi ukawunywa amanywa yose.

Guteragura k'umutima, ururenda rukabije rwo mu gitsina cy'umugore (excès du glaire vaginal): usekura umukamato w'amababi ukayashyira mu mazi litiro ukayanywa amanywa yose.

Uburwayi bw'umutima n'umuvuduko ukabije w'amaraso: usekura imikamato 2 y'amababi ukayashyira mu gice cya litiro y'amazi ashyushye (500ml). Ukawunywaho 4 ku munsi (125ml buri nshuro 1), iminsi 5.

Umunaniro w'umubiri muri rusange: umukamato w'amababi uwuvange na litiro y'amazi ashyushye. Uwunywa amanywa yose, uzabikore iminsi 5.

Amahumane (les eruptions cutanées): usekura amababi ukayavanga n'amavuta ya lebrunia, ukayasiga ku ruhu.

IMBUTO:

Kurumwa n'inzoka: uhekenya imbuto za bwunyubwintama cyangwa ugasekura umukamato w'amababi yayo ukayinika mu mazi make ukayanywa kenshi. Iki kimera gikize ku butare **(Fe),** kalisiyumu **(Ca),** na **vitamine A** na **C**.

UMUHATI (Dracaena afromontana)

French: Dracene de montagnes

IMIZI:

Uburwayi bw'amenyo (algies dentaires): ubiza umukamato 1 w'imizi muri litiro y'amazi iminota 5, ukogesha amenyo ayo mazi buri gitondo na nijoro kugeza ubwo amenyo atakibabara.

IBISHISHWA BY'IGITI:

Amenyo atoboka (carie dentaire): usekura ibishishwa by'igiti ukabyomeka ku ryinyo rirwaye.

Inkorora ikaze n'iyoroshye (bronchitis and cough): ufata umukamato w'ibishishwa by'igiti cy'umuhati, n'umukamato wa bwunyubwanyamanza ukabisekura. Ukavanga n'umutobe w'indimu 2 nini. Wongeramo ikirahure cy'amazi ukayungurura. Unywa ikirahure 1 ku munsi, iminsi 5 kugeza ku minsi 7.

Kuvunika: sekura kandi wanike ibishishwa by'igiti n'iby'imizi y'umuhati. Uvange iyo fu n'amavuta y'amagaja (= y'ikibonobono (Ricinus communis)), ukajya uyasiga ahavunitse.

AMABABI:

Kubabara mu mpyiko no kubabara urimo kunyara: usekura umukamato w'amababi ukavanga na litiro y'amazi ashyushye, ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro,iminsi 7.

Impiswi: usekura umukamato w'amababi ukayinika muri 500ml z'amazi ukayungurura, ukanywa ikirahure 1 mu gitondo, 1 ku manywa, iminsi 5.

IGIHONDOHONDO (Dracaena steudneri)

French: Dracène arboré.

IBISHISHWA BY'IGITI:

Kokolishi: ufata umukamato w'ibishishwa by'igiti ukabiteka muri litiro y'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba.

Kanseri: uteka ibishishwa by'igiti ukajya unywa ibirahure 3 ku munsi.

Gutoboka kw'amenyo: wogesha igishishwa cy'igihondohondo mu menyo.

Kuva k'umugore umaze kubyara: teka umukamato w'ibishishwa by'igihondohondo muri litiro y'amazi. Unywa ikirahure 1 buri nshuro, unywe inshuro 3 ku munsi.

Kuvura indwara z'uruhu: ufata igishishwa cy'igiti ukagisekura ukomeka aharwaye.

Imitezi (blennorragie: gonnorrhea), umwijima n'uruhago: uteka imikamato 2 y'ibishishwa muri litiro 3 z'amazi. Urayungurura ukanywa litiro 1 ku munsi, iminsi 7.

AMABABI:

Umuhaha (otite): usekura ikibabi kibisi ugashyira ibijojoba 2 by'uwo muti mu gutwi, 2 ku munsi, iminsi 5.

Imitezi (blennorragie: gonnorrhea) n'uburwayi bw'umura (métrites): ufata umukamato w'amababi atoshye n'umukamato w'ibishishwa, byose by'igihondohondo, ukabisekura ukabivanga na litiro y'amazi ashyushye. Uyinywe amanywa yose, uzageze ku minsi 5.

BWUNYUBWANYAMANZA (Drymaria cordata)

ICYATSI CYOSE:

Kuvura inkorora yanze gukira: umukamato 1 wa bwunyubwanyamanza, ukavanga na litiro 1 y'amazi n'ikiyiko 1 cya gikukuru, ukabibiza iminota 10. Unywa ikirahure 1 mu gitondo, 1 nimugoroba kugeza aho ukiriye.

Igituntu (tuberculose), amaraso yipfunditse (entorse), imvune n'inkorora: uteka imikamato 2 y'amababi muri litiro 1 y'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa na 1 nijoro, ibyumweru 2.

Ibishyute n'ibibyimba: usekura amababi ukayomeka ku bubyimba.

Umutwe ubabara: upfunyika amababi mu rukoma ukayotsa, ugakamura ukamira uwo muti cyangwa ukawujojobereza mu mazuru.

Umutwe ubabara uruhande rumwe: wiyukisha amazi washyizemo bwunyubwanyamanza.

Kubyara neza: ahekenye amababi gusa.

Uburwayi bwiyadukije bwo mu buhumekero: uteka imikamato 2 y'amababi muri litiro y'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, ibyumweru 2.

Guteragura k'umutima: Ushyira bwunyubwanyamanza muri litiro 1 y'amazi yatuye. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

UMUSANGE (Entada abyssinica)

French: Entrada africain.

IMIZI:

Ibisazi: usekura umukamato 1 w'imizi y'umusange, ukawuvanga na 250ml z'amaganga mashyashya y'inyana. Ugashyira ikijojoba cy'uwo muti muri buri zuru, rimwe gusa bikaba bihagije.

Impatwe (constipation): usekura imikamato 2 y'imizi ukayinika muri litiro y'amazi hamwe n'umukuzanyana ukawunywa 2 ku munsi (500ml buri nshuro), iminsi 4.

IMISOGWE:

Ivura indyo nkene (malnutrition): utwika imisogwe y'umusange. Ikiyiko 1 cy'ivu ryawo ukakivanga n'ibiryo by'abana n'abagore batwite.

IMBUTO Z'UMUSANGE:

Indyo nkene ikabije cyane (severe malnutrition): Ufata umukamato 1 w'imbuto ukazisekura, ukazibiza muri litiro y'amazi, iminota 10. Unywa ibiyiko 2 ku munsi, mu gihe cy'amezi 3.

Umusange ni kimwe n'ibinyamisogwe, ukungahaye ku nyubakamubiri (proteins) n'imyunyungugu (mineral salts).

Eriosema psoraleoides

IMIZI:

Umunaniro ukabije mu kuryamana kw'umugabo n'umugore: urya imizi mishyashya n'ubunyobwa bwumye budatetse.

AMABABI:

Ibisebe: ushyira amatembabuzi y'amababi ku gisebe.

Gutabuka kw'igitsina k'umugore (fissures labiales): ushyira amatembabuzi y'amababi ahangiritse.

Imitezi (blennorragie: gonnorrhea): umukamato w'amababi n'uw'imizi ubitogosanye na 500ml z'amazi, uwunywe amanywa yose, iminsi 5.

Uburwayi bw'uruhu (la gale): sekura amababi uvange n'amavuta y'ibimera, wogeshe aharwaye mu gitondo na nimugoroba.

Inzoka zo mu mara: utogosanya umukamato w'amababi asekuye na litiro y'amazi. Uwunywa ku manywa hose, iminsi 5.

MUSAGIMBEHE (Erucastrum arabicum)

AMABABI:

Indwara z'uruhu zituruka ku duhumyo (mycosis): utsirima amababi mashyashya aharwaye.

Impyiko zitayungururura amaraso neza no kubabara mu gifu: usekura amababi ukayategura nk'imboga ukazirya.

Sinezite (sinusitis): sekurana amababi ya musagimbehe imikamato 2 n'indi 2 y'amababi y'icyumya ugashyira ibijojoba 2 muri buri zuru buri munsi, iminsi 15.

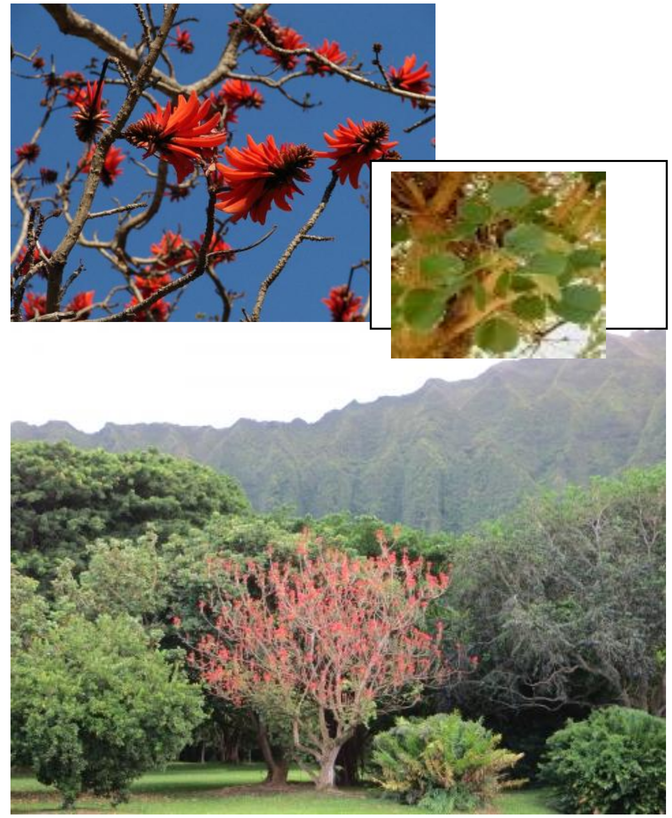
Kurwara mu kanironko k'akanwa (laryngite) n'inkorora: utegura umukamato w'ururabo rwa musagimbehe muri litiro y'amazi yaseruye, ugashyiramo ubuki ukanywa uko ushaka.

MUSAGIMBEHE YOSE UKO YAKABAYE:

Kuvura ibibyimba n'ibishyute: usekura icyo cyatsi cyose kidafite imizi ukomeka uwo mubumbe ku bibyimba. Kirahagije ngo gikuremo amashyira. Musagimbehe ikungahaye kuri sufure **(S),** fosifore **(P),** manyeziyumu **(Mg)** no kuri **vitamine B.** Iribwa nk'imboga.

UMUKO (Erythrina abyssinica)

French: arbre à corail, flamboyant, erythrine.



IMIZI:

Gutoboka kw'amenyo: usekura imizi y'umuko n'amababi y'ipapayi. Winika 100g z'urwo ruvange n'amababi 3 y'umuko muri litiro 1 y'amazi, uyungurure, uyogeshe amenyo. Cyangwa ukomeka igishishwa cy'igiti cy'umuko ku ryinyo.

Umunaniro ukabije mu kuryamana k'umugabo n'umugore: gufata umukamato w'imizi y'umuko n'umukamato w'igishishwa cy'igiti cya spathodea campanulata= tulipier du Gabon n'imikamato 2 y'umushyiguro (Chamaesyce hirta =euphorbe indienne ou

rougette). Ubitekane na litiro 2 z'amazi, unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 8.

Imisuha (hernia): usekura imizi y'umuko ukayomeka ahababara iminota 10.

Umugongo ubabara: usekura umukamato w'ibishishwa by'imizi ukavanga n'amazi ashyushye, yaba akazuyaze ukayiyinisha mu kibuno.

IBISHISHWA BY'IGITI CY'UMUKO:

Ibisebe binyenya: utwika ibishishwa by'umuko ukavanga ibiyiko 5 by'ivu ryabyo n'icupa ry'amavuta, bikaba pomade, ukajya usiga ku bisebe.

Imihango iryana kandi idashyitse (dysménorrhée) : uteka umukamato w'ibishishwa by'igiti muri litiro y'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 6.

AMABABI:

Indwara zo mu kanwa z'abana (muguets): wogesha ikibabi cyoroshye cy'umuko mu kanwa.

UMUVUMU (Ficus exasperata):

French: Figuier, papier de verre; English: wild fig.

IBISHISHWA BY'IGITI:

Imitezi (blennorragie: gonnorrhea): uteka umukamato w'ibishishwa by'igiti muri litiro y'amazi. Unywa ikirahure buri nshuro, 3 ku munsi, iminsi 6.

AMABABI:

Inzoka zo mu mara na amibe: Umukamato 1 w'amababi, uwusekure, uvange na litiro 2 z'amazi. Unywa ikirahure 1 mu gitondo, 1 nijoro, iminsi 3 umaze kubitogosa iminota 10 no kubiyungurura.

Impiswi: utunganya umukamato 1 w'amababi yoroshye ukawuteka muri litiro 1 y'amazi. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Kalizo (hemorrhoid): womeka amababi asekuye ahari kalizo (hemorrhoid).

Kwangizwa n'ibiryo byanduye ndetse n'imyivumbagatanyo yo mu gifu n'amara nyuma yo kumira ibyangiza umubiri: uvanga imigozi y'ibijumba (amababi), amababi y'umucundurarweru, ay'ikibonobono (Ricinus communis) n'ay'umuvumu, ukabyinika muri 72cl=720ml z'amazi. Ukayungurura ukawunywa inshuro 2 ku munsi (320ml buri nshuro), iminsi 6.

UMUREHE (Ficus vallis-choudae)

AMAKAKAMA:

Ibibembe: amakakama y'umweru avangwa n'amavuta ukisiga ku ruhu.

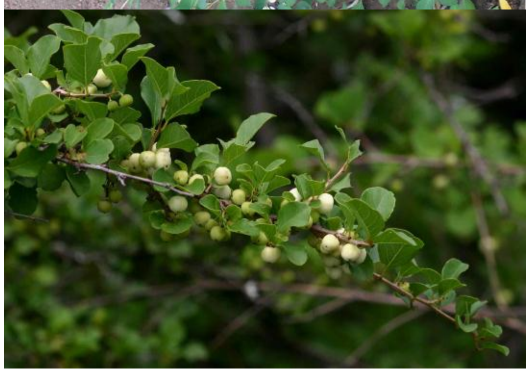
Amashereka adahagije: vanga amakakama n'inzuzi z'imyungu.

IBISHISHWA BY'IGITI CY'UMUREHE:

Imitezi (blennorragie: gonnorrhea): ubiza litiro 1 y'amazi ivanzemo ibiyiko 2 by'ifu ry'ibishishwa by'umurehe. Ukawunywa amanywa yose, iminsi 7.

Gutoboka amenyo: ushyira ifu y'ibishishwa mu ryinyo, 2 ku munsi, iminsi 10.

UMUBWIRWA (Fluggea virosa)



IMIZI:

Schistosomiase: sekura imikamato 3 y'imizi uyivange na litiro 1 y'amazi ashyushye cyane. Uyungurure, unywe ikirahure 1 buri nshuro, 3 ku munsi, iminsi 10.

Igifu kirimo aside ikabije: usekura imizi yumye, ikiyiko cy'iyo fu ukakivanga n'ibiryo, 3 ku munsi.

AMABABI:

Igituntu (tuberculose): togosa umukamato w'amababi igihe kirekire muri 500ml z'amazi. Unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro.

Imihango itagira gahunda: usekura umukamato w'amababi ukayinika muri 100ml z'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba ukageza igihe imihango itangiriye.

KIMARI = SUMBABURAYI (Galinsoga parviflora)

AMABABI:

Diyabete: Imikamato 2 y'amababi mashyashya ya kimari, amababi 6 y'umuhati n'umukamato w' umushyiguro (Chamaesyce hirta), ukabisekura ukabiteka muri litiro 2 z'amazi biakabira iminota 10. Unywa litiro 1 mu gitondo, 1 nijoro, iminsi 14.

Indwara z'uruhu (rash cutanés= pecès): ufata ivu ry'amababi ya kimari (sumbaburayi), ay'imbatabata, ay'amatugunguru n'aya gangabukari ringana. Ukavanga n'amavuta, ugasiga ku ruhu aharwaye. Amababi ya kimari aratekwa akaribwa; ni imboga. Akize

ku myunyungugu nka fosifore **(P),** kalisiyumu **(Ca),** manyeziyumu **(Mg)** na potasiyumu **(K).**

IGISURA (Giradinia heterophylla)

French: Ortie géante

AMABABI:

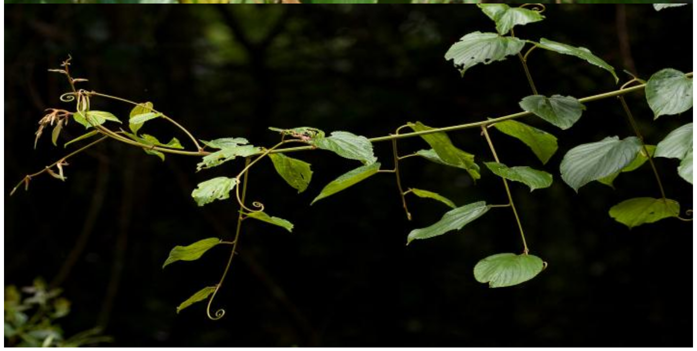
Ibisebe byo mu gifu n'udusenyi two mu mpyiko, kumererwa nabi k'umwijima(foie= liver) n'urwagashya (rate= spleen): fata 30g z'amababi mashyashya uvange na litiro y'amazi ashyushye, ujye unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 15.

Rubagimpande y'akarande: tsirima ikibabi 1 ku mubiri ahababara.

Kurumwa n'inzoka: usekura amababi mashyashya ukayomeka aho inzoka yarumye ngo ubumara bwayo busohoke.

Igisura gikungahaye cyane ku myunyungugu nka iyode **(I_2),** seleniyumu **(Se),** ubutare **(Fe),** manganeze **(Mn),** na zenke **(Zn).**

UMUBIMBAFURO (Gouania longispicata)



AMABABI:

Kubabara mu mubiri bitewe n'imyakura (névralgies): ufata amababi 15, ukayavanga n'ibirahure 2 by'amazi, ukabiteka bikabira iminota 5, ukayungurura, ukanywa ikiyiko 1 mu gitondo, 1 nimugoroba kugeza ukize.

Inzoka zo mu mara: umukamato w'amababi uyasekure, uyatogosanye na litiro 2 z'amazi. Unywe ½ (igice) cy'ikirahure mu gitondo, ikindi ku manywa, iminsi 3 kugera kuri 5.

ISHIKASHIKE (Guizotia scabra)

AMABABI:

Igicuri (Epilepsie): Ufata umukamato w'amababi y'ishikashike n'uw'amababi y'icyatsi cyitwa icunga (Canavalia gladiata) n'uw'ay'inyabarasanya (Bidens pilosa), ukayaronga, ukayasekura. Ukayinika muri litiro 2 z'amazi. Ukayungurura, ugaha umurwayi ikirahure 1 mu gitondo, 1 ku manywa, iminsi myinshi.

Indwara z'uruhu n'ubushye: utaka litiro y'amazi n'amababi menshi cyane, ukajya uyogesha aharwaye.

Ibimeme: utwika amababi y'ishikashike, ivu ryayo ukarivanga n'amavuta ukajya uyasiga mu bimeme.

Indwara z'umwijima: fata umukamato w'amababi n'uw'indabo ubisekure, ubyinike muri litiro 1 y'umutobe w'ibitoki. Umurwayi akajya anyway ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 15.

Kwikingira malariya, kwivura inzoka zo mu mara n'ububabare bwo mu nda buterwa n'imyivumbagatanyo mu gifu n'amara: usekura umukamato w'amababi y'ishikashike n'uw'ay'igihehe n'uw'ay'umunyuragisaka (umuhe) n'uw'ay'umukubayoka (Senna septentrionalis). Ukayateka muri litiro y'amazi bikabira iminota 5. Ukanywa 125ml mu gitondo, 125ml nimugoroba, iminsi 10.

IKIZIMYAMURIRO (Gynura scandens)

French: Epinard sauvage

AMABABI:

Kanseri y'umura w'abagore:

usekura imikamato 2 y'amababi y'ikizimyamuriro ukayateka ukayaryamo imboga.

Utekesha amababi y'ikizimyamuriro amavuta n'igitoki gike, ukabirya inshuro 1 ku munsi, iminsi 7 kugera kuri 15 biterwa n'uko uburwayi bukumereye.

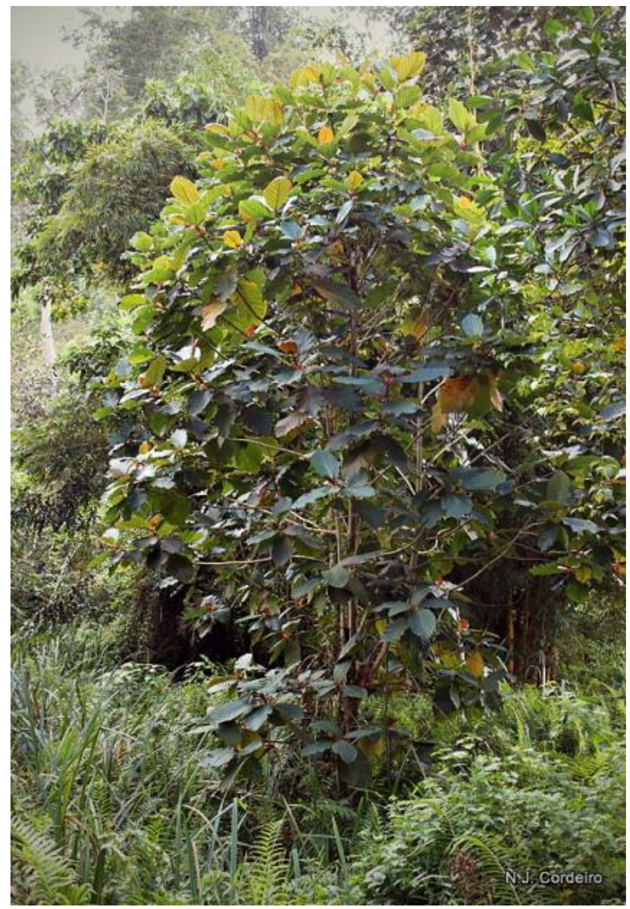
Ibibazo mu kubyara (complications de l'accouchement): Inika amababi y'ikizimyamuriro mu mazi, uyiyinishe mu mura (nyababyeyi) 2 mu cyumweru gusa, uhereye igihe inda ifite amezi 7.

Inzoka zo mu mara n'Impatwe (constipation) : usekura umukamato w'amababi ukayinika muri litiro y'amazi. Umurwayi akanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 5 kugeza kuri 7.

umura usohoka (prolapsus utérin)n'ibibyimba byo mu mura (uterus prolapsus and myoma): Usekura imikamato 2 y'amababi y'ikizimyamuriro na gangabukari, ukayinika muri litiro y'amazi. Ukanywa ikirahure 1 mu gitondo, 1 nimugoroba, ukanayiyinisha mu mura 1 ku munsi, iminsi 10.

UMUZIBAZIBA (Hallea rubrostipulata= mytragyna rubrostipula)

French: Tilleul d'Afrique



IBISHISHWA BY’IGITI:

Macinya: uteka umukamato w’ibishishwa by’igiti muri litiro y’amazi. Ukanywa ikirahure 1 buri minsi 2, ubikore iminsi 6.

Imihango myinshi kandi iryana, kutagira imihango, Imitezi (blennorragie: gonnorrhea), malariya: vanga ibiyiko 2 by’ifu na litiro y’amazi ubiteke, ujye unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

Ibisebe byo ku ruhu (skin ulcers= ulcères de la peau): vanga ifu n’amavuta ya lebrunia, ujye uyasiga ku bisebe.

UMUSHAYISHAYI (Harungana madagascarensis)

French: sang du dragon, guttier du dragon.

IBISHISHWA BY’IGITI:

Uburwayi bwo mu gitsina bw’abagore n’amakobwa (vaginite): wogesha amazi atekanye n’ibishishwa by’igiti cy’umushayishayi mu gitsina.

AMABABI:

Macinya (dysentérie bacillaire): sekura amababi yoroshye, uyatekeshe amavuta. Umukuru anywa ikiyiko, umwana anywa akayiko gato mu gitondo, ku manywa na nijoro.

Kolera: vanga ibiyiko 4 by’ifu y’ibishishwa by’igiti cy’umusange, ibiyiko 2 by’ifu y’amababi ya Vernonia kirungae n’ibiyiko 4 by’ifu y’amababi yoroshye y’umushayishayi, ubiteke muri litiro 2.5 z’amazi, uyungurure bimaze gushya iminota 10. Ukanywa ½

cy’ikirahure buri masaha 2 ku munsi wa mbere, ubundi ukajya unywa ikirahure 1 buri minsi 3. Umwana anywa ungana n’uw’umuntu mukuru ku munsi ubanza, ikindi gihe ukanywa ½ cy’ikirahure buri minsi 3.

Igifu kirimo aside nyinshi: tekesha amavuta amababi y’umushayishayi uyarye, ikindi gihe ujye uvanga ikiyiko cy’ifu y’amababi n’ikirahure cy’amazi mu gitondo na 1 nimugoroba.

IMBUTO:

Ibibyimba n’ibishyute: urya imbuto 1-3 z’umushayishayi ku munsi.

Inzoka zo mu mara: ufata ikirahure 1 cy’imbuto z’umushayishayi, ukazisekura, ukaziteka muri 500ml z’amazi, ukayungurura. Ukajya unywa ibirahure 2 ku munsi, iminsi 2 gusa.

UDUTWETWE TW’AMASHAMI:

Impiswi: fata umukamato w’imitwe y’amashami uvange n’igice cy’icupa cy’amavuta y’ibimera ubiteke ubirye.

Igisebe: umukamato w’udutwe tw’umushayishayi, ubikeke, ubitogose muri litiro y’amazi iminota 5, unywe ikirahure 1 mu gitondo, 1 nimugoroba kugeza ukize.

IGITI CY’UMUSHAYISHAYI:

Kalizo (hemorrhoid): winika ibishishwa by’igiti mu mazi akonje amasaha 24, ukicaramo. Ubikore 3 ku munsi. Ibishishwa bifite manganeze **(Mn),** kalisiyumu **(Ca),** borome **(Br)** na sodiyumu **(Na).**

UMUKURURA (Hibiscus noldae)

French: Oseille sauvage

IMIZI:

Impiswi: urongesha umukamato w’imizi amazi atetse, ugasekura, ugakuraho gake ukavanga n’ibiyiko 3 by’ifu y’amasaka, ukavanga n’ikirahure cy’amazi ashyushye, ukanywa.

AMABABI:

Kuruka: fata umukamato w’amababi uyasekure, uvange n’ibirahure 2 by’amazi, ubitogose iminota 5, unywe kugeza igihe uzakirira.

Ubugendakanwa (amygdalites): umukamato w’amababi, uyasekure, ushyiremo gikukuru nke, ubitekane n’ikirahure 1 cy’amazi bibire umunota 1. Unywe ibijojoba 10 buri nshuro, 3 ku munsi.

Impyiko zibabara: umukamato w'amababi uvange na litiro y'amazi ashyushye. Unywa ikirahure 1 mu minsi 2, iminsi 4.

Uburwayi bwa nyababyeyi = umura (métrites): imikamato 2 y'amababi, uyacagagure, uyateke mu birahure 2 by'amazi, uyanywe umunsi 1, uzagere ku minsi 7.

Ibibyimba: Ujye wotsa amababi uyazingazingiye mu rukoma rw'insina, ukamurire ku kibyimba.

Ibisebe byo ku ruhu n'ubushye bukabije kwimbika: utogosa amababi mu mazi iminota 30. Womeka icyo kibumbe ku kibyimba.

Amababi afite ururenda rukungahaye kuri **vitamine C**, potasiyumu **(K),** zenke **(Zn),** manyeziyumu **(Mg),** phosphore **(P),** manganeze **(Mn).**

GANGABUKARI (Hygrophila auriculata)

French: Hygrophile auriculée.

IMIZI:

Malariya: Utogosa umukamato w'imizi muri litiro y'amazi ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

umura usohoka (prolapsus utérin)(uterus prolapsus): uvanga umukamato w'imizi ya gangabukari n'umukamato w'uruheza. Ubitogosa muri litiro 1 y'amazi ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 12.

GANGABUKARI YOSE:

Indwara z'uruhu: twika gangabukari, uvange ivu ryayo n'amavuta y'amagaja cyangwa andi ukajya uyasiga aharwaye.

Imitezi (blennorragie: gonnorrhea) yananiranye: umukamato w'amababi y'umunyuragisaka (umuhe) n'andi ya gangabukari ukayateka muri litiro y'amazi, ukayanywa.

Igicuri (Epilepsie) : umukamato wa gangabukari n'undi w'umunyuragisaka (umuhe) ubiteke muri litiro y'amazi uyanywe buri munsi.

Ibibyimba byo muri nyababyeyi = mu mura (myoma):

Uteka umukamato w'amababi ya gangabukari n'uw'uruheza muri litiro y'amazi, ukanywa ikirahure 1 buri nshuro, 2 ku munsi, iminsi 42.

Umukamato w'amababi y'umubirizi n'uwa gangabukari ubisekure, ubitogose muri litiro y'amazi, wicaremo, ujye unanywa ikirahure 1 ku munsi, iminsi 12.

MAGARU (Hypoestes triflora)

AMABABI:

Amaraso akennye (anemia), macinya itewe n'amibe, kurumwa n'inzoka, n'Igifu gifite aside nyinshi : fata imikamato 2 y'amababi ya magaru uyateke muri litiro y'amazi iminota 10. Uyungurure, unywe ikirahure 1 buri nshuro, 2 ku munsi, iminsi 7.

Kwongerera ubushobozi abasirikare b'umubiri w'umuntu ufite ubwandu bwa virusi itera SIDA (HIV/AIDS): Teka imikamato 3 y'amababi mashyashya muri litiro y'amazi, wongeremo umutobe w'indimu 3 zeze, unywe.

Uburwayi bw'umwijima no guteragura k'umutima: vanga litiro y'amazi ashyushye n'ikiyiko cy'ifu y'amababi ya magaru, ujye unywa ku manywa hose uko ushaka, igihe kinini.

Inzoka zo mu mara na schistosomiase: Ibiyiko 2 by'ifu y'amababi, ubivange n'amazi ashyushye litiro. Unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 7.

Magaru ikize kuri zenke **(Zn),** manganeze **(Mn),** ubutare **(Fe)** na **vitamine C.**

UMUSORORO (Indigofera arecta)

French: Indigotier.

IMIZI:

Malariya: usekura umukamato1 w'imizi, ukayinika mu birahure 2 by'amazi atetse, ukanywa ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 5.

Umunaniro mu kuryamana kw'umugabo n'umugore: ukata 15cm z'umuzi ukawuhekenya 1 ku munsi, iminsi 20.

Diyabete: umukamato w'imizi uyiteke muri 500ml z'amazi, ujye uyanywa buri munsi, iminsi 30.

Kubabara mu mpyiko: uhukenya umuzi 1cm, ukamira amatembabuzi yawo, buri munsi.

AMABABI:

Imvune:

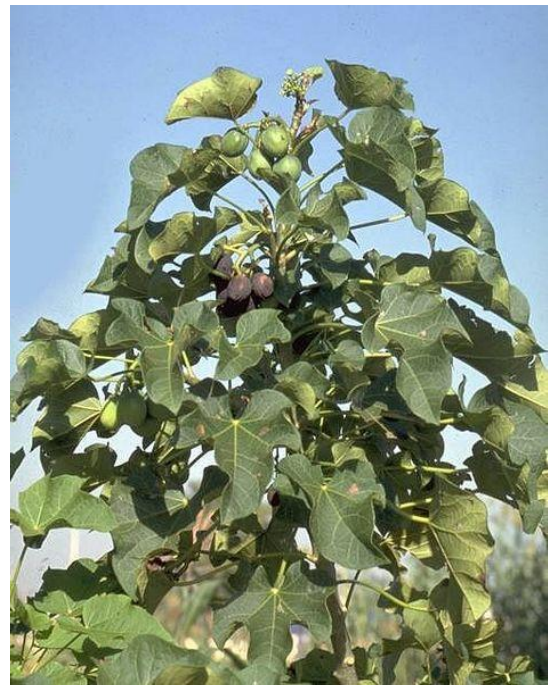
Usekura umukamato w'amababi ukavanga n'amavuta, ugasiga ku mvune.

Usekura umusororo ukawomeka ahavunitse.

Diyabete: usekura amababi mashyashya ukayinika mu birahure 2 by'amazi ashyushye. Ukanywa ayo mazi amanywa yose.

Jatropha curcas

French: pignon d'Inde.



IBISHISHWA:

Gutoboka amenyo: womeka ibishishwa by'igiti cya jatropha curcas bisekuye ku ryinyo rirwaye, ukabikora buri munsi, iminsi 10.

Ibisebe byo mu gifu: ufata ibijojoba 30 by'amatembabuzi y'igishishwa ukabivanga na litiro 5 z'amazi, ukanywa ikirahure 1 ku munsi, ukwezi 1.

Indwara z'uruhu (darters = dartres): usekura ibishishwa ukabyomeka ku ruhu nk'umubumbe.

AMABABI:

Impiswi: utekana litiro y'amazi n'amababi 2 ukanywa ikirahure 1 ku munsi.

Ibihushi n'izindi ndwara z'uruhu: usekura amababi ukayomeka ku ruhu aharwaye.

Ibiheri (punaises) = udukoko: usekura imikamato 3 y'amababi mashyashya, ukayashyira muri litiro 1 y'amazi, ukayatera ahari ibiheri.

JUSTICIA FLAVA

AMABABI:

Gushwanyuka mu kibuno (fistules anales), ibisebe: usekura amababi mashyashya ukayomeka aharwaye.

Macinya iterwa n'amibe: usekura umukamato w'amababi ukayinika muri litiro y'amazi ashyushye, ukanywa uko ushaka ku manywa, iminsi 7.

Impiswi, inzoka zo mu mara, inkorora: usekura umukamato w'amababi ukayinika mu mazi yatuye, ukayanywa ku manywa.

Kurumwa n'inzoka: umukamato w'amababi uyasekure uyinike muri litiro y'amazi. Unywe ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Ubwandu mu gitsina cy'umugore (infections vaginales): usekura amababi ukayinika mu mavuta y'ibimera aribwa bikamarana iminsi 3, ukayungurura, ugasiga aharwaye.

Inda n'indwara y'uruhu (les poux et la gale): womeka amababi asekuye aharwaye.

IKINETENETE (Kalanchoe crenata):

French: plante de la résurrection.

AMABABI:

Umuhaha (otite) uzamo amashyira: fata ikibabi 1, ucyotse ku muriro buhoro, ugikamure, ushyire ibijojoba 3 mu gutwi kurwaye, iminsi 2.

Ibibyimba: unyuze ikibabi ku muriro, ugisekure, ucyomeke ku kibyimba amanywa yose, nukivanaho ushyireho ikindi.

Kalizo (hemorrhoid): ushyira ikibabi mu kirahure cy'amazi ashyushye, ukajya unywa igice mu gitondo, igice ku manywa kugera ukize.

Inkorora yanze gukira (toux rebelle): nyuza ku muriro ikibabi gishyashya, ugikamure, unywe ibijojoba 2 mu gitondo, 2 nijoro, iminsi 10.

Amababi akize cyane kuri za aside zifitemo karubone (acides organiques) arizo: acide malique, citrique, isocitrique n'imyunyungugu nka potasiyumu (K).

URUYUZI RW'IBICUMA, IBAMBA (Lagenaria siceraria)

French: calebassier

AMABABI:

Inzoka zo mu mara: umukamato w'amababi uyasekure, uyatekane na litiro y'amazi. Unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 7.

Inkorora n'ibicurane: usekura umukamato w'amababi ukayinika muri litiro y'amazi, ukongeramo umutobe w'indimu wuzuye ikirahure. Ukajya unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Porositate yabyimbye (prostatite): ukaranga inzuzi ukazisya ukanywa ikirahure cy'iyo fu ukivanze n'amazi.

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire): fata umukamato w'amababi mashyashya ubyinike muri litiro y'amazi y'akazuyaze. Ujye unywaho kenshi.

Kubabwa n'ibinyabwoya: usekura amababi ukayavanga n'amavuta ukisiga aho byakubabye.

Amababi yoroshye araribwa ni imboga kandi akize ku myunyungugu nka zenke **(Zn),** manganeze **(Mn),** ubutare **(Fe).** Inzuzi zifitemo amavuta, zivangwa mu biryo nk'ibirungo bikaryoha.

UMUHENGERI MUNINI (Lantana camara)

French: lantana; English: prickly lantana.

AMABABI:

Rubagimpande: ufata umukamato w'amababi mashyashya, ukavanga na litiro y'amazi, ugatogosa iminota 10, ukayungurura noneho ukanywa ku manywa hose, iminsi 5.

Malariya: ufata 100g z'amababi mashyashya ukayatogosa muri litiro 2 z'amazi iminota 15. Ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

Sinezite: usekura umukamato w'amababi y'umuhengeri munini ukayatogosa muri litiro y'amazi, ukayayungurura ukayashyiramo tungurusumu utubumbe 3 dusekuye (buri kabumbe gafite uduhuke twinshi). Ukanywa ikiyiko 1 buri nshuro, 3 ku munsi, iminsi 7.

I**bisebe**: usekura amababi ukomeka aharwaye.

Asima (amahwima): ufata umukamato w'amababi ukavanga n'umukamato w'umudarasini (**romarin= rosemarius**). Ukabitogosa muri litiro y'amazi. Ukanywa igice cy'ikirahure mu gitondo, ikindi ku manywa n'ikindi nijoro, iminsi 7.

AGATI:

Imvune (kuvunika): utwika uduti tw'umuhengeri munini n'umuhangabazimu na musonsoli (umuhepfu), ukavanga ivu ryabyo n'amavuta ukisiga ahavunitse.

UTUBUTO:

Inzoka zo mu mara: ufata ikirahure cy'utubuto ukadusekura, ukazitogosa muri litiro y'amazi iminota 15, ukayungurura, ukanywa ikirahure mu gitondo, ikindi ku manywa n'ikindi nijoro, bikaba bihagije.

UMUHENGERI MUTO (Lantana trifolia)

French: thé de Gambie.

AMABABI:

Inkorora na giripe: usekura umukamato w'amababi ukawinika mu kirahure cy'amazi yatuye. Ukongeramo umutobe w'indimu 2 ukanywa ikirahure buri nshuro, 3 ku munsi, iminsi 5.

Ishaza riza mu jisho (cataracts): useekura amababi, ugashyira ibijojoba 2 mu jisho mu gitondo, 2 nimugoroba, iminsi 4 cyangwa ugakacanga amababi ugahuha mu jisho ry'umurwayi, 2 ku munsi, iminsi 4.

Kurumwa n'inzoka: amababi y'umuhengeri muto, uyasekure, uyomeke aho inzoka yarumye bimareho iminota 20. Ujye unywa umuti wakamuye mu gihwarara (ikigembegembe), inshuro 3 ku munsi.

Sinezite: usekura imikamato 2 y'utubuto tw'umuhengeri munini n'amababi y'umuhengeri muto. Uyinika muri litiro y'amazi. Ugaha umurwayi ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

BUTUNGAMBALE (Leea guineensis)

IMIZI:

Umunaniro mu kuryamana k'umugore n'umugabo: usekura umukamato w'imizi ukayitogosa muri litiro y'amazi. Ukayanywa amanywa yose.

IBINYABIJUMBA BYACYO:

Ubwandu bwo mu nzira z'ubuhumekero: ufata ibinyabijumba bya butungambale ukabyanika ugakuramo ifu. Ukavanga ikiyiko cyayo na litiro y'amazi yatuye. Unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

AMABABI:

Imvune (kuvunika):

Ukaranga amababi ya butungambale avanze n'ay'umuhangabazimu, umukamato wa buri bwoko, ukavanga na litiro y'amazi ukanywa ikirahure 1 mu gitondo, 1 nijoro; ugakandisha amababi y'umuhangabazimu ahavunitse. Ugatwika igiti cy'umuhangabazimu cyumye, ivu ryacyo ukarivanga n'amavuta y'ibimera, ukajya uyasiga ahavunitse ugahita uhapfuka.

Ushyigikiza igufa uduti, noneho ugasekura umukamato w'amababi y'umuhangabazimu, ay'umuhepfu n'aya butungambale ukomeka ahavunitse.

Kurumwa n'inzoka: Usekura imikamato 2 y'amababi ukayinika muri litiro y'amazi y'akazuyaze maze ukanywa uko ushaka amanywa yose, iminsi 5.

Impatwe (constipation) : amababi atoshye asekuye uyinike mu mazi uyanywe yoroshye igogora.

Amenyo ababara no gutoboka amenyo: amababi asekuye uyinike mu mazi y'akazuyaze uyogeshe mu kanwa.

IGITI:

Imvune: utwika igiti cya butungambale ukavanga ivu n'amavuta y'ibimera, ukayasiga ahavunitse.

IGICUMUCUMU (Leonotis naepatifolia)

French: minaret; English: minaret flower

IMIZI:

Igicuri (Epilepsie) : usekura umukamato w'imizi y'igicumucumu ukayatogosa muri litiro y'amazi arimo kubira. Ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

AMABABI:

Schistosomiase: urya amababi yoroshye hamwe n'igitoki.

Umuvuduko muke w'amaraso (Hypotension): Usekura amababi y'igicumucumu n'ay'isogo nini y'umukara ukanywa ibiyiko 2 mu gitondo, 2 ku manywa, 2 nimugoroba.

Aside nke mu mubiri (hypoacidité): uvanga umukamato w'amababi na litiro y'amazi yatuye, ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Inkorora idacika igikororwa (bronchitis): Umukamato w'amababi y'igicumucumu uyashyire muri litiro y'amazi yatuye n'umukamato w'amababi y'umwenya. Uyungurure unywe ikirahure 1 buri nshuro, 3 ku munsi. Umwana umuha igice cy'uwo umuntu mukuru anywa.

Uburozi no kurumwa n'inzoka: uronga umukamato w'amababi y'igicumucumu neza, n'uw'ay'akanyamapfundo n'undi w'ay'umwenya, ukayasekura, ukayinika muri litiro 2 z'amazi atetse. Ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 3.

AKANYAMAPFUNDO (Leucas martinicensis)

English: tumbleweed.

AMABABI:

Asima (amahwima) (amahwima): usekura imikamato 2 y'amababi atoshye mashyashya, ukavanga na 150ml z'amazi atetse akonje, ukayungurura ukanywa ikirahure 1 mu gitondo, 1 ku manywa.

Igituntu (tuberculose): uvanga imikamato3 y'amababi atoshye mashyashya asekuye na litiro y'amazi yatuye. Ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 15.

Indwara y'inzara (panaris) n'ibishyute: womeka umubumbe w'amababi mashyashya asekuye y'akanyamapfundo ku nzara zarwaye.

Kurya ibyakwangiza umubiri (intoxications alimentaires) no kurumwa n'inzoka:imikamato 2 y'amababi mashyashya y'akanyamapfundo n'indi 2 y'igicumucumu, ugasekura ukavanga na 250ml z'amazi atetse ahoze, ukayungurura, ukanywa ikirahure 1 mu gitondo, 1 nimugoroba.

Malariya yo mu mutwe n'imyivumbagatanyo yo mu bwonko (malaria cérébrale et troubles nerveux): winika umukamato w'amababi asekuye y'akanyamapfundo mu mutobe w'ibitoki litiro 1, ukayungurura ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 7.

Imyivumbagatanyo yo mu mwijima: utogosa imikamato 2 y'amababi muri litiro y'amazi ukayayungurura, ukanywa 100ml buri nshuro, 3 ku munsi, iminsi 3.

Impiswi: utogosa imikamato 2 y'amababi muri litiro y'amazi, ukayungurura, ukanywa 100ml buri nshuro, 3 ku munsi, iminsi 5.

Ibisebe: usekura amababi mashyashya ugakamurira ku gisebe.

Akanyamapfundo gakize ku mavuta yitwa **timole (thymol**) no ku myunyungugu nka zenke **(Zn),** kalisiyumu **(Ca)** na manganeze (**Mn**).

UMUHANGABAZIMU (Maesa lanceolata)

AMABABI:

Imvune (kuvunika) no kwipfundika kw'amaraso: utwika agate k'umuhangabazimu, ivu ukarivanga n'amavuta ya Lebrunia bushaie cyangwa ay'inka. Ugasiga ahavunitse ugapfuka iminsi mike. Ukananywa umuti wakamuye mu mababi y'umuhangabazimu.

Ibiheri (punaises): usekura imikamato 3 y'amababi mashyashya y'umuhangabazimu, ukayafunguza litiro y'amazi, ukayatera aho ibiheri biri.

Igifu gifite aside nyinshi : umukamato w'amababi y'umuhangabazimu uyatogosa muri litiro y'amazi. Ukanywa ikirahure 1 mu gitondo, 1 nimugoroba.

IGITI:

Ibisebe, indwara y'uruhu y'uduhumyo n'ibihushi: utwika ibiti by'umuhangabazimu, ivu ubonye ukarivanga n'amavuta yo gusiga ku ruhu aharwaye.

Kurumwa n'inzoka: uvanga ibishishwa by'igiti n'amazi ariomo kubira. Unywa litiro 1 ku munsi.

Kuvunika: ufata ibishishwa by'igiti, ukavanga n'amababi **y'urugarura (Salvia nilotica)** ukabikandisha ahavunitse 2 ku munsi. Umuhangabazimu ukungahaye ku myunyungugu nka kalisiyumu (**Ca**), fosifore (**P**), zenke (**Zn**), potasiyumu (**K**).

IMYUMBATI (Manihot esculenta, Manihot utilisima)

French: manioc

UMWUMBATI WO KURYA:

Urusenda rukugiye mu jisho: ufata ifu y'imyumbati ukayishyira mu jisho.

Charbon (amashamba) (inyamaswa?): kwinika imyumbati mu mazi iri mu mufuka, yakwina ukayisekurana n'imikamato 2 y'ibishishwa by'igiti cy'avoka, ukavanga na litiro 1 y'amazi, ukabitogosa iminota 5, ukawunywa.

Uruhu rw'abana gutuma rusa neza: wanika imyumbati, ifu yayo ukayivanga n'ibituma ihumura ukayikoresha nk'ifu y'ubwiza bw'uruhu.

Ibisebe bitarimo amashyira n'ibiyafite: ushyiraho ifu y'imyumbati ukahapfuka.

Intanga z'abagabo zitagera ku rugero rwo gukura bihagije (oligospermie): ujye urya imyumbati mishyashya n'ubunyobwa.

AMABABI:

Diyabete: usekura imikamato 2 y'amababi, ukayiteka muri litiro 2 z'amazi bikabira iminota 30. Bigabanyiriza isukari abarwaye diyabete. Iyo umaze gukoresha uwo muti upimisha urugero rw'isukari mu maraso.

Kurumwa n'inzoka: usekura amababi mashyashya y'umwumbati ukavangamo umunyu, ukomeka aho inzoka yarumye.

Amaraso akennye (anemia): usekura amababi mashyashya 1kg, ukayateka muri litiro 3 z'amazi iminota 45, ugaterura ku ziko, ukongeramo umutobe w'indimu 5, ukayirya uwo munsi.

Inda zo mu mutwe: usekura amababi mashyashya y'imyumbati, ukayatsirima mu mutwe.

Inzuki ushaka kuzirukana: ushyira isombe isekuye iruhande rw'irumbo ry'inzuki.

Gukanuka (Kuva imyuna): gusekura amababi ugashyira umubumbe wayo mu mazuru.

Amababi y'imyumbati akize cyane ku butare (**Fe**), potasiyumu (**K**) kandi **araribwa, ni imboga.**

UMUSAVE (Markhamia lutea)

French: markhamia.

IBISHISHWA BY'IGITI:

Umunaniro ukabije mu kuryamana kw'abagabo n'abagore: uvanga umukamato w'ibishishwa by'igiti cy'umusave n'uw'ibishishwa by'imizi y'umuko, ukabisekura, ukabitogosa muri litiro 1 y'amazi. Ukanywa ikirahure 1 buri nshuro, unywe 4 ku munsi.

Asima (amahwima): umukamato w'ibishishwa by'imizi y'umusave n'umukamato w'amababi y'umwenya. Ubishyire muri litiro y'amazi yatuye, ujye uwunywa amanywa yose, ubikore iminsi 10.

Gutera abagore kumva bakeneye kuryamana n'abagabo (stimuler le désir sexuel chez les femmes): uvanga ibiyiko 2 by'ifu y'ibishishwa by'igiti cy'umusave na 500ml z'umutobe w'ibitoki. Ukanywaho uko ushaka.s

Ibikomere n'ibisebe: vanga ifu y'ibishishwa n'amavuta y'ibimera, ujye usiga ku bisebe.

INDABO Z'UMUSAVE:

Umuhaha (otite): shyira indabo z'umusave ku muriro, nyuma uzivugute, ukamurire ikijojoba mu gutwi 1 ku munsi.

ICYUMYA (Melanthera scandens)

AMABABI:

Umutwe ubabara uruhande 1 (migraines): umukamato w'amababi y'icyumya n'umukamato w'amababi ya Embelia schimperi, n'uw'ay'umwenya, n'uw'ay'umuhengeri muto, n'uw'ay'umuhangabazimu n'uw'ay'umufumbegeshi cyangwa umufumba muto. Ubishyira muri litiro 2 z'amazi arimo kubira, ukajya unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 6. Cyangwa ukabisekura, ukabishyira mu menyo ukabijundika.

Amenyo yatobotse (caries dentaires): usekura amababi y'icyumya ukayashyira ku ryinyo cyangwa ukogesha mu menyo ibibabi by'icyumya bisekuye.

Melia azedarach

French: Lilas de Perses; Persian lilas

IMIZI:

Inzoka zo mu mara n'amibe: sekura ibishishwa by'imizi winike umukamato wabyo muri litiro y'amazi. Unywa ikirahure 1 buri nshuro, 2 ku munsi, iminsi 5.

IBISHISHWA BY'IGITI:

Ibisebe byizanye, Sifilisi (syphilis) n'indwara z'uruhu: ifu y'ibishishwa uyivanga n'amavuta ya Lebrunia bushaie ukisiga aharwaye.

AMABABI:

Umwijima urwaye: ifu 3g z'amababi uyavange na litiro 2 z'amazi ari kubira. Ujye unywa igice cy'ikirahure mu gitondo, igice ku manywa n'ikindi gice nijoro, iminsi 15.

Imitezi (blennorragie: gonnorrhea), Igicuri (Epilepsie) : ufata umukamato w'amababi n'umukamato w'ibishishwa by'igiti bisekuye. Ubitogosa muri litiro y'amazi. Uwunya ku manywa hose, uzabikore iminsi 15.

INDABO:

Indwara z'uruhu, inda (maladies de la peau et les poux): usekura indabo nshyashya ukazitsirima aharwaye.

UMUNYURAGISAKA, UMUHE (Microglossa pyrifolia)

IMIZI:

Ubwonko burimo imyivumbagatanyo: winika umukamato w'imizi mu kirahure cy'amazi, ukajya ushyira muri buri zuru ibijojoba 2 inshuro 3 ku munsi.

Umuhogo ubabara, ubugendakanwa (amygdalites): uhekenya imizi ukamira amatembabuzi yayo.

AMABABI:

Umutima ubabara (douleurs cadiaques): ushyira umukamato w'amababi muri litiro y'amazi ari kubira, ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 10.

Imitezi (blennorragie: gonnorrhea) n'umura wandujwe n'udukoko(blennorragie et endométrite): winika imikamato 2 y'amababi asekuye muri litiro y'amazi atetse, ukanywa ikirahure 1 buri nshuro, 4 ku munsi, iminsi 15.

Ubwandu bw'imirerantanga n'imiyoborantanga y'abagore (annexite): winika umukamato w'amababi muri litiro y'umutobe w'ibitoki, ukawunywa ku manywa, ubikore iminsi 5 ikurikirana.

Kurya ibyakwangiza umubiri (intoxications alimentaires) no kurumwa n'inzoka: usekura imikamato 2 y'amababi ukongeramo 50ml z'amazi, ukayanywa ku manywa.

Kuvunika: uvungagura amababi ukavanga ifu yayo n'amavuta ya Lebrunia bushaie ukajya uyatsirimisha ahavunitse.

Ibibyimba byo mu mura: fata amababi y'umunyuragisaka (umuhe) n'aya gutwikumwe n'aya Achillée mille feuilles n'aya Melia azedarach n'aya Tithonia diversifokia. Ukayasekura, ukayatogosa, ukayicaramo 2 ku munsi, iminsi 10.

Umunyuragisaka (umuhe) ufite vanadiyumu (**Va**) na potasiyumu (**K**).

UMUNKAMBA (Mikania cordata)

French: Clématite hérissée

IMIZI:

Sinezite, umutwe ubabara uruhande rumwe: usekura umuzi mushyashya w'umunkamba, ugashyira mu zuru ibijojoba 2, kabiri ku munsi, iminsi 15.

AMABABI:

Uburemba bw'abagabo (impuissance masculine): utogosa umukamato w'amababi muri litiro y'amazi, ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 15.

Umutwe ubabara uruhande rumwe (migraines): utogosa amababi y'umunkamba mu mazi apfundikiye, ukayiyukisha.

Ibisebe:

womeka amababi asekuye ku bisebe.

Ushyira ifu y'amababi ku bisebe ukanabipfuka, bikihuta mu gukira.

Inzoka zo mu mara: winika muri litiro y'amazi umukamato w'amababi, ukawunywa amanywa yose, iminsi 5.

Kurumwa n'inzoka: tegura ifu y'amababi uyishyire aho inzoka yarumye kandi unywe 500ml z'amazi wavanzemo umunkamba bishyushye. Ubikore ugeze ku minsi 5.

Amaso arwaye: shyira mu jisho ibijojoba 2 by'umuti wakamuye mu mababi mashyashya.

Imirerantanga ifite ibibyimba byuzuyemo ibizi (kystes d'ovaire) n'ibimeze nka kanseri mu mura (fibromes): umukamato w'amababi mashya y'umunkamba, uwunywe amanywa yose, nimugoroba wiyukishe mu mura ikirahure cy'uwo muti wahoze, iminsi 7.

KALIFUMA (Mirabilis jalapa)

French: Belle-de-nuit

IMBUTO ZEZE:

Ibisebe: omeka mu gisebe ifu y'imbuto zeze (zisa n'umukara inyuma) maze unahapfuke.

Imitezi (blennorragie: gonnorrhea): utogosa umukamato w'amababi muri litiro y'amazi abira, ukanywa igice cy'ikirahure mu gitondo, ikindi ku manywa ikindi nijoro, iminsi 3.

IMIZI:

Imidido (éléphantiasis): imizi 1kg uyisekure, uyiteke muri litiro y'amazi. Uwutsirime ku birenge, 2 ku munsi, amezi 10.

Urwagashya rubyimbye= igisyo [splenomegalie], Umura uva amaraso (hémorragie utérine)kandi utari mu mihango (ménomètrorragies): Vanga ifu y'imizi yuzuye ikiyiko na litiro y'amazi yatuye, uwunywe ku manywa, ubikore iminsi 21.

UMWISHYWA (Momordica foetida)

French: concombre sauvage, concombre à odeur fétide.

AMABABI:

Indwara y'uruhu (gale): utsirima amababi aharwaye.

Kurumwa n'inzoka, Impatwe (constipation) , inzoka zo mu mara: utogosanya umukamato w'amababi na litiro y'amazi, ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 6.

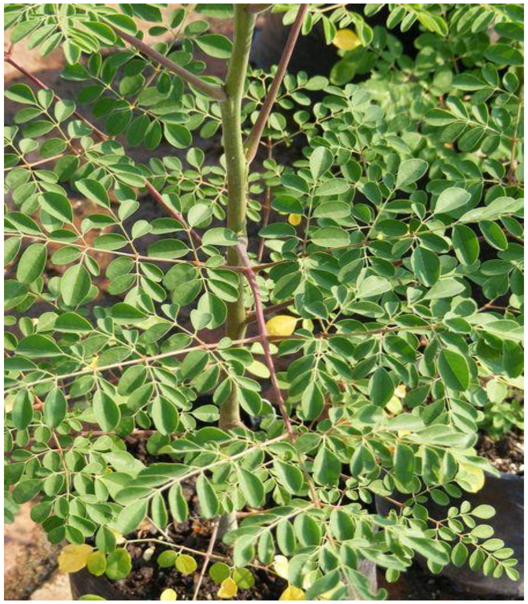
Umugore utwite iyo yenda gukuramo inda (menace d'avortement): ushyira umukamato w'amababi muri litiro 3 z'amazi ashyushye, ukanywa ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 7.

Umugore utwite ujya akuramo inda yendaga kuvuka (implantations foetales): urya amababi y'umwishywa mu gihe cy'uburumbuke (mu gihe cyo gushya kw'intangangore= ovulation) uwukoresha nk'ukurinda gusama.

Isukari nyinshi mu mubiri (hyperglycemia) n'umuvuduko ukabije w'amaraso (hypertension), imihango itari kuri gahunda (irregular manstruations): imikamato 2 y'amababi mashya y'umwishywa ukayateka nk'imboga ziribwa kenshi.

MORINGA (Moringa oleifera)

French: moringa; English: mother's hope.



IMIZI:

Ibijagu (gingivites): ibishishwa by'imizi urabisekura ukabivanga n'umunyu wa gikukuru ukabyogesha ishinya.

Gutinda mu nda kw'ibyo wariye (indigestions), kurya ibyakwangiza umubiri (intoxications alimentaires): umukamato w'ibishishwa by'imizi ubisekure ubishyire muri litiro y'amazi ashyushye, ukawunywa uko ushaka amanywa yose, iminsi 5.

Ibisebe: ifu y'ibishishwa by'imizi uyishyire ku bisebe.

Urwagashya rubyimbye= igisyo [splenomegalie]: umukamato w'ibishishwa by'imizi ubisekure ubivange na litiro y'amazi ashyushye. Uwunywa uko ushaka amanywa yose, iminsi 12.

Kubyimbirwa (gonflement inflammatoire): usekura ibishishwa by'imizi ugashyiramo gikukuru ukomeka ahabyimbye.

IBISHISHWA BY'IGITI:

Amashyira mu muyoborankari (urétrites purulentes): 250g z'ibishishwa ubisekure, uvange n'ibirahure 2 by'amazi y'akazuyaze, ujye unywa 2 ku munsi, iminsi 7.

AMABABI:

Ibisebe byo mu gifu (stomach ulcers), udusenyi two mu mpyiko (kidney stones), imyivumbagatanyo mu mwijima (troubles du foie) n' imyivumbagatanyo mu rwagashya (troubles de la rate): 30g z'amababi mashyashya, uzivange na litiro y'amazi ashyushye, unywe ikirahure 1 buri nshuro, unywe inshuro 3 ku munsi, iminsi 15.

Kubyara neza: amababi mashyashya 30g muri litiro y'amazi ashyushye ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Kwongera ubwirinzi bw'abasirikare b'urwaye virusi itera SIDA (HIV/AIDS): imikamato 2 y'amababi ya moringa n'umukamato w'imizi y'umubilizi, ubivange na litiro y'amazi ashyushye, uwunywe amanywa yose uko ushaka, iminsi 20.

Amababi ya moringa araribwa, akungahaye kuri potasiyumu (**K**), manyeziyumu (**Mg**), ubutare **(Fe),** fosifore **(P)** na zenke (**Zn**).

INSINA (Musa paradisiaca)

French: bananier gros Michel.

INGURI:

Impiswi: ufata inguri umukamato ukayisekura, ukayifunguza ikirahure cy'amazi ukanywa.

Ubushye n'ibisebe: womekaho amakakama y'inguri cyangwa ugasekura inguri ukayomeka ahangiritse.

AMABERE Y'IBITOKI:

Ibibyimba: sekura igitoki kitaraneka, womeke umubumbe ku kibyimba.

Kugira uruhu rusa n'umuhondo (jaunisse): urya ibishishwa by'imineke.

Umuvuduko ukabije w'amaraso (hypertension): urya imineke kuko ikize ku munyungugu uhita ukoresha witwa potasiyumu (**K**) (ions **potassium=** K^+**)**

INSINA YOSE UKO YAKABAYE:

Ubushye: usatura umuneke mo kabirri ukawutsirima ku bushye buhoro. Ibyo bikorwa rimwe gusa bikaba bihagije.

Indwara z'uruhu (dermatoses): utwika ibishishwa by'igitoki kitaraneka ukajya ushyira iryo vu aharwaye.

IGITENETENE (Nasturtium officinale)

French: cresson de fontaine

AMABABI:

Diyabete (diabetes): 500mg z'amababi mashyashya y'ikinetenete n'umukamato w'amababi ya cantharanthus roseus, ibitunguru 2, uduheke 15 twa tungurusumu n'umukamato wa Biophytum petersianum, ubitekana na litiro 2 z'amazi. Ukanywa uko ushaka amanywa yose.

Udusenyi two mu mpyiko (kidiney stones), kurya ibyakwangiza umubiri (intoxications alimentaires), uburwayi bw'umwijima (troubles hépatiques), kwongerera imbaraga abasirikare b'umuntu ufite virusi itera SIDA (HIV/AIDS): Imikamato 3 y'amababi mashyashya y'igitenetene, uyasekure, uyatogose muri litiro 2 z'amazi. Buri munsi ujye unywa litiro 1, iminsi 15.

Igitenetene gikize cyane ku myunyungugu nka zenke (**Zn**), kalisiyumu (**Ca**), iyode (**I_2**), ubutare (**Fe**), manyeziyumu (**Mg**) na seleniyumu (**Se).**

UMWENYA (Ocimum gratissimum)

French: herbe royale

AMABABI:

Umuriro mwinshi mu mubiri, impiswi: utogosa amababi y'umwenya hamwe n'aya Mangifera indica. Unywa ikirahure 1 mu gitondo, 1 ku manywa na 1 nijoro.

Imibu irahunga: tera umwenya na cyayicyayi ahakikije inzu.

Umunaniro w'umubiri muri rusange: ushyira imikamato 2 y'amababi muri litiro y'amazi ashyushye, ukajya unywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 10.

Inkorora ikaze (bronchite) n'inkorora isanzwe: ifu y'amababi ibiyiko 2 muri litiro y'amazi yatuye. Ugashyiramo ubuki, ukanywa amanywa yose, iminsi 5.

Ibisebe byo mu gifu (stomach ulcers): fata ibiyiko 2 by'ifu y'amababi muri 500ml z'amazi yatuye, uyungurure, unywe amanywa yose, iminsi 15.

BWUNYUBWINTAMA IRANDARANDA (Oxalis corniculata)

French: Indian sorrel

AMABABI:

Kwangizwa na rwiziringa (intoxications par Datura strammonium): uvanga amababi ya bwunyubwintama irandaranda n'amazi ashyushye ukayanywa.

Amashereka adahagije: winika umukamato w'amababi ya bwunyubwintama irandaranda n'uwa Euphorbia indica muri litiro y'umutobe w'ibitoki. Ukawunywa amanywa yose kandi ukomeka amababi wasekuye y'ibyo bimera byombi ku moko z'amabere.

AGATI:

Kubyara neza: uduti n'amababi bya bwunyubwintama irandaranda ubisekure, ubikamure, ubivange n'ubuki unywe.

BWUNYUBWINTAMA IRANDARANDA UKO YAKABAYE YOSE:

Ibisebe: usekura bwunyubwintama irandaranda ugakamurira amatembabuzi yayo ku bisebe.

Imihango iryana kandi idashyitse (dysménorrhée) (dysmenorrhea) n'ubwandu bwo mu mwanya ndangagitsina w'umugore (candidoses vaginales): wogesha bwunyubwintama irandaranda amazi atetse, ukayisekura, ugakamura, ukayungurura, uwo muti ukawohereza mu gitsina.

Umusonga (kubabara hagati y'imbavu): uhekenya bwunyubwintama irandaranda ivanze na gikukuru ukamira amatembabuzi yayo ku manywa hose.

Kurumwa n'inzoka: ukamurira amatembabuzi ya bwunyubwintama irandaranda aho inzoka irumye.

Paullinia pinnata

French: Guarane à pennes

IMIZI:

Umunaniro ukabije mu kuryamana kw'abagabo n'abagore: wanika ukanasekura ibishishwa by'imizi, ukabisekura. Ukavanga 5g z'iyo fu n'ibiryo.

Uburemba (impuissance sexuelle): Inika 10g z'ifu y'ibishishwa by'imizi muri litiro y'umutobe w'ibitoki, ujye unywaho uko ushaka.

Imyivumbagatanyo mu gifu n'amara (troubles gastro-intestinaux): utogosa umukamato w'imizi muri litiro y'amazi. Ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Macinya, inkorora, ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire): utekana imizi n'amazi ukanywa uko ushaka.

AMABABI:

Kuva amaraso muri nyababyeyi igihe kitari icy'imihango (menometrorrhagia), ibizi by'imyanda ahakikije ibya (hydrocele): uvanga 5g z'ifu y'amababi na 500ml z'amazi ashyushye, ukanywa 250ml mu gitondo na 250ml nijoro, iminsi 7.

Ubugumba bw'umugore atavukanye (stérilité secondaire chez la femme): ufata 10g z'ifu y'amababi ukajya uyivanga n'ibiryo.

Pavonia urens

IMIZI:

Ibishyute n'ibisebe birimo amashyira: ukamurira amatembabuzi y'imizi aharwaye. Ibyo birinda umurwayi ububabare bukabije.

AMABABI:

Ibishyute: umukamato w'amababi uyasekure, womeke umubumbe wayo ku bishyute, uhapfuke. Ujye ushyiraho undi mukamato buri munsi. Uwo muti utuma ibishyute bishya ukanabimena bikavamo amashyira.

Igifu gifite aside nyinshi (gastrite): uteka umukamato w'amababi asekuye muri 500ml z'amazi, ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro.

Amavuta agabanywa n'amababi ku biryo.

Amababi akungahaye cyane kuri potasiyumu (**K**), zenke (**Zn**) na aluminiyumu (**Al**).

URUBINGO (Pennisetum purpureum)

French: herbe à elephant; English: Elephant grass.

INDABO:

Umuhaha (otite) uzamo amashyira: usekura indabo, ugashyira mu gutwi ikijojoba 1 gishyushye mu gitondo na nimugoroba.

Inkorora: utwika umukamato w'indabo z'urubingo ukavanga iryo vu n'ikiyiko cya gikukuru. Ukayirigata igashira mu gitondo, indi ku manywa, indi nijoro, iminsi 3.

Polypes nasals (udusebe mu zuru): utwika indabo z'urubingo ugakururira mu mazuru umwotsi wabyo, 3 ku munsi, iminsi 15.

IGITI CY'URUBINGO:

Indwara zandura zo ku ruhu: utwika igiti cy'urubingo ukavanga ivu ryarwo n'amavuta akomoka ku bimera ugasiga ku ruhu.

Impiswi: uhekenya urubingo nk'igisheke ukamira ayo matembabuzi yarwo.

URUBINGO RUTOSHYE:

Impyiko zidasohora imyanda neza, umugongo ubabara wo hepfo: sekura urubingo rutoshye rurimo kumera urutogosanye na litiro y'amazi, ujye uyinywa amanywa yose.

ISAGARA (Pentas longiflora)

IMIZI:

Ibisebe byo mu mutwe: ufata imizi y'isagara ukayivanga n'iya Acalypha ornata, ukayanika, ukayisekura ukavanga n'amavuta y'ibimera, ukabicucuma, ukabisiga mu mutwe aharwaye.

AMABABI:

Uburwayi bw'uduhumyo two ku ruhu (mycoses cutanée): utsirima amababi aharwaye, 2 ku munsi, iminsi 3.

Uburwayi bwo ku ruhu (candidoses): Ikiyiko cy'ifu, ukavanga n'amavuta y'ibimera igice cya litiro, ukajya uyasigaho 2 ku munsi, iminsi 7.

Impatwe (constipation) : ubizanya litiro 1 y'amazi n'umukamato w'amababi y'isagara. Ukanywa ikirahure 1 mu gitondo na 1 nimugoroba, iminsi 2.

AVOKA (Persea amercana)

IMIZI:

Umuvuduko w'amaraso ukabije no Umutima uteragura(hypertension and palpitation): umukamato w'umuzi n'umukamato w'amababi mashya by'avoka, ubitekana na litiro 2 z'amazi bikabira iminota 15. Biba bitukura, ubireke bihore, unywa ikirahure 1 mu gitondo, 1 ku manywa kugeza ukize.

AMABABI:

Amaraso akennye (Anemia):

Uvungagura imikamato 2 y'amababi mashya y'avoka ukavanga na litiro 2 z'amazi, ukabitogosa iminota 10. Uyungurure, unywe ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 3 kugera kuri 4.

Amababi 30 uyavanga n'ibirahure 9 by'amazi, ubibize iminota 30. Unywe ibirahure 3 ku munsi, iminsi 3.

Amababi 30 y'avoka uyateke muri litiro y'amazi, udaheho ikirahure 1 ukoroge igi urisukemo ubivange unywe, ikirahure 1 buri nshuro, 3 ku munsi, kugeza ukize.

Igifu gifite aside nyinshi : ushyira amababi 20 muri litiro y'amazi ashyushye ukanywa ikirahure 1 buri nshuro, 3 ku munsi.

IBISHISHWA BY'IGITI CY'AVOKA:

Amaraso akennye (Anemia): Usya ibishishwa by'igiti cy'avoka, ukavanga ibiyiko 2 by'iyo fu na litiro 1 y'amazi arimo kubira bikabirana iminota 10, ukanywa ikirahure buri nshuro, 3 ku munsi.

IKIBUTO:

Igifu gifite aside nyinshi : ufata ibibuto 10, ukabisekura, ukabivanga na litiro 2 z'amazi, ukabitogosa iminota 10, ukayungurura, byahora ukanywa ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 3.

Umuvuduko ukabije w'amaraso n'Amaraso akennye (hypertension and anemia): usekura ikibuto cyumye, ugafata ikiyiko 1 cyuzuye iyo fu, ukayivanga na litiro y'amazi akimara kubira. Unywa ikirahure 1 mu gitondo, 1 ku manywa, iminsi 7.

Kwongerera imbaraga abasirikare b'umubiri w'abafite ubwandu bwa virusi itera SIDA (HIV/AIDS): uvanga ikiyiko 1 cy'ifu y'ibibuto na litiro y'amazi akimara kubira; ukajya unywa ikirahure 1 mu gitondo, 1 nimugoroba, uzabikore igihe kinini.

Amababi, ibishishwa by'igiti n'ikibuto birakize cyane ku myunyungugu inyuranye cyane cyane kalisiyumu (**Ca**), patasiyumu (**K),** ubutare **(Fe),** manyeziyumu **(Mg)** na fosifore (**P)**.

URUHEZA (Phyllanthus nuriri)

French: Phyllanthus

IMIZI:

Inkorora: ubizanya amababi na litiro y'amazi arimo kubira. Ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba, iminsi 6.

IMBUTO:

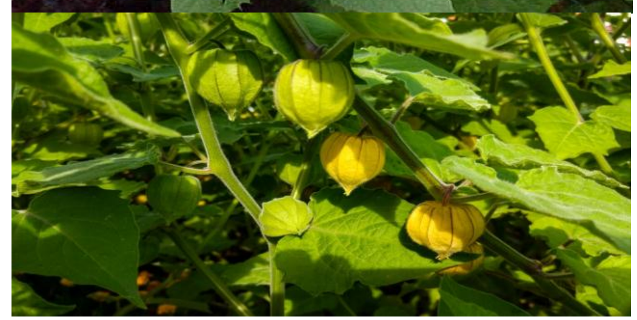
Ibishyute ubyikingira ukoresheje uruheza: umira imbuto 5 z'uruheza icyarimwe.

IBICE BYOSE BY'URUHEZA:

Rurinda uruhu gusa n'umuhondo: umukamato w'uruheza uvange na litiro 2 z'amazi akimara kubira, ukanywa ¼ cya litiro (= 250 ml) icyarimwe, unywe inshuro 4 ku munsi. Ubushakashatsi bwa vuba bwerekanye ko uruheza rubuza kubaho kw'indemabuzima fatizo (**DNA**) **za virusi itera umwijima** kurwara.

GAPERI, UMUHUHU (Physalis peruviana)

French: Alkekenge, Groseille; English: Goose berry.



AMABABI:

Urwagashya rubyimbye = igisyo [splenomegalie]: vanga umukamato w'amababi ya gaperi, n'uw'ay'igicunshu,

n'uw'ay'umunyuragisaka (umuhe), n'uw'aya kenkina na litiro y'amazi ari kubira. Uyungurure, unywe ikirahure 1 mu gitondo, 1 ku manywa buri munsi, iminsi 10.

Inzoka zo mu mara, malariya: usekura umukamato w'amababi ukayinika muri litiro 1 y'amazi aseruye, uyungurure, unywe 125ml (= 1/8 cya litiro) icyarimwe, unywe inshuro 4 ku munsi, iminsi 5.

Mu nda hababara h'impinja (mu mara): uronga ikibabi 1 neza, ukakivuguta, ugakamurira ku kiyiko, ugafunguza amazi make cyane, ugaha umwana inshuro 2 ku munsi.

URUBONDE (Piper capense)

French: poivrier.

AMABABI:

Inzoka zo mu mara, imyivumbagatanyo mu nzira y'ibiryo: imikamato 2 y'amababi uyisekure, uyivange na 500ml z'amazi aseruye. Unywe uwo muti wose icyarimwe mu gitondo, undi ku mugoroba, iminsi 5.

Kurumwa n'inzoka, kugwa ikinya (paralysis): usekura imikamato 3 y'amababi ukayinika muri 500ml z'amazi ashyushye, nahora uyanywere icyarimwe, ubikore 2 ku munsi.

Indyo nkene: Vanga 500ml z'amazi abize n'umukamato w'amababi y'umubilizi, n'uw'ay'urubonde n'uw'ay'ikinetenete, uyiyinishe.

AGATI N'AMABABI BY'URUBONDE:

Kubabara mu muhogo, inkorora yoroshye n'ikaze, umunaniro ukabije mu kuryamana k'abagabo n'abagore: uduti uducagagure tube duto cyane, utogosanye 250g zatwo na litiro 1 y'amazi. Uyungurure unywe ku manywa hose, ubikore iminsi 10.

IMBATABATA (Plantago palmata)

French: plantain; English: Broad-leaved plantain.

AMABABI:

Impiswi, malariya: uvanga umukamato w'amababi na litiro y'amazi arimo kubira, ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 5.

Igifu gifite aside nyinshi n'ibisebe byo mu gifu: fata umukamato w'amababi y'**imbatabata** n'uw'ay'**umwenya** n'uw'aya Symphitum officinale. Uyashyire muri litiro 1 y'amazi yatuye. Unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro.

Anjine n'inkorora: Ibibabi 2 ubirongeshe amazi atetse uvange na gikukuru, utapfune umire utuzi twawo, ubikore 3 ku munsi, iminsi 5. Icyakora bituma umutima uteragura kurushaho bikavurwa no kunywa ubuki.

Ibisebe byizanye: ushyushya ibibabi bishyashya ku muriro woroheje ukabikamurira ku bisebe.

Indwara z'uruhu (verrues): uvuguta amababi y'imbatabata ukomeka aharwaye.

Karuho: umukamato w'amababi y'imbatabata n'aya aloe ferox, uyasekure, uyatogose muri litiro y'amazi. Uyanywe ku manywa hose, iminsi 15.

Imyivumbagatanyo mu gutwita k'umugore, Igifu gifite aside nyinshi , umuvuduko ukabije w'amaraso, malariya: kwanika imbatabata ikuma, ukayisekura, ukayungurura, ukavanga utuyiko 2 tw'iyo fu na litiro 1 y'amazi akimara kubira. Ukanywa ikirahure 1 mu gitondo, 1 ku manywa na 1 nijoro, iminsi 7.

Ibisebe birimo amashyira: amababi asekuye ashyirwa ku gisebe.

IGICUNSHU (Plectranthus barbatus)

French: coleus de Forskohl

AMABABI:

Impatwe (constipation) : amababi 6, uyasekure, uyakamurire mu kirahure 1 cy'amazi y'akazuyaze. Uyungurure uyiyinishe mu kibuno ukoresheje agapira kabigenewe. Inshuro imwe gusa.

Uburwayi bw'igifu n'amara: usekura ikibabi 1 cyangwa 2 by'igicunshu, ukabyinika mu kirahure cy'amazi yatuye. Ukawunywa amanywa yose.

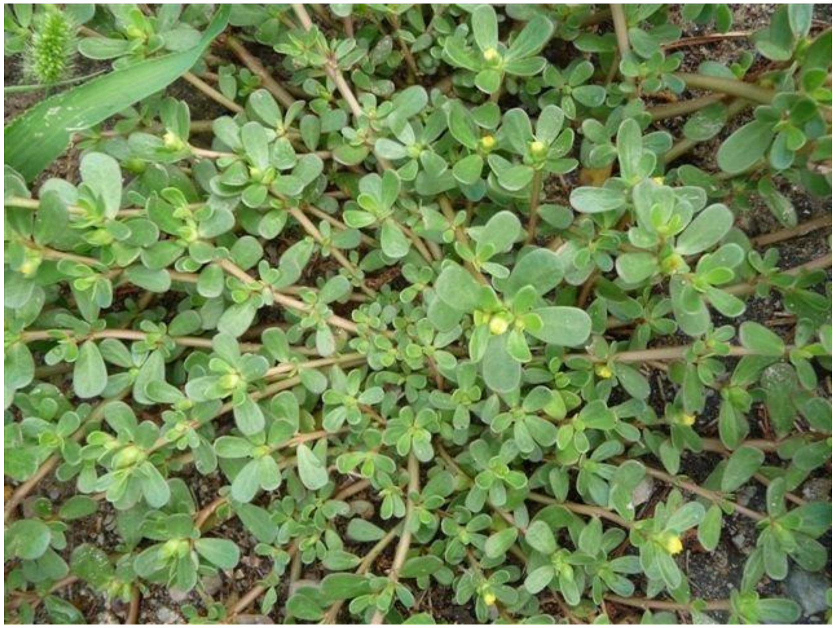
Ibisebe: uvuguta ikibabi ugakamurira ku gisebe.

Urwagashya rubyimbye= igisyo[splénomégalie]: ufata ikiyiko cy'imvange y'ifu y'amababi y'igicunshu n'inyabarasanya (Bidens pilosa) n'imbatabata na cinchona ledgeriana ukabibiza muri litiro 2 z'amazi, ukanywa ikirahure 1 buri nshuro, unywe inshuro 3 ku munsi, iminsi 15.

Schistosomiase, macinya no Umutima uteragura(palpitation cardiaque): ufata ikiyiko cy'ifu y'igicunshu n'icy'iya magaru, ukabishyira muri 500ml z'amazi aseruye. Ukanywa 250ml mu gitondo, 250ml ku manywa, uzageze ku minsi 10.

NIYO ZA RUTEJA, MATAKO YA BIBI (Portulacca oleracea)

French: pourpier des jardins; English: purslane



IKIMERA CYOSE :

Uburwayi bw'igifu n'amara: uteka imikamato 2 y'amababi n'uduti muri litiro 1 y'amazi, ukanywa ikirahurae 1 buri nshuro, unywe inshuro 4 ku munsi, iminsi 7.

Ibisebe: ukamurira amatembabuzi y'iki kimera ku bisebe.

Kalizo (hemorrhoid). Ufata iki kimera cyinshi ukagitogosa mu mazi iminota irenga 30. Ukajya wicara muri uwo muti iminota 15.

Ibisebe byo mu gifu, ubwandu bwo mu myanya ndangagitsina, impyiko zitayungurura amaraso bihagije: uteka imikamato 2 y'uduti dufite amababi twa niyo za ruteja n'umukamato w'amababi y'ikinetenete. Ukazirya nk'imboga n'isupu yazo.

Ibibyimba n'ibishyute: usekura uduti n'amababi ukomeka ku bibyimba.

Amababi araribwa kandi akungahaye ku butare (**Fe)**, zenke (**Zn**), fosifore (**P**), manyeziyumu (**Mg)**, kalisiyumu **(Ca**), potasiyumu (**K**), **vitamine B na C.**

AGASHIHE GATO (Pteridium aquilinum)

French: Fougère

AMABABI:

Ibibyimba no gukura ihwa mu mubiri: womeka aharwaye amababi asekuye ukahapfuka iminsi 2.

Kokolishi, inkorora ikaze, Igituntu (tuberculose): ushyira imikamato 2 y'amababi, muri litiro y'amazi arimo kubira, ukawunywa ku manywa hose ukayamara, ubikore iminsi 5.

Kwibagirwa no kudafata mu mutwe: usekura umukamato w'udushihe tukiri duto uvange n'ikirahure cy'amazi, unywe ugiye kuryama.

Imihango itigeze kuboneka (aménorrhée): usekura umukamato w'udushihe tukiri duto dushyashya ukavanga na 500ml z'amazi ukayanywera icyarimwe, ukabikora 2 ku munsi, iminsi 15.

Kugabanya kwaguka kw'umwanya ndangagitsina w'umugore wabyaye (retrecissement vaginal après accouchement): usekura udushihe tukiri duto ukadushyira muri uwo mwanya.

INGURI Z'AGASHIHE GATO:

Impiswi (diarrhea): usekura umukamato w'inguri z'agashihe gato ukazifunguza ikirahure cy'amazi atetse ukayanywa yose.

Gutoboka kw'amenyo (carie dentaire): womeka ku ryinyo ryatobotse akabumbe k'inguri z'agashihe gato zisekuye.

URWAGARA, UMUTSINDUKA (Pycnostachys erici-rosenii)

AMABABI:

Igifu kirimo aside idahagije: sekura umukamato w'amababi uwuvange na 500ml z'amazi ashyushye uyanywe.

Inkorora: utapfuna amababi ukamira amatembabuzi.

Malariya: winika umukamato w'amababi muri litiro 1 y'amazi yatuye ukawunywa wose rimwe gusa bikaba bihagije.

Rauwolfia vomitoria

French: Rauwolfia

IBISHISHWA BY'IGITI:

Amaraso akennye (anemia): kwiyinisha mu kibuno amazi atekanye n'ibishishwa by'igiti bisekuye.

Indwara y'uruhu (les gales): usiga aharwaye amavuta avanze n'ifu y'ibishishwa by'igiti.

Umuvuduko ukabije w'amaraso: ufata akayiko gato k'ifu y'imizi ukayinika muri litiro 1 y'amazi ashyushye, ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 5.

Imitezi (blennorragie: gonnorrhea) imyivumbagatanyo mu nzira y'igogora(troubles digestifs) n'Igicuri (Epilepsie) (épilepsie): ikiyiko 1 cy'ifu y'imizi uyinika muri litiro y'amazi yatuye, ukanywa ikirahure cyawo 1 buri nshuro, inshuro 3 ku munsi, iminsi 5.

AMABABI:

Macinya: unywa ikirahure cy'amazi ashyushye kivanze n'umukamato w'amababi.

UMUMANURA, UMUMARA (Rhoicissus tridentata):

IMIZI:

Imihango idashyitse kandi iryana (dysménorrhée), kubyara neza mu buryo bworoshye: ucagagura imizi ukayitogosa muri 500ml z'amazi, ukiyina mu gitsina.

INGURI Y'UMUMANURA:

Igicuri (Epilepsie) (épilepsie), Ubugumba bw'abagore (stérilité des femmes): ucagagura inguri 3 z'umumanura (umumara), ukazinika muri litiro y'amazi yatuye, ukajya unywa ikirahure1 buri nshuro, uwunywe inshuro 3 ku munsi, iminsi 20.

Kubabara mu mura (uterus pain = douleurs utérines), macinya, inzoka zo mu mara: Ibiyiko 2 by'ifu y'inguri uyishyire muri litiro y'amazi yatuye. Unywaho uko ushaka ku manywa hose, uzabikore iminsi 5.

AMABABI Y'UMUMANURA:

Mugiga (meningitis): ufata umukamato w'amababi y'umufumba muto **(Rumex usambarensis)**, umukamato w'ay'umumanura, n'uw'ibitunguru **(oignon = onion).** Ubibiza muri litiro y'amazi, ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 15.

IKIBONOBONO (Ricinus communis)

French: Ricin; English: castor oil plant.

IMIZI:

Ibisebe: usekura imizi ukomeka ifu yayo mu gisebe.

Amenyo atoboka (carie dentaire): womeka akabumbe k'imizi ku ryinyo ryatobotse.

AMABABI:

Inzoka zo mu mara, kongera amashereka adahagije: uvanga ¼ cy'umukamato w'amababi mashya na litiro y'amazi, ukabitogosa iminota 5. Ukanywa ikirahure 1 buri nshuro, 3 ku munsi, iminsi 3.

Kalizo (hemorrhoid):

Usekura amababi 4 akiri mato mashyashya ukayinika muri litiro y'amazi. Ukayungurura, ukayiyinisha mu kibuno ukoresheje agapira kabigenewe, inshuro 1 gusa.

Ufata ibibabi 2 by'**ikibonobono (Ricinus communis)** ukavanga n'umukamato w'amababi y'**inyabarasanya (Bidens pilosa)** n'igice cy'umukamato w'ifu y'ibishishwa by'igiti cy'**umwembe (mango)**. Ubitogose muri litiro y'amazi. Unywe 150ml z'uwo muti 2 ku munsi, iminsi 7.

Usekura amababi y'ikibonobono (Ricinus communis) (amagaja), ukakohereza akabumbe kayo mu kibuno.

Indwara z'uruhu (les maladies de la peau): usekura imikamato 2 y'imbuto z'ikibonobono (Ricinus communis) (amagaja). Ukayatsirima, nyuma ukayomeka aharwaye amasaha 24, uzabikore iminsi 7.

Umunaniro ukabije mu kuryamana kw'abagabo n'abagore: fata imikamato 2 y'utubabi tworoshye tw'imitwe tw'ikibonobono (Ricinus communis) uvange n'umukamato w'ubunyobwa bwumye. Ubisekure ubitogose muri litiro y'amazi ubirye nk'urya imboga.

Amashereka adahagije: usekura umukamato w'amababi akiri mato y'amagaja ukayatogosa muri litiro y'amazi, ukayanywa ku manywa hose.

IMBUTO (AMAGAJA):

Impatwe (constipation) : umira ikiyiko 1 cy'amavuta y'amagaja mu gitondo na 1 nimugoroba.

Mikorobe zo mu gitsina cy'umugore (candidoses vaginales) ufite ubwandu bwa virusi itera SIDA (HIV/AIDS): winika 200g za tungurusumu isekuye muri 300ml z'amavuta y'amagaja. Bimarane iminsi 3, ubiyungurure uyasige mu gitsina.

Umuhaha (otite): ushyira ibijojoba 2 by'amavuta y'amagaja mu matwi y'umurwayi.

URUKARARAMBWE (Rubia cordifolia)

French: garance cordée.

AMABABI:

Inda y'umugore utwite yari igiye kuvamo kuyirinda ngo ibe itakivuyemo: agati n'amababi ubitogose mu mazi uyiyinishe mu gitsina.

Indwara z'uruhu (darters = dartres): utwika amababi, ivu ryayo ukarivanga n'amavuta ukisiga aharwaye, buri munsi.

Ubugumba bw'umugore (stérilité féminine), uburemba bw'abagabo (impuissance masculine), umura usohoka (prolapsus utérin), Umura uva amaraso (hémorragie utérine)atari igihe cy'imihango (métrorrhagie) , kuvira amaraso imbere mu mubiri (internal bleeding) no kuva imyuna (epistaxis): ibiyiko 2 by'ifu y'amababi y'urukararambwe, ubivanga na 500ml z'amazi yatuye ukayanywa ku manywa hose, uzabikore iminsi 7. Uhereye ku munsi wa 7 uzajya unywa uwo muti, wongereho kuzajya unywa icyayi cy'imizi y'urukararambwe.

Umwijima ubabara (liver pain), umuvuduko muke w'amaraso (hypotension): winika ikiyiko cy'ifu y'amababi y'urukararambwe muri litiro y'amazi, ukanywa uyu muti ku manywa hose, uzabikore iminsi 10.

Amababi afite manganeze (**Mn**), sodiyumu nyinshi cyane (**Na**) na potasiyumu (**K)**.

UMUFUMBA MUNINI (Rumex abyssinicus):

French: Oseille africaine.

IMIZI:

Indwara z'uruhu (mycoses et la gale): gusekura umuzi ukavanga n'amavuta, ugasiga aharwaye. Ingaruka ibaho nyamara itari nziza ni ukuryaryatwa mu mubiri mu gihe kingana n'icyumweru.

Imitezi (blennorragie: gonnorrhea): usekura imikamato 2 y'imizi ukayibiza muri litiro y'amazi. Ukayinywa yose kuva mu gitondo kugeza nimugoroba, uzageze ku minsi 7.

Porositate yabyimbye (prostatite) n' ubwandu bw'imirerantanga n'imiyoborantanga y'abagore (annexite): uvanga umukamato w'imizi y'umufumba munini na litiro 2 z'amazi arimo kubira. Ukanywa ibirahure 2 ku munsi, iminsi 21.

AMABABI:

Indwara y'uruhu (la gale): utsirimisha aharwaye amababi y'umufumba munini wasekuye.

NYIRAMUKO (Rumex bequaertii)

French: patience

IMIZI:

Teniya (téniase): fata umukamato w'imizi uyironge, uyanike mu gicucu, niyuma uyivange n'inzuzi zuzuye ikirahure, ubisekure binoge. Ubitekana n'ibirahure 2 by'amazi bikabira iminota 5, ukayungurura, ukawunywa iminsi 2.

Anjine n'uburwayi bwo mu kamironko (laryngite): uhekenyana umuzi na gikukuru ukamira amatembabuzi mu gitondo na nimugoroba.

Ubugendakanwa (amygdalite), anjine: uhekenya umuzi ukamira amatembabuzi.

Igituntu (tuberculose): ufata ibiyiko 5 by'ifu y'imizi ukabivanga na litiro y'ubuki. Ukanywa ibiyiko 3 buri nshuro, 3 ku munsi, iminsi 30.

Umura uva amaraso (hémorragie utérine)na macinya iterwa na amibe: ucagagure umuzi uwutogose muri litiro y'amazi. Uyungurure, ujye unywa ibirahure 2 witonze ku manywa hose, iminsi 5.

AMABABI:

Anjine (angines) n'amara afunzwe (occlusions intestinales): fata amababi 6 ya nyiramuko uyasekure uyatogose mu gice cya litiro (500ml) y'amazi mu minota 10. Uyungurure, unywe ibiyiko 2 mu gitondo, na 2 nijoro, iminsi 5.

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire): gusekura umukamato w'amababi ya nyiramuko, ukavanga na 500ml z'amazi atetse, ukayungurura ugaha uwabyaye inshuro 2 ku munsi.

UMUFUMBA MUTO, UMUFUMBEGESHI (Rumex usambarensis)

French: Oseille africaine; English: sorrel

IMIZI:

Imiyoborantanga n'imirerantanga irwaye y'abagore (annexite) n'inda y'umugore utwite yenda kuvamo (menaces d'avortement):

winika imikamato 2 y'imizi muri litiro 2 z'umutobe w'ibitoki uryoshye ukanywa kumanywa hose ugashira, ubikore iminsi 5.

AMABABI:

Mugiga (meningitis): uvanga umukamato w'amababi y'umufumba muto **(Rumex usambarensis) n'uw'umumanura n'uw'igitunguru (oignon = onion**), ukabitogosa muri litiro y'amazi, ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba, iminsi 15.

Imitezi (blennorragie: gonnorrhea): ufata umukamato w'amababi ukayasekura ukayinika muri litiro y'amazi ukayateka, ukajya unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, ukwezi.

Inzoka zo mu mara: usekura amababi ukavanga na litiro y'amazi ukabitogosa ukanywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 5.

URUGARURA (Salvia nilotica):

French: sauge du Nil

AMABABI:

Ibisebe bimeze nka kanseri:

Gusekura amababi mashya ugakamurira amatembabuzi yayo kuri ibyo bisebe.

Ushyira ifu y'amababi **y'urugarura (Salvia nilotica)** ku bisebe.

Kuvunika: amababi **y'urugarura (Salvia nilotica) n'ay'umuhepfu** uyasekure uyatsirime kandi uyomeke ahavunitse.

Urura runini rusohoka= Kuzana amagara (prolapsus anal) na kalizo(hemorrhoid): usekura imikamato 2 y'amababi mashya uyinike muri 500ml z'amazi. Unywe ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 10. Unicare mu mazi winitsemo amababi y'urugarura (Salvia nilotica) .

Igicuri (Epilepsie): vanga imikamato 2 y'amababi mashya y'umukubayoka (Senna septentrionalis), umukamato w'amababi y'icyatsi cyitwa icunga (Canavalia gladiata), umukamato w'amababi y' urwagara= umutsinduka (Pycnostachys erici-rosenii) n'uw'ay'urugarura (Salvia nilotica) , ubisekure ubyinike muri litiro 2 z'amazi yatuye. Uyungurure unywe litiro 1 ku munsi, uzageze ku minsi 15.

Orchite n'imiyoborantanga n'imirerantanga irwaye y'abagore (annexite): fata ibiyiko 3 by'ifu y'amababi y'**urugarura (Salvia nilotica)** uvange na litiro y'amazi yatuye. Uyanywe ku manywa hose, iminsi 15.

IRARIRE (Senecio cidoniifolius):

French: seneçon blanc

IMIZI:

Umuriro mwinshi mu mubiri: ubiza umukamato w'imizi muri litiro y'amazi. Ukanywa ikirahure 1 buri nshuro, 4 ku munsi, iminsi 3.

AMABABI:

Ibisebe bimeze nka kanseri: usekura amababi y'irarire, ugakamurira amatembabuzi yayo ku gisebe.

Umuhaha (otite) uzamo amashyira: ushyira ikijojoba cy'amatembabuzi mu gutwi.

Urushwima (ascite): fata umukamato w'amababi mashyashya y'**umubwirwa** (**Fluggea virosa**) n'undi w'ay'**irarire** ubyinike muri litiro y'amazi yatuye. Uyanywe ku manywa hose, uzabikore iminsi 15.

Kurumwa n'inzoka: usekura amababi y'**irarire** ukayomeka uho inzoka yarumye ukavanga amazi yatuye n'amababi y'**igihwarara (ikigembegembe = Carduus nyassanus).**

UMUCYURO (UMUBAGABAGA= Senna didymobotrya):

French: Dartrier, senné de montagne.

AMABABI:

Umutwe ubabara : uvuguta amababi 3-4 **y'umucyuro= umubagabaga**, ukayashyira ku mazuru ugakurura umwuka. Igihe utari wakira wakomeza kuwukoresha.

Umutima ubyimba (cardiomegaly): umukamato w'amababi **y'umucyuro (umubagabaga)** uyateke muri litiro y'amazi, ujye unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba buri munsi, ibyumweru 2.

Inzoka zo mu mara, Impatwe (constipation) : uvanga umukamato w'amababi n'undi 1 w'ibishishwa by'umuzi by'umucyuro (= umubagabaga) na litiro y'amazi ashyushye. Ubiyungurure, unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro.

Indwara y'uruhu (mycoses): usekura umukamato w'amababi n'umukamato w'ibishishwa by'igiti cy'**umucyuro**, byanoga ukabivanga n'**amavuta y'amagaja** ukisiga aharwaye ku ruhu.

Uburibwe bukabije (les douleurs intenses): usekura umukamato w'amababi mashyashya ukayavanga n'amazi amaze kubira litiro 1. Ukanywa ibirahure 2 icyarimwe nimugoroba. Ingaruka zidakenewe ziterwa n'uyu muti ni impiswi, nyuma yaho usinzira neza.

UMUYOKA (Senna occidentalis):

French: Casse puante.

IMIZI:

Impatwe (constipation) no gusohora inkari nyinshi (diurétique): usekura umukamato w'imizi y'umuyoka ukayivanga na litiro y'amazi yatuye ukayinywa ku manywa.

Imihango iryana kandi idashyitse (dysménorrhée), guhinduka umuhondo (jaunisse): usekura umukamato **w'imizi** mishyashya n'umukamato **w'amababi** byose by'**umuyoka** ukabivanga na litiro y'amazi yatuye. Ukajya uyinywa amanywa yose agashira, uzabikore iminsi 5.

AMABABI:

Malariya: ufata umukamato w'amababi y'**inyabarasanya (Bidens pilosa)** n'uwa **cyayicyayi** n'uw'amababi y'**umuyoka**. Uyatogosa muri litiro 2 z'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 5.

Kurumwa n'inzoka: fata umukamato w'amababi y'**inyabarasanya (Bidens pilosa)** n'uw'ay'**umuyoka**, uyateke muri litiro 2 z'amazi, unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 10.

Indwara z'uruhu: sekura amababi mashya uvange n'amavuta y'ibimera ujye uyisiga aharwaye uyatsirimaho.

Inzoka zo mu mara n'amibe: fata ibiyiko 3 by'ifu y'amababi ubibize muri litiro 1 y'amazi. Unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 7.

IMBUTO:

Igituntu (tuberculose) n'indwara zo mu buhumekero n'uburwayi bw'umutima: fata ikiyiko 1 cy'ifu y'imbuto z'umuyoka zikaranze nk'uko bakaranga ubunyobwa bwo guhekenya uvange n'ikirahure 1 cy'amazi atetse ukinywere rimwe, ujye unywa 3 ku munsi, iminsi 10.

Porositate yabyimbye (prostatite): fata ikiyiko 1 cy'ifu y'ibishishwa bya cyphomandre n'ikindi 1 cy'ifu y'imbuto z'umuyoka n'ikindi cy'ifu y'amababi ya Euphorbia hirta n'icy'inzuzi z'ibihaza n'icy'amababi y'inturusu. Ubyinike muri litiro 2 z'amazi atetse. Ujye uyanywa ku manywa hose, uzageze ku minsi 30.

UMUKUBAYOKA (Senna septentrionalis)

French: séné à fleurs abondantes.

AMABABI:

Urwagashya rubyimbye= igisyo [splenomegalie]: umukamato w'amababi, uyasekure, uyinike muri litiro 1 y'amazi. Unywe ikirahure 1 mu gitondo, 1 ku maywa, 1 nijoro, iminsi 7.

Impatwe (constipation) : ubiza umukamato w'amababi y'umukubayoka (Senna septentrionalis) muri 500ml z'amazi, ukajya unywa ibirahure 2 ku munsi, iminsi 5.

Igicuri (Epilepsie) : ufata imikamato 2 y'amababi mashya y'umukubayoka (Senna septentrionalis) n'undi way'icyatsi cyitwa icunga (Canavalia gladiata), n'uw'urwagara= umutsinduka (Pycnostachys erici-rosenii) n'undi w'urugarura (Salvia nilotica). Usekure iyo miti, uyivange na litiro 2 z'amazi amaze kubira. Uyungurure, unywe litiro 1 buri munsi, iminsi 15.

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire): Usekura imikamato 2 y'amababi ukayinika muri 500ml z'amazi y'akazuyaze. Uyungurure uhe uwabyaye awunywere rimwe, abikore 2 ku munsi.

UMUCUNDURARWERU (Sida rhombifolia)

French: Herbe dure; English: Queensland hemp.

IMIZI:

Kubyara mu buryo bwihuse (kwongera ibise) kandi bikoroheye (accélérer et faciliter l'accouchement): utogosanya umukamato w'imizi n'udusenda 2 duto muri litiro y'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa na 1 nimugoroba. Ibyiza n'uko unywa uyu

muti uri kumwe n'ababyaza kandi inda ikaba idafite ibimenyetso bya dystocie.

Gushoboza abagabo kuryamana n'abagore (stimuler l'activité sexuelle chez les mâles), kudashyukwa kw'abasore (les jeunes dont le pénis n'entre pas en érection): uhekenya umukamato w'ibishishwa by'imizi y'umucundurarweru n'ubunyobwa, inshuro 3 ku munsi.

IBISHISHWA:

Contre les glaucomes: ushishura igiti cy'umucundurarweru ukagitwika ukomeka iryo vu ryawo aharwaye. Ubwo buvuzi buzakora neza mbere y'uko igihe cyo guhuma kigera.

AMABABI:

Umuvuduko ukabije w'amaraso (hypertension): ufata umukamato w'amababi, ukayumisha, ukayasekura. Ukajya ufata ibiyiko 2 by'ifu ukavanga n'ikirahure 1 cy'amazi yatuye mu gitondo, ikindi ku manywa, ikindi nijoro kugeza igihe umurwayi akiriye.

Indwara y'uruhu (panaris) n'ibishyute: usekura ishu na tungurusumu n'amababi y'umucundurarweru, ukawomeka aharwaye ukahapfuka. Ukajya uwomekaho buri munsi.

Imitezi (blennorragie: gonnorrhea): ufata imikamato ibiri y'umucundurarweru n'imikamato 2 y'inyabarasanya (Bidens pilosa). Uyasekure, uyinike muri litiro 2 z'amazi. Unywe litiro 1 ku munsi, iminsi 12.

Diyabete: usekura umukamato w'amababi mashyashya ukayatogosa muri litiro y'amazi. Uyanywe amanywa yose.

Ibisebe byo mu gifu: fata umukamato w'amababi y'umucundurarweru uyashyire muri litiro y'amazi arimo kubira, unywe ibirahure 2 ku munsi, iminsi 15.

INTOBOTOBO, INTOBO (Solanum aculeastrum)

French: Pomme de sodome; English: apple of Sodom.

AMABABI:

Imihango iryana kandi idashyitse (dysménorrhée): gusekura umukamato w'amababi mashya ukayashyira muri litiro y'amazi arimo kubira ukayanywa amanywa yose, iminsi 7.

IMBUTO (INTOBO):

Igituntu (tuberculose), Asima (amahwima) n'inkorora: ufata urubuto rw'intobo yeze uyanike (calciner) uyisekure. Urigate 5g z'ifu yayo ku munsi, iminsi 15.

Sifilisi (syphilis) n'indwara zo mu myanyandangabitsina zandura (maladies vénériennes): usekura intobo yeze ukayinika muri litiro

y'amazi. Ukayungurura ukayogesha mu gitsina inshuro 1 mu minsi 3, uzageze ku minsi 21.

Macinya: utwike intobo n'uduti tw'intobotobo uvange ikiyiko 1 cy'ifu n'amazi uyanywe buri munsi, iminsi 3.

KAREMBA (Solanum anguivii)

French: Morelle épineuse.

AMABABI:

Amenyo atoboka n'amenyo ababara: togosa amababi 3 muri litiro 1 y'amazi hasigare ibirahure 2. Wunyugurishe uwo muti mu kanwa 3 ku munsi, iminsi 5.

Anjine: ufata ikibabi 1 cya karemba n'umukamato w'amababi y'umubuza. Ubisekurane ubyinike mu kirahure 1 cy'amazi y'akazuyaze. Unyweho intama ntoya nyinshi amanywa yose.

ISOGO NINI Z'UMUKARA (Solanum nigrum)

French: Morelle noire; English: nightshade.

AMABABI:

Igifu gifite aside nyinshi : ufata 50g z'amababi ukayateka nk'imboga, ukazirya zishyushye cyangwa zihoze kuva ku byumweru 2 kugera kuri 3.

Kurumwa n'inzoka: ufata imikamato 5 y'amababi wamaze gusekura, ukayakamura, ujye unywa ikirahure 1 mu gitondo, 1 nimugoroba, ibyumweru 2 kugera kuri 3: utogose mu mazi atangiye kubira amababi uyaryemo imboga zitarashya.

Igifu gifite aside nyinshi kitarabimarana igihe kinini: uvange amababi y'isogo nini y'umukara n'amazi yatangiye kubira wongereho umutobe w'inanasi, uhite ubiyungurura, uvange n'umutobe w'indimu ukiri mushyashya. Noneho ubivange n'igi ribisi ujye unywa uwo muti amanywa yose igihe cyose igifu kigifite aside nyinshi.

Inzuki zadwinze umuntu: uhita witsirimaho amababi y'isogo nini y'umukara ahadwinzwe ngo udakomeza kubabara ngo n'uruhu rudahisha.

Umutwe ubabara w'uruhande rumwe (**migraine**): uvuguta amababi ugakamuramo amatembabuzi yawo, ugashyira ibijojoba muri buri zuru.

Umuhaha (otite) ufite amashyira: uvuguta amababi ukayakamura ugashyira ibijojoba mu gutwi.

IMBUTO:

Diyabete: umukamato w'imbuto z'isogo zeze zamaze kuba umukara n'umukamato w'amababi y'imyumbati n'undi w' umushyiguro (Chamaesyce hirta). Usekure, ukamure, uwuyungurure, ujye unywa litiro 1 buri munsi, iminsi 30.

Indwara y'uduhumyo ku ruhu (mycoses): wogesha amatembabuzi y'isogo aharwaye, 2 buri munsi. Amababi araribwa, akungahaye kuri **vitamine A** na **C** n'imyunyungugu nka zenke **(Zn),** manganeze **(Mn**), kalisiyumu (**Ca**), ubutare **(Fe)** na potasiyumu **(K).**

Spathodea campanulata

French: Tulipier du Gabon.

IBISHISHWA:

Ibisebe: ushyira ifu y'ibishishwa ku gisebe.

Umunaniro ukabije mu kuryamana k'umugabo n'umugore: gufata umukamato w'imizi y'umuko n'umukamato w'igishishwa cy'igiti cya spathodea campanulata= tulipier du Gabon n'imikamato 2 y'umushyiguro (**Chamaesyce hirta =euphorbe indienne ou rougette).** Ubitekane na litiro 2 z'amazi, unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 8.

Gusa n'umuhondo n'ibibazo by'umwijima: ufata imikamato 3 y'ibishishwa by'igiti ukabivanga na litiro 2 z'amazi yatuye. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 6.

Umwijima ubyimba (cirrhose du foie): ufata umukamato w'ibishishwa by'igiti, umukamato w'ibishishwa by'imizi, n'uw'amababi n'uw'indabo. Ukabisekura ukabyanika mu gicucu.

Ukajya uvanga ibiyiko 4 by'iyo fu na litiro 1 y'amazi amaze kubira. Unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba, iminsi 15.

Contre la schistosomiase: ufata umukamato w'ibishishwa bya spathodea campanulata n'umukamato w'amababi ya Tephrosia vogeli. Ubisekurane. Ubivange na litiro 2 z'amazi arimo kubira. Ujye unywa litiro 1 ku munsi, iminsi 7.

INDABO:

Ibibyimba: omeka ku kibyimba indabo wasekuye nshyashya 2 ku munsi.

Kubabara mu mpyiko (Coliques néphritiques): Uvanga imikamato 2 y'ibishishwa by'igiti muri litiro y'amazi. Unywa ikirahure 1 mu gitondo, 1 ku manywa, 1 nimugoroba.

Amibe: utogosa imikamato 2 y'ibishishwa by'igiti muri litiro y'amazi, ukanywa 200ml icyarimwe, inshuro 4 ku munsi, iminsi 3.

Diyabete: wanika ibishishwa by'igiti ukabona ifu. Uvanga ibiyiko 2 by'ifu na litiro 1 y'amazi yatuye. Unywa ikirahure 1 icyarimwe, 3 ku munsi, ukajya ukomeza gupimisha urugero rw'isukari mu mubiri.

Kutajya mu mihango: ufata umukamato w'ibishishwa bya spathodea campanulata, umukamato w'imizi y'umugororo n'undi w'imizi y'umucundurarweru. Ubivange na litiro 1 y'amazi yatuye, ukajya unywa ikirahure 1 buri nshuro, 3 ku munsi.

Ubugumba bw'abagore (stérilité des femmes): ufata 1kg cy'ibishishwa by'igiti cya spathodea campanulata, ukabisekura ukabivanga na litiro 2 z'amazi meza atetse. Ukoreshe agapira kabigenewe uyashyiremo uyohereze mu mura. Uyakoreshe ahoze umunsi wa 1, 2, n'uwa 3. Uyakoreshe ashyushye umunsi wa 4, 5 n'uwa 6.

NGINGOJANA (Spermacoce princeae)

AMABABI:

Amaso agira imirishyi kandi ukayabyiringira arwaye agahu k'inyuma (conjonctivite): usekura amababi ugashyira mu jisho ibijojoba 2, inshuro 2 ku munsi.

Imvune (kuvunika): usekura amababi ukayomeka ku mvune.

Indwara z'uruhu: usekura amababi ukayatsirima aharwaye.

Ibisebe byo mu gifu: usekura imikamato 2 y'amababi ugakamura, ukanywa. Ubikore 2 ku munsi.

Kubyimba kw'impyiko, gute, kworoha amagufa (ostéomyélite), Ubwandu bw'imirerantanga n'imiyoborantanga y'abagore (annexite) no kubabara mu ngingo (douleurs articulaires): uvanga litiro y'amazi n'umukamato w'amababi akiri mashyashya.

Ukayanywa agashira buri munsi, iminsi 15. Uwo muti uburizamo kubabara umubiri wose muri rusange w'abantu barwaye virusi itera SIDA (HIV/AIDS), imihango iryana na kanseri.

Ubugumba: ngingojana yose (itariho imizi) uyivange n'imitwe y'umushayishayi ubibize muri litiro y'amazi. Uyungurure, unywe ku manywa hose, iminsi 21.

INSHENYANGUZI, UBUSHWIMA (Spilanthes mauritiana)

French: Cresson de mauritanie; English: paracress

AMABABI:

Kuva imyuna: fata imikamato 2 y'amababi y'ishenyanguzi uvange n'amababi y'umubuza. Usekure ubyinike mu mazi yatuye, unywe ibirahure 3 ku munsi, iminsi 7.

Amenyo ababara: usekura amababi ukavanga n'umunyu, ukayomeka ku ryinyo ribabara.

Macinya iterwa n'amibe: fata amababi 5 y'ishenyanguzi uyaronge wongeremo tungurusumu nke utapfune.

Kubabara mu gifu: Amababi 20 y'ishenyanguzi n'ubunyobwa ubirye buri munsi.

Kurumwa n'inzoka: tapfuna amababi y'ishenyanguzi unayomeke aho inzoka yarumye.

Ibijagu (gengivites): kuba amababi y'ishenyanguzi mu menyo.

Imihango iryana kandi idashyitse (dysménorrhée) : usekure amababi wayarongesheje amazi atetse, uyabumbabumbe uyohereze mu gitsina.

Igifu gifite aside nyinshi , guhinduka umuhondo, Imitezi (blennorragie: gonnorrhea): vanga imikamato 2 y'amababi na litiro y'amazi yatuye unywe igikombe 1 mu gitondo, 1 nimugoroba.

INDABO:

Diyabete: uvanga imikamato 2 y'indabo na litiro 1 y'amazi yatuye, uyinywe umunsi wose noneho ukoreshe igipimo urebe uko isukari ingana mu maraso.

Iki cyatsi gikize cyane ku myunyungugu nka kwivure (**Cu**), manganeze **(Mn),** sodiyumu (**Na**), kalisiyumu (**Ca**) na fosifore **(P).**

NYIRAMUNUKANABI (Tagetes minuta):

French: tagète; English: wild marigold.

AMABABI:

Umutwe ubabara: ufata umukamato 1 w’amababi ya nyiramunukanabi n’umukamato w’amababi y’inturusu (eucalyptus robusta), uyatogosanye na litiro y’amazi iminota 10. Uyungurure, unywe ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 2.

Ibihushi n’izindi ndwara z’uruhu: gufata umukamato w’amababi yumye asekuye n’igice cya litiro (500ml) y’amavuta y’ibimera n’ibinyagu bike by’inzuki (la cire). Ukoremo pomade ujye uba ariyo wivurisha.

INDABO:

Kutagira imihango: ufata umukamato w’indabo za nyiramunukanabi, uzisekure, uzinike muri litiro y’amazi yatuye. Uyungurure, unywe amanywa yose, iminsi 3.

UMURAVUMBA (Tetradenia riparia)

French: Tetradenia

IMIZI:

Imitezi (blennorragie: gonnorrhea): vanga 100g z’ifu y’imizi y’umuravumba na 100g z’ifu y’imizi y’ipapayi uzitogosanye na litiro y’amazi, unywe ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 7.

IBISHISHWA BY’IGITI:

Asima (amahwima): umukamato w’ibishishwa by’igiti cy’umuravumba n’umukamato w’amababi yumye y’ipapayi ujye uyanywa nk’uko banywa itabi wivure Asima (amahwima).

AMABABI:

Inkorora, giripe na anjine: utapfune ikibabi 1 cy'umuravumba kibabuye ku muriro uvange n'umunyu muke. Ujye umira amatembabuzi 3 ku munsi, iminsi 3-5.

Umutwe ubabara uruhande rumwe: utapfuna ikibabi 1 cy'umuravumba ukamira amatembabuzi yawo, 2 ku munsi.

Inzoka zo mu mara: utogosa umukamato w'amababi y'umuravumba muri litiro 2 z'amazi. Unywa igice cy'ikirahure, ubikore 3 ku munsi, iminsi 4.

Imitezi (blennorragie: gonnorrhea): sekura amababi 3 uyinike muri 500ml z'amazi yatuye. Unywe 250ml inshuro 3 ku munsi, iminsi 5.

Indwara z'uruhu: utsirima ikibabi cy'umuravumba aharwaye, ugasigaho amavuta y'amagaja (y'ikibonobono (Ricinus communis)) avanze n'ifu y'amababi n'imizi by'isagara.

Kalizo (hemorrhoid): usekura umukamato w'amababi y'umuravumba ukayinika muri litiro y'amazi yatuye. Uyicaremo, inshuro 2 ku munsi. Maze usekure amababi 3 y'umuravumba uyinike muri 500ml z'amazi yatuye. Ujye unywa 250ml mu gitondo, izindi ku manywa, n'izindi nimugoroba, iminsi 5.

Béri-béri: ufata umukamato w'amababi y'umuravumba n'umukamato w'amababi y'inyabarasanya (Bidens pilosa) n'inanasi yeze yose idahase. Byose ubikekemo uduce duto ubitogose iminota 30. Uyungurure uhe umurwayi ikirahure 1 mu gitondo, 1 nimugoroba, iminsi 10.

Umura usohoka (prolapsus utérin): ufata amababi y'umuravumba, aya cyayicyayi n'ay'inturusu ya mayideni (**eucalyptus globulus**), ubisekure, uvange n'amavuta wohereze uwo muti mu gitsina kure. Noneho utsirime mu gitsina amababi y'ikibonobono (Ricinus communis) wasekuye, iminsi 10.

INDABO:

Umwijima urwaye no kugira uruhu rw'umuhondo: utogosa muri litiro y'amazi umukamato 1 w'indabo z'ipapayi n'umukamato w'indabo z'umuravumba, iminota 10. Unywe ikirahure 1 mu gitondo, 1 nimugoroba, ukwezi 1.

IGITI CY'UMURAVUMBA:

Macinya: utwika igiti cy'umuravumba kiriho n'ibishishwa byacyo, ugafata ibiyiko 2 by'ivu ryabyo, ukarivanga n'ikirahure cy'amazi meza atetse, ahoze, ukayanywa yose, ubikore 2 ku munsi.

GISAYURA (Thumbergia alata)

AMABABI:

Umutima uteragura: utogose umukamato w'amababi muri litiro y'amazi. Unywe uko ushaka.

Kubyara utabazwe iyo unyweye uyu muti: utogosanya litiro 2 z'amazi n'umukamato wa gisayura, n'inyambapfundo n'amasununu. Ukajya unywa ikirahure 1 mu gitondo, 1 ku manywa na 1 nijoro uhereye ku kwezi kwa 7 kw'inda utwite.

Ubwandu bwo mu kanwa (infections buccales): usekura amababi ya gisayura ukayatsirima mu kanwa.

Kanseri: umukamato w'amababi ya gisayura n'undi wa Plumbago zeylanicum. Uyavange na litiro y'amazi yatuye uyanywe ku manywa hose, uzabikore amezi arenze 3.

Imihango myinshi irenze urugero: uteke amababi mashyashya ya gisayura n'ay'ibihaza, uyarye nk'imboga.

Indwara z'uruhu: vanga ifu y'amababi ya gisayura n'amavuta y'amagaja. Wisige aharwaye inshuro 2 ku munsi, kugeza ukize.

INDABO:

Kanseri: utogosa ikimera cyose cya gisayura hamwe n'indabo, urye.

KIMBAZI, ICYICAMAHIRWE, IGITEREZA (Tithonia diversifolia)

French: Tithonia

AMABABI:

Ise (psoriasis): umukamato w'amababi, uyinike muri alukoro 80%. Ubiyungurure wongeremo vazeline. Ujye wisiga ku ruhu aharwaye.

INDABO:

Macinya: teka indabo 7 za kimbazi n'ikibabi 1 cy'igikakarubamba muri litiro 2 z'amazi. Unywe ikirahure 1 mu gitondo, 1 ku manywa, 1 nijoro, iminsi 5.

Kongerera imbaraga abasirikare b'ummubiri w'abantu bafite ubwandu bwa virusi itera SIDA (HIV/AIDS): Togosanya amazi n'ifu y'indabo za kimbazi wongeremo ubuki. Unywe ibiyiko 3 ku munsi.

Toddalia asiatica

IMIZI:

Kubabara mu muhogo: usekura imizi ukayihekenya ukamira amatembabuzi yayo.

Umugongo ubabara, kurumwa n'inzoka: winike 10g z'imizi muri litiro y'amazi yatuye, ukanywa amanywa yose, uzabikore iminsi 5.

AMABABI N'AMASHAMI:

Inkorora ikaze (bronchite), umusonga (pneumonie): winika imikamato 2 y'amababi muri 500ml z'amazi, ukanywa 155ml mu gitondo, 155ml ku manywa, 155ml nimugoroba.

UMUHEPFU,MUSONSOLI (Trema orientalis)

AMABABI:

Kuvunika: usekura amababi n'ibishishwa by'igiti by' umuhepfu ukawomeka ahavunitse. Ugatapfuna umukamato w'amababi y'umuhepfu, ukamira amatembabuzi.

Iseru (rougeole): wiyuka kandi ukanywa amababi y'umuhepfu watetse mu mazi.

Guhinduka umuhondo: unywa umuti w'ibishishwa n'amababi watetse mu mazi.

Ubwandu bwo mu nzira z'ubuhumekero: fata ikiyiko 1 cy'ifu y'ibishishwa by'igiti n'umukamato w'amababi y'umuhepfu, ubisekurane, ubivange na 500ml z'amazi yatuye. Unywe ku manywa hose, uzabikore iminsi 5. Umuhepfu ukize ku myunyungugu itandukanye: zenke (**Zn**), manganeze (**Mn**), kalisiyumu (**Ca**), ubutare (**Fe**), seleniyumu (**Se)**.

UMUNABA (Triumfetta cordifolia)

French: Tilleul

AMABABI:

Macinya n'uburwayi bw'umwijima (hepathome): ufata umukamato w'amababi y'umunaba, akaziraruguma, igifuraninda, n'umuhurura (wenda kumera nk'igifashi= achyrantes aspera), ukayavanga na litiro 2 z'amazi atetse yatuye. Ukajya unywa litiro 1 ku munsi, iminsi 15.

Ibisebe: ukamurira umunaba ku gisebe ukahapfuka.

Contre l'azoospermie: inika umukamato w'amababi muri litiro 1 y'umutobe uryoshye cyane w'ibitoki, uwunywe amanywa yose, ubigire iminsi 7.

Gukura ihwa mu mubiri cyangwa ikimene cy'ikirahure: sekura amababi y'umunaba uyomeke ahari icyinjiye mu mubiri.

Uburwayi bw'amenyo (carie dentaire): sekura amababi uyomeke ku ryinyo.

Umura usohoka (prolapsus utérin) n'ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire): ufata umukamato w'amababi y'umunaba n'undi w'imizi ya gangabukari. Ubisekure ubyohereze mu gitsina.

Ibibyimba n'ibishyute: usekura amababi y'umunaba ukayomeka ku bibyimba.

UMUBIRIZI (Vernonia amygdalina)

French: vernonia; English: bitter leaf.

IMIZI:

Kuvunika: wanika imizi y'umubirizi, iy'urujenone n'iy'umucundurarweru ingana yose ukayitwika, ukongeramo umunyu. scarifier ahavunitse, usigeho iryo vu inshuro 1 buri minsi 2, kuzageza ukize.

Malariya: umukamato w'imizi urayisekura ukayivanga na litiro y'amazi yatuye iminota 20. Uyungurure, unywe 200ml buri nshuro, ubigire 4 ku munsi, iminsi 5.

Diyabete: unywa imizi washyize mu mazi. Noneho ukohereza mu kibuno amazi arimo imizi y'umubirizi n'amababi ya Alchornea cordifolia.

Gutera umuntu gusonza: utapfuna 1cm y'umuzi, ukamira amatembabuzi. Uhita wumva ushonje cyane. Ibyo bibera byiza cyane cyane abantu bafite umunaniro mu mubiri no mu bwonko.

Diyabete: sekura kandi uteke umukamato w'amababi ya Asystasia gangetica muri litiro y'amazi, uwunywe ku manywa hose. Uhite wiyina ukoresheje amazi atekanye n'imizi y'umubirizi.

Kongerera abasirikare umubiri w'abantu bafite ubwandu bwa virusi itera SIDA (HIV/AIDS): fata 15g z'ifu y'imizi y'umubirizi, umukamato w'amababi y'uruheza n'umukamato w'ibishishwa by'igiti cy'umushayishayi. Ubisekurane, ubiteke bibirane na litiro y'amazi iminota 5. Uyungurure uwunywe inshuro 4 ku munsi ube ushize umunsi 1, ubikore iminsi myinshi, ujye uba ubiretse mu minsi 6 buri kwezi.

AMABABI:

Inzoka zo mu mara na malariya: ufate ½ cy'umukamato w'amababi mashyashya, uyasekure, uyavange n'ibirahure 2 by'umutobe w'ibitoki uyungurure.

UKO UNYWEBWA:

ABANA:

Amezi 6 kugera ku myaka 2: banywa ¼ cy'ikirahure.

Imyaka 2 kugera ku myaka 6: banywa ½ cy'ikirahure.

Imyaka 7 kugera ku myaka 10: banywa ikirahure 1.

Imyaka 11 kugera ku myaka 15:banywa ikirahure 1 n'igice.

ABANTU BAKURU: banywa ibirahure 2 icyarimwe. Bikiza ububabare bukabije bwo mu nda.

Rubagimpande: jya wiyuhagira buri gitondo amazi akonje, byibura litiro 5 uvangemo imikamato 2 y'amababi mashyashya asekuye. Ubikore icyumweru 1.

Ishaza ryo mu jisho (cataracts): usekura amababi ukayakamura, ugashyira mu jisho ikijojoba 1 mu mu gitondo, 1 nimugoroba, iminsi 4.

Indyo nkene (malnutrition): wiyinisha mu kibuno amazi make (500ml) arimo umukamato w'amababi y'umubirizi, wongeremo ay'uw'urubonde n'undi w'ay'ikinetenete.

IGITI CY'UMUBIRIZI:

Umuvuduko ukabije w'amaraso: **Utwika ibiti by'umubirizi, ivu ryabyo ni umunyu mwiza wo kuvura umuvuduko ukabije w'amaraso.**

Umubirizi ufite intungabuzima nyinshi (zitwa **acides amines**) umubiri ubwawo wihinduriramo amavitamine ukeneye atandukanye, ukungahaye kandi ku myunyungugu cyane cyane potasiyumu (**K)**, kalisiyumu (**Ca)** na manyeziyumu (**Mg**).

ITEKE RITUKURA (Xanthosoma sagittifolia)

French: Taro

AMABABI (ITIKA):

Indwara z'uruhu (gale, les mycoses cutanées): ukamurira amababi ku ruhu rurwaye, inshuro 2 ku munsi.

IKIGUJI CY'ITEKE:

Ibibyimba: ushyira amakakama y'iteke ku kibyimba ukagipfuka.

Amababi akize kuri **oxalate de calcium**. Kandi amababi n'amateke biraribwa.

UMUSHISHIRO (Zehneria scabra):

French: cirnichon.

AMABABI:

Amenyo avunguka (caries dentaires): ufata umukamato w'amababi, ukayasekura, ukayakamura ukayacundugutura mu kanwa ari akazuyaze, ubikore 3 ku munsi. Iryinyo rirwaye rigenda rikira.

Inzoka zo mu mara, kubabara mu nda (mu rura runini): fata imikamato 2 y'amababi uyasekure uyinike muri 500ml z'amazi. Uyungururure, unywe 250ml mu gitondo, 250ml nimugoroba, iminsi 4.

Indwara z'uruhu (maladies de la peau et gale): Vuguta amababi y'umushishiro mashyashya uyatsirime aharwaye.

Utwika amababi y'umushishiro, ukavanga ivu ryayo n'amavuta y'amagaja, ukajya uyasiga aharwaye.

Kuvunika: utogosanya amazi n'amababi, ukayarya nk'imboga.

Ibijagu (gingivite): usekura amababi y'umushishiro, ukayatsirima mu ishinya yajyaga iva amaraso.

ANDI MAFOTO:

INDWARA:

Abana bababara mu mara manini

Agakwega

Agatuza kababara (douleurs de la poitrine)

akamironko k'akanwa

Akanwa gafite indwara yandura (infections buccales)

Akanwa k'umwana karwaye (muguets)

Amagufa adakomeye (ostéomyélite)

Amahumane (les eruptions cutanées)

Amara yifunzwe (occlusions intestinales)

Amaraso akennye (anemia)

Amaraso ava mu nda y'umugore utwite (kurenzaho)

Amaraso yipfunditse (entorse)

Amashereka adahagije

Amashereka agomba guhagarikwa

Amashyira avanwa mu gisebe

Amaso agira imirishyi kandi ukayabyiringira arwaye agahu k'inyuma (conjonctivite)

Amaso arwaye

Amatwi yandujwe uburwayi

Amavuta agabanywa ku biryo

Amazuru yasohotsemo inyama zibyimbye (Polypes nasals)

Amenyo ababara

Amenyo arwaye (algies dentaires)

Amenyo avunguka (carie dentaire)

Amibe

Amygdalites

Anjine (angines)

Aside nke mu maraso (hypo-acidité)

Asima (amahwima)

Azoospermie

Béri-béri

Bwaki

Charbon (amashamba)

Diyabete

Diyabete

Giripe

Guhagarika kubyara ukoresheje ibyaremwe (natural contraceptive

Guhinduka umuhondo (jaunisse)

Gukanyarara kw'ijisho (Glaucomes)

Gusa n'umuhondo

Gushoboza abagabo kuryamana n'abagore (stimuler l'activité sexuelle chez les mâles)

Gushwanyuka mu kibuno (fistules anales)

Gusonzesha umuntu

Gutabuka kw'igitsina k'umugore (fissures labials)

Gute (goute)

Gutwita k'umugore kurimo imyivumbagatanyo

Ibere rirwaye

Ibibembe

Ibibyimba

Ibicurane

Ibihaha byabyimbyemo amazi [pleurosie]

Ibiheri (punaises)

Ibihushi

Ibijagu (gingivites)

Ibikomere

Ibimeme

Ibisazi

Ibise kugira ngo umugore utwite abyare

Ibisebe

Ibisebe bya kanseri

Ibisebe byo mu gifu (stomach ulcers)

Ibisebe byo mu jisho

Ibisebe byo mu mutwe

Ibishyute

Ibyuririzi bya SIDA (HIV/AIDS)

Igicuri (Epilepsie)

Igifu n'amara habayemo imivurungano

Igifu kirimo aside nke

Igifu kirimo aside nyinshi

Igifu kirwaye kibabara

Igifu n'amara bitameze neza

Igituntu (tuberculose)

Ihwa cyangwa ikimene cy'ikirahure bivanwa mu mubiri

Ijisho ribyimbyemo amaraso (ecchymose conjonctivale)

Ijisho ritukura rikaryaryatwa (conjonctivite)

Ikinyabwoya kikubabye

Imboga

Imbori z'inzuki

Imibu irahunga

Imidido (éléphantiasis)

Imihango iryana kandi idashyitse (dysmenorrhea)

Imihango itari kuri gahunda (irregular manstruations)

Imihango itigeze iza na rimwe (aménorrhée)

Imihango myinshi

Imihango myinshi kandi iryana

Imihango y'abagore itameze neza (les troubles de menstruation)

Imirerantanga ifite ibibyimba byuzuyemo ibizi (kystes d'ovaire)

Imisuha (hernie= hernia)

Imitezi (blennorragie: gonnorrhea)

Imiyoborantanga y'abagore ibabara

Impatwe

Impinja zibabara mu nda

Impiswi

Impyiko zarwaye

Impyiko zibabara (Coliques néphritiques):

Impyiko zibyimbye

Impyiko zidasohora imyanda neza

Impyiko zirimo udusenyi (kidney stones)

Impyiko zitayungurura amaraso neza

Imvune

Imyakura = imitsi y'ubwonko ibabara = (nevralgies)

Imyanda ahakikije ibya (hydrocele)

Imyanyandangabitsina irimo indwara zandura (maladies vénériennes)

Inda (les poux)

Inda y'umugore utwite yenda kuvamo (menace d'avortement)

Inda yendaga kuvuka iyo ijya ivamo(implantations foetales)

Indyo nkene (malnutrition)

Indyo nkene ikabije cyane (severe malnutrition)

Ingingo zishyirirwa ururenda ku rugero rwiza (equilibrer le liquide synoviale)

Ingobyi ifubika umwana yanze gusohoka mu mugore wabyaye (rétention placentaire)

Inkorora

Inkorora y'igikororwa kidacika (bronchitis)

Inkorora yanze gukira (toux rebelle)

Insoro ntuku zirenze urugero (hyperglobulinémie)

Intangangabo zidakura (oligospermie)

Intege nke mu kuryamana kw'umugabo n'umugore

Inyamaswa ifite ubumara yarumye umuntu

Inzara zirwaye

Inzira y'ibiryo yagize ibibazo

Inzira z'inkari zirwaye

Inzoga zabase umuntu

Inzoka yarumye umuntu

Inzoka yarumye umuntu

Inzoka zo mu mara

Inzuki iyo ushaka kuzirukana

Inzuki zadwinze umuntu uko yivura

Ise (psoriasis)

Isepfu

Iseru (rougeole)

Ishaza ryo mu jisho (cataracts)

Isukari nyinshi mu mubiri (hyperglycemia)

Kalizo (hemorrhoid)

Kanseri

Kanseri y'amaraso (leucémie)

Karuho

Kokolishi

Kolera

Kolera uyikingire

Kubabara mu nda

Kubabara mu ngingo (douleurs articulaires)

Kubyara iyo bizamo ibibazo (complications de l'accouchement)

Kubyara neza

Kubyara neza kandi byihutishijwe (accélérer et faciliter l'accouchement)

Kubyara nyuma ukava amaraso

Kubyara utabazwe

Kubyimba k'umubiri (oedèmes)

Kubyimba kw'ibya (Orchite: inflammation du testicule)

Kubyimbirwa (gonflement inflammatoire)

Kudafata mu mutwe

Kudashaka kurya (anorexie)

Kudashyukwa kw'abasore (les jeunes dont le pénis n'entre pas en érection)

Kudwingwa n'udukoko dufite ubumara

Kugabanya kwaguka kw'umwanya ndangagitsina w'umugore wabyaye (retrecissement vaginal après accouchement)

Kugabanya ubwaguke bw'igitsina cy'umugore wabyaye

Kugira uruhu rusa n'umuhondo (jaunisse)

Kugwa ikinya (paralysis)

Kunyara ukababara

Kuruka

Kuruka amaraso

kutagira imihango

Kuva amaraso mu zuru

Kuva imyuna= gukanuka (epistaxis)

Kuvunika

Kwanduzwa n'iby'umuntu yariye (intoxications alimentaires)

Kwibagirwa

Kwicara mu nda k'umwana wenda kuvuka (position siège du foetus)

Kwongera ubwirinzi bw'abasirikare b'urwaye virusi itera SIDA (HIV/AIDS)

Macinya

Macinya iterwa n'amibe

Malariya

Malariya uyikingire

Malariya yo mu mutwe

Mikorobe zo mu gitsina cy'umugore (candidoses vaginales) ufite ubwandu bwa virusi itera SIDA (HIV/AIDS)

Mugiga (meningitis)

Porositate yabyimbye (prostatite)

Rubagimpande

Rubagimpande y'akarande

Schistosomiase

Sifilisi (syphilis)

Sinezite

Teniya

Tifoyide (thyphoide)

Ububabare bukabije (les douleurs intenses)

Ubugendakanwa

Ubugumba

Ubugumba bw'abagore (stérilité des femmes)

Ubugumba bw'umugore atavukanye (stérilité secondaire chez la femme)

Ubuhumekero bufite indwara yanduza

Ubuhumekero burwaye

Ubuhumekero burwaye

Ubuhumekero burwaye

Uburemba (impuissance sexuelle)

Uburemba bw'abagabo (impuissance masculine)

Uburemba bw'abagabo (impuissance masculine)

Uburozi wamize (l'empoisennement)

Uburwayi bwo mu gitsina bw'abagore n'amakobwa (vaginite)

Ubushye

Ubushye bukabije kwimbika

Ubwandu bw'imirerantanga n'imiyoborantanga y'abagore (annexite)

Ubwandu bwo mu mwanya ndangagitsina w'umugore (candidoses vaginales)

ubwandu bwo mu myanya ndangagitsina

Ubwandu mu gitsina cy'umugore (infections vaginales)

Ubwonko butaguwe neza (**troubles nerveux)**

Ubwonko wumva butamerewe neza

Udukoko tw'inzira y'ibiryo (candidoses digestives).

Umugongo ubabara (Lombalgie)

Umugongo ubabara wo hepfo

Umugongo wo hepfo ubabara

Umugore utwite ujya akuramo inda yendaga kuvuka (implantations foetales)

Umuhaha (otite) uzana amashyira mu gutwi

Umuhogo urwaye

umunaniro mu kuryamana kw'umugabo n'umugore

Umunaniro ukabije mu kuryamana kw'umugabo n'umugore

Umunaniro w'umubiri muri rusange

Umunaniro w'umubiri muri rusange

Umunaniro w'umubiri muri rusange

Umunaniro wo mu bwonko (surmenage)

Umura ubabara (les douleurs utérines)

Umura ubabara (uterus pain = douleurs utérines)

Umura urimo ibibyimba (myoma)

Umura urimo ibimeze nka kanseri (fibromes)

umura usohoka (prolapsus utérin)

Umura usohoka (uterus prolapsus)

Umura uva amaraso (hémorragie utérine)

Umura uva amaraso (hémorragie utérine)atari igihe cy'imihango (métroragies) kuvira amaraso imbere mu mubiri (internal bleeding)

Umura uva amaraso (hémorragie utérine)igihe kitari icy'imihango (ménomètrorragies)

Umura uva amaraso w'umugore ugiye gucura (métrorragie de la ménopause)

Umura w'abagore urwaye kanseri

Umura wandujwe n'udukoko (endométrite)

Umuriro mwinshi mu mubiri

Umuriro mwinshi mu mubiri

Umusonga (pneumonie = pneumonia)

Umutima ubyimbye (cardiomegaly)

Umutima urwaye

Umutima uteragura(palpitations cardiaques)

Umutsi w'inyonga y'itako ubabara (ciatic nerve pain):

Umutwe ubabara

Umutwe w'uruhande rumwe ubabara (migraines)

Umuvuduko muke w'amaraso (Hypotension)

Umuvuduko ukabije w'amaraso (Hypertension)

Umwijima ubabara (liver pain)

Umwijima ubyimba (cirrhose du foie)

Umwijima urwaye

Umwijima urwaye

Umwijima urwaye (foie= liver)

Umwijima urwaye (hepathome)

Umwijima urwaye virusi (hepatite virale)

Umwijima wagize imyivumbagatanyo

Umwijima wagize imyivumbagatanyo (troubles du foie)

Urugendo rurerure cyane rw'amaguru

Uruhago

Uruhu rurwaye

Uruhu rw'umuhondo

Urura runini rubabara

Ururenda rukabije rwo mu gitsina cy'umugore (excès du glaire vaginal

Urushwima (ascite)

Urwagashya rubyimbye=Igisyo (splénomégalie)

Urwagashya rurimo imyivumbagatanyo (troubles de la rate)

Urwagashya rurimo imyivumbagatanyo (troubles de la rate)

Urwagashya rurwaye (rate= spleen)