



## MITI NI MALI IN KENYA

**Illustrations; Joseph Kariuki**

**Technical content; Anne Powys, Leslie Duckworth**

**Published by Mediae Trust, P.O. Box 25308 , Nairobi , Kenya**

**24pp**

---

Miti ni mali is the name of a project which hopes to collect the existing knowledge of plants that can be used to improve the health of peoples and their livestock. This collected knowledge will be recorded and returned to communities in the hope that young people will appreciate and preserve this valuable resource.

**IMPORTANT WARNING**





This booklet is intended as an educational insight to the importance of the plants.

**IT IS NOT A MEDICAL HANDBOOK!**

Many of the plants described in this booklet are very poisonous. Neither the publishers or the authors can be held responsible for claims arising from the inappropriate use of plants. For treatment please refer to your local healer.



## MITI NI MALI IN KENYA

Contents:

Click on one of the plant images below or click on arrow for the next page





**MELIACAE - MAHOGANY FAMILY**  
*Azadirachta indica*  
**Neem, Mkilifi, Mwarubaini (Kiswahili)**



**COMEMELINACEAE**  
*Commelina benghalensis*  
**Enkateeryiai (Maa)**



**MYRSINACEAE - RAPANEA FAMILY**  
*Myrsine africana*  
**Segetet (Mkogodo), Mugaita (Kikuyu),**



**LABIATAE - MINT/ BASIL FAMILY**  
*Ocimum americanum*  
**Beehive plant, Urgo (Boran),**

**Osegeteti (Kipsigis), Ol-segeteti (Maa),  
Ekaiyi (Turkana)**

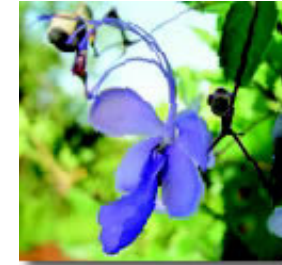


**OLEACEAE - OLIVE FAMILY**  
*Olea europaea ssp. africana*  
**Wild Olive, Lorien (Mkogodo/Samburu),  
Ol-orien (Maa), Emdit (Tugen)**



**SOLANACEAE - POTATO FAMILY**  
*Solanum incanum*  
**Sodom apple, Idi (Boran), Mutongu  
(Kikuyu, Kamba), Entulelei (Maa), Mchue  
(Kiswahili), Nutlelei (Mkogodo)**

**Vumbani (Kiswahili), Il  
korompole (Mkogodo)**



**VERBENACEAE - TEAK FAMILY**  
*Rothea myricoides*  
**Buterfly bush, Munjugu (KIK),  
Makutukuti (Mkogodo)**



**LOGANIACEAE - STRYCHNOS  
FAMILY**  
*Strychnos henningsii*  
**Tipilikwa (Mkogodo), Muteta  
(Kikuyu/Kamba), Olduyesi (Maa),  
Chibulukwa (Samburu)**



**MELIACEAE**

*Trichilia emetica*

**Anona (Boran), Mururi (Kikuyu), Mutwati (Meru), Iberi (Samburu)**



**RUTACEAE - CITRUS FAMILY**

*Zanthoxylum chaldeum*

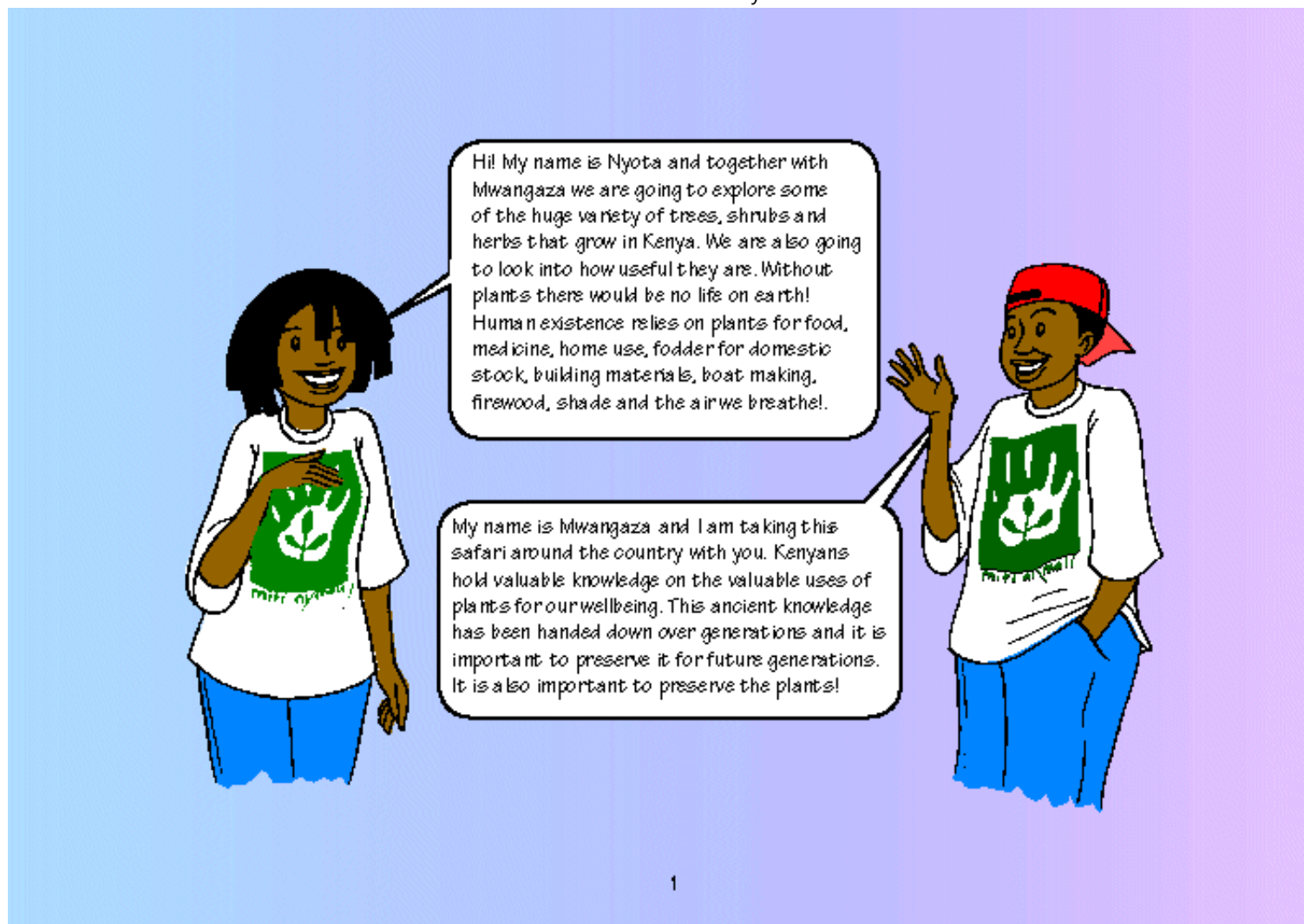
**Mjafari (Kiswahili), Ariri (Boni), Mukenea (Kamba), Gadah (Boran), Loisuki (Mkogodo)**



MITI NI MALI IN KENYA





 MITI NI MALI IN KENYA

MELIACEAE - MAHOGANY FAMILY

**AZADIRACHTA INDICA**

Neem, Mkilifi, Mwarubaini (Kiswahili)

This tree is indigenous to India, but it is now cultivated in many countries all over the world.

A solution is made with the leaves, and people on the coast bathe with this to prevent mosquitoes biting.

It is a fast growing tree to 20m in height, with a rough, brown bark and glossy green leaves with a jagged edge. Although evergreen, it does drop its leaves in drier areas. The flowers are small and fragrant, white to cream in colour. Fruit are oval yellow when ripe. The bark, seeds and leaves are used for medicinal purposes.

2

## MITI NI MALI IN KENYA





The leaves are used to cure many different illnesses including colds, malaria, coughs and ulcers. They are also used to treat skin diseases, boils and wounds. The bark is used to treat bronchitis and coughs. The seeds contain an essential oil that is effective in treating bacterial infections. The stems make a good toothbrush, acting as an anti-bacterial aid to teeth and gums.

The leaves are made into an effective tick repellent solution used to wash stock. They are also used as an insecticide on crops. Dried leaves can be placed amongst clothes and books to prevent them from being eaten by insects.

3





COMMELINACEAE

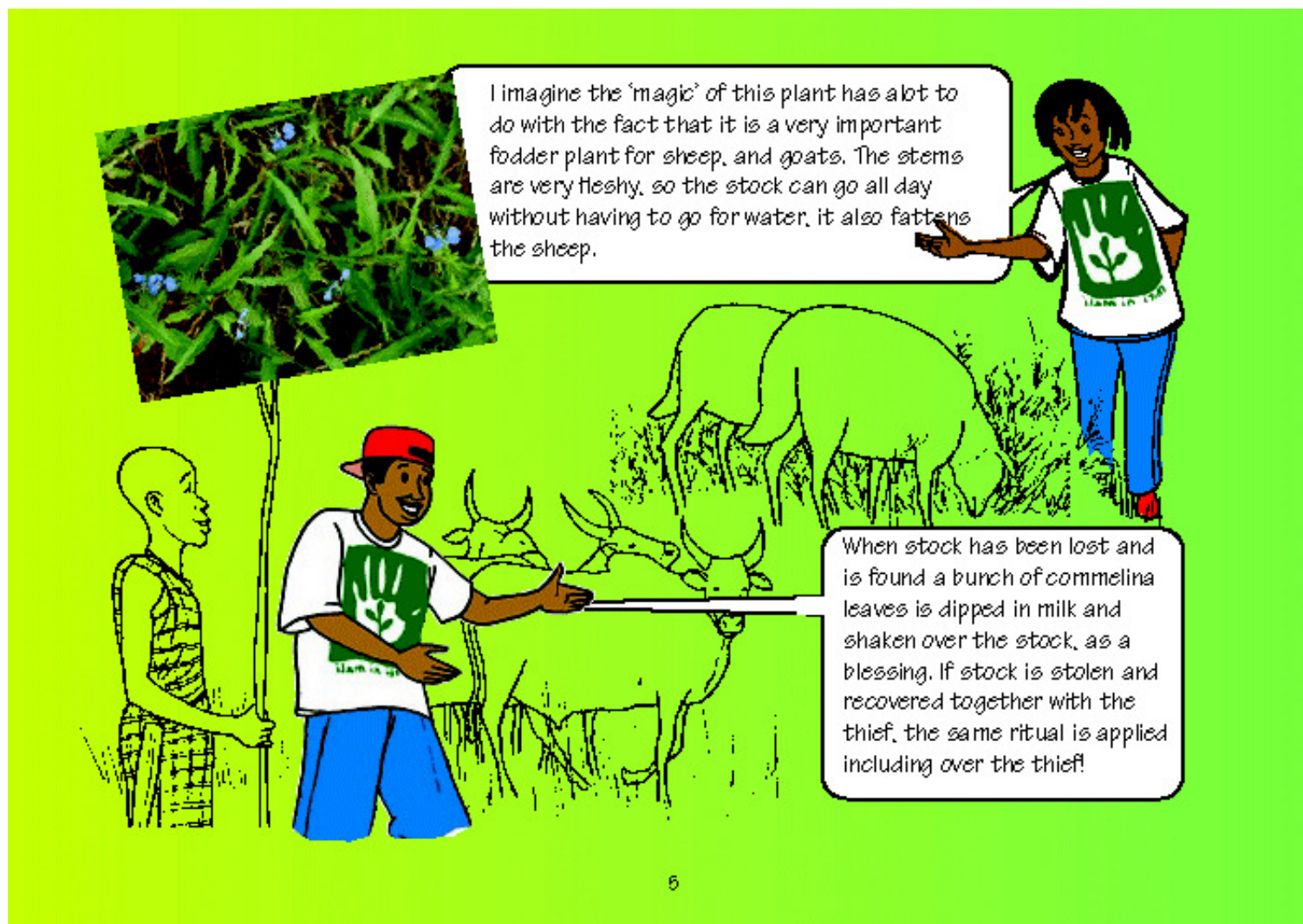
**COMMELINA BENGHALENSIS**

Enk ateeryiai (Maa)



Commelina is a common trailing herb which climbs if supported. The stems and leaves are very fleshy and flowers are blue.

In Maasai tradition, during circumcision ceremonies, the fathers of the children place a bunch of commelina leaves on their heads. The sap is used to cure sores in humans. The spathe holds a sticky liquid, this is used as eye drops, to soothe sore or tired eyes.

 MITI NI MALI IN KENYA



 MITI NI MALI IN KENYA

MYRSINACEAE - RAPANEA FAMILY

**MYRSINE AFRICANA**

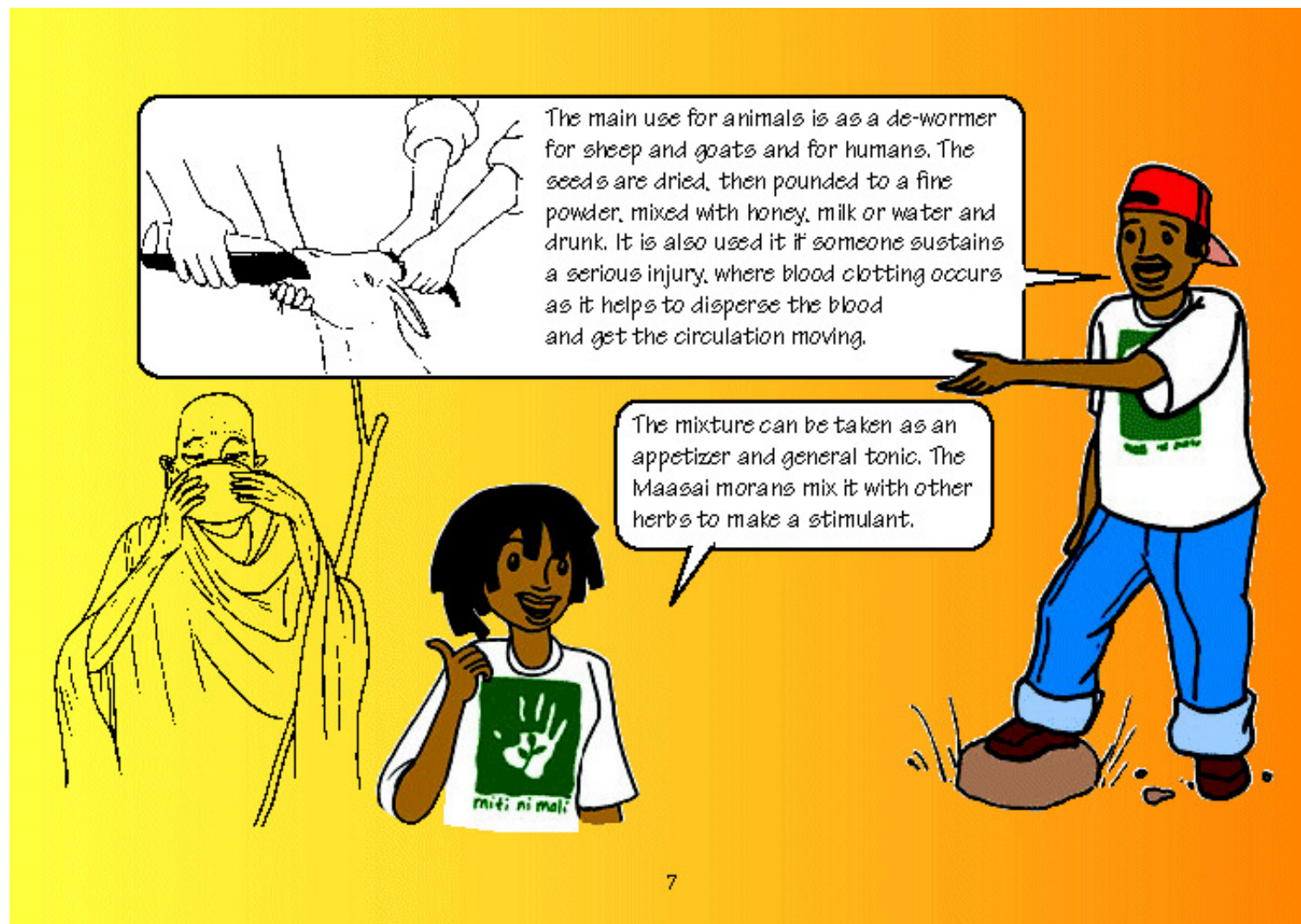
Segetet (Mkogodo), Mugaita(Kikuyu), Osegeteti(Kipsigis),  
Ol-segeteti (Maasai), Ekaiyi(Turkana).

A small shrub with grey brown to purple branches. Its leaves are small, green and shiny with serrated edges and the flowers are small, greenish white to pink. The fruit is a berry which turns dark purple when ripe. It is only found in the higher altitudes in Kenya.



The parts used for medicine are the seeds



 MITI NI MALI IN KENYA



 MITI NI MALI IN KENYA

LABIATAE - MINT/BASIL FAMILY

**OCIMUM AMERICANUM**

Bee-hive plant, Urgo (Boran), Vumbani (Kiswahili), Il korompole (Mkogodo)

This upright branching plant is about 30 inches tall. Its stems are square, covered by short hairs. The leaves are soft and narrow, usually hairy with small long, pale purple flowers. It is fairly common and likes places where water sits after the rain, like along ditches and roadsides. The parts used for medicine are the branches, flowering heads and leaves.

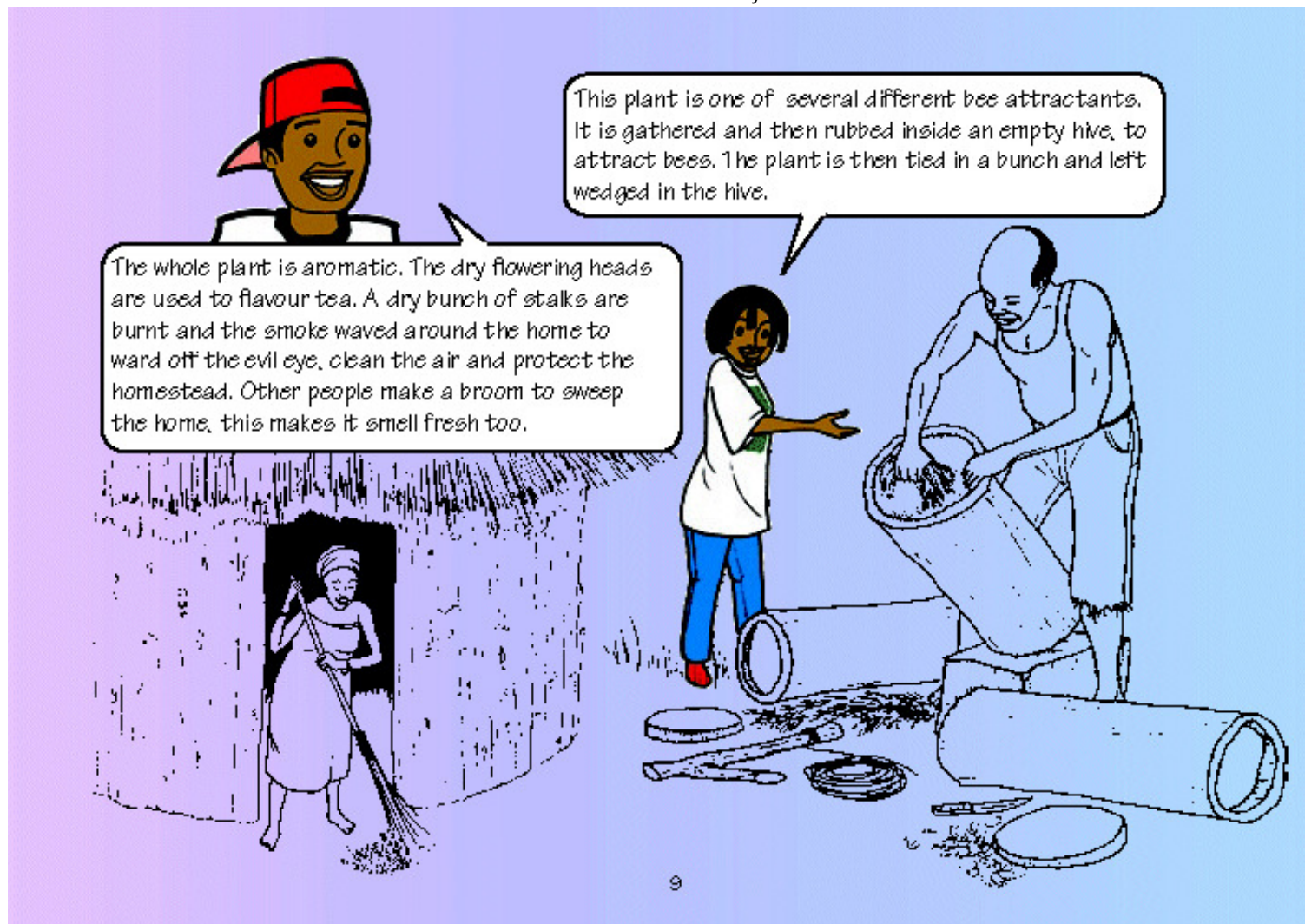
When the leaves are crushed a very pleasant lemon-like scent is released, this eases congestion in blocked noses. The leaves are mixed with other herbs and used to treat ear infections.





## MITI NI MALI IN KENYA



 MITI NI MALI IN KENYA



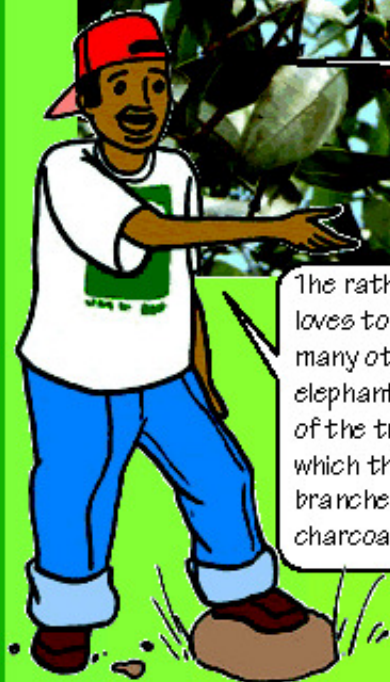
## OLEACEAE - OLIVE FAMILY

**OLEA EUROPAEA SSP. AFRICANA**

Wild Olive, Lorien (Mkogodo/Samburu), Ol-orien (Maasai), Emdit (Tugen).



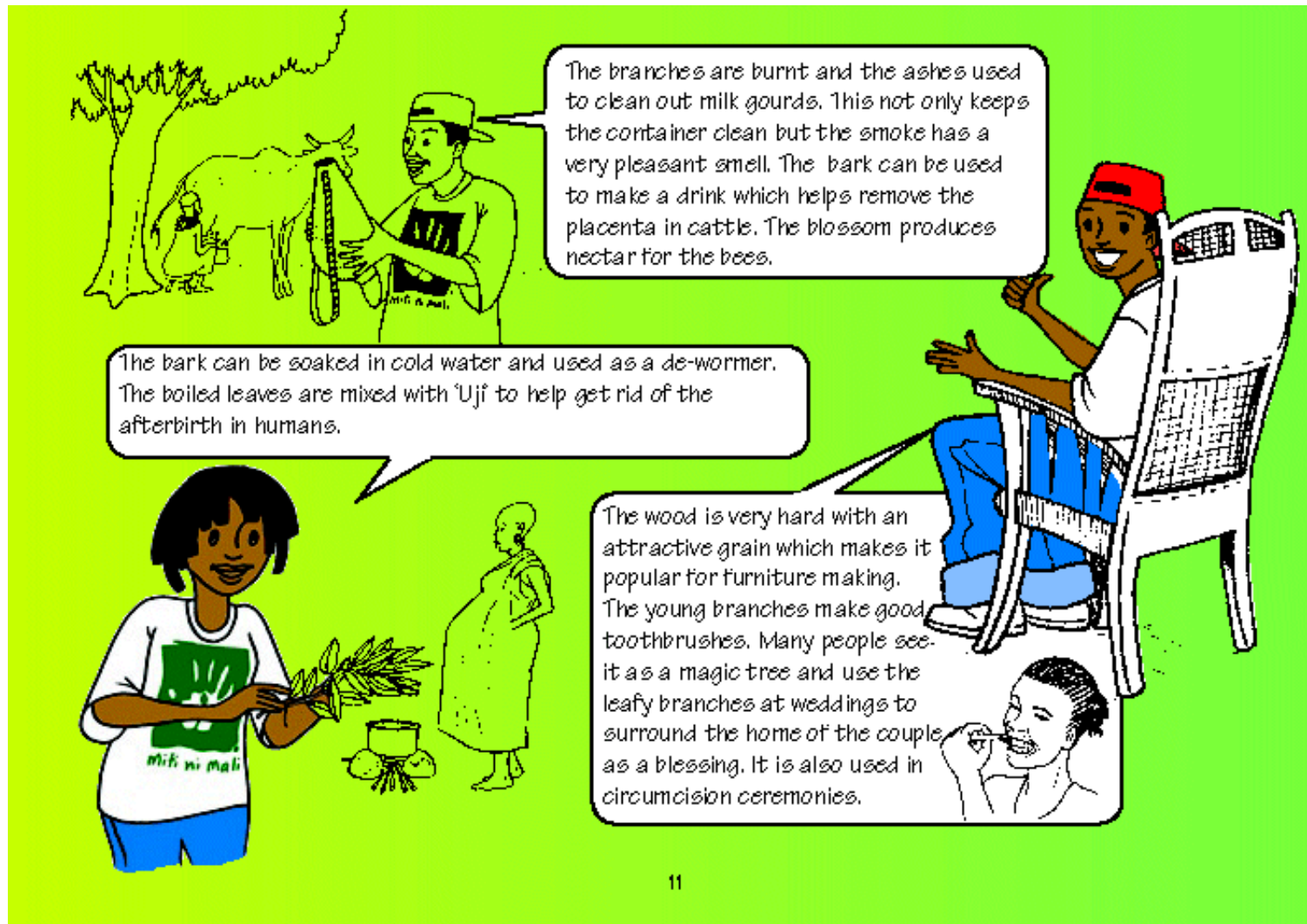
The Olive is an evergreen shrub or tree 3-24m tall. The trunk is often gnarled with a grey or dark brown bark that peels longways. The leaves are a shiny dark green, silvery underneath. The flowers are small white, cream or yellow and scented. It bears small, edible fruit which are purple-black when ripe and are many in a good season.



The rather shy large olive pidgeon loves to eat the fruit, as do many other varieties of birds. The elephant pull down large portions of the tree just to get at the fruit which they love to eat. The leafy branches, fruit, bark, dry wood and charcoal are all used by people.







## VERBENACEAE - TEAK FAMILY

**ROTHECA MYRICOIDES**

Butterfly bush, Munjugu (KIK), Makutukuti (Mkogodo)

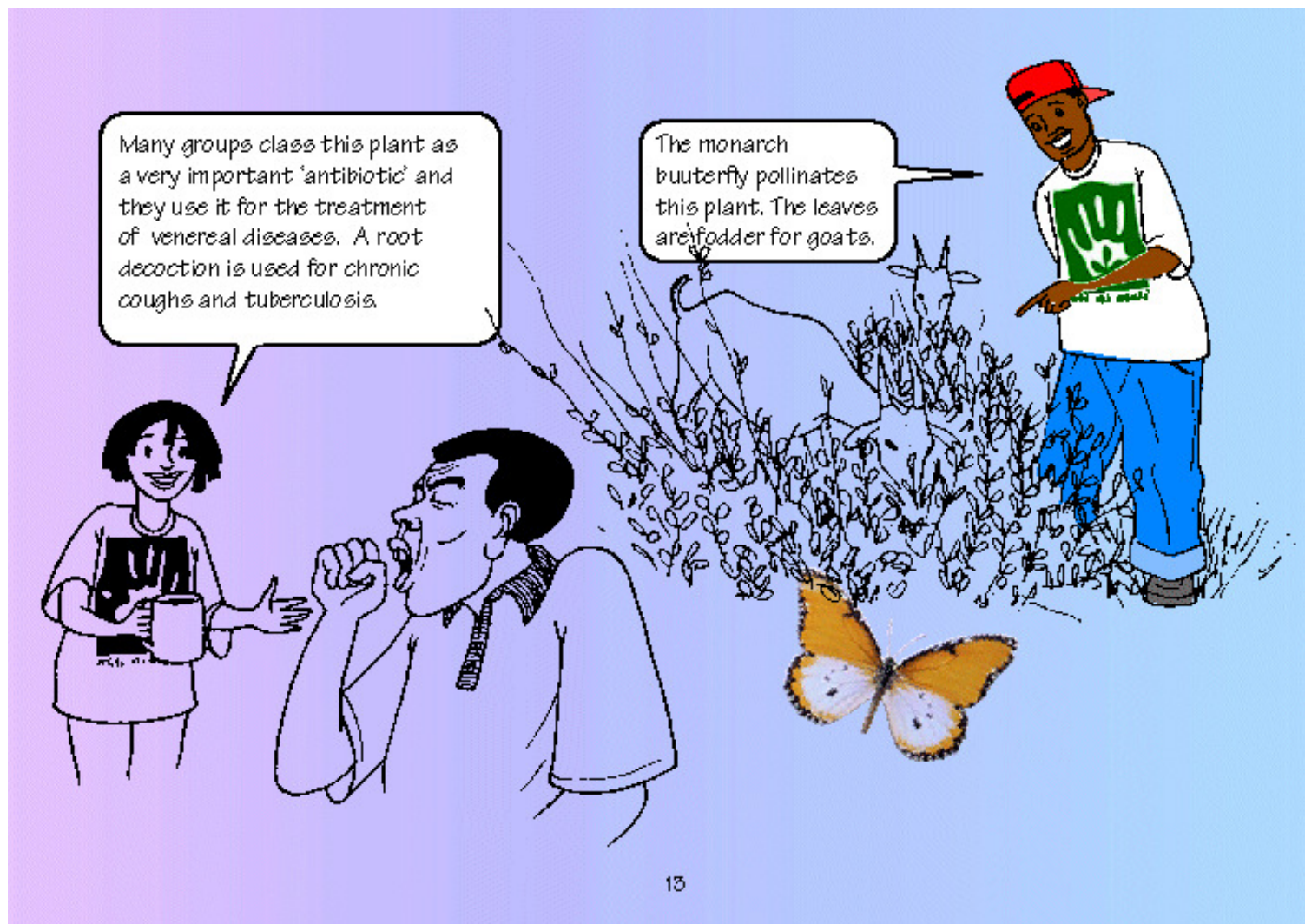
This is a widespread shrub that grows to 5m tall. The leaves are smooth or softly hairy, with jagged edges. They have a very powerful smell when crushed. The flowers are blue, very pretty. The leaves and roots are used for medicine.



Dry roots are burnt and the smoke is inhaled for sinusitis.



 MITI NI MALI IN KENYA





 MITI NI MALI IN KENYA

## SOLANACEAE - POTATO FAMILY

**SOLANUM INCANUM**

Sodom apple, Idi (Boran), Mutongu (Kikuyu, Kamba), Entulelei (Maasai), Mchue (Kiswahili), Ntulelei (Mkogodo).

This herb or shrub has some thorns on the stem, branches and leaves. Its leaves are long and rounded, felty to touch and grayish on the underside. The purple flowers are star shaped with a yellow centre. Fruit are green with white flecks, turning bright yellow when ripe. The plant is known as

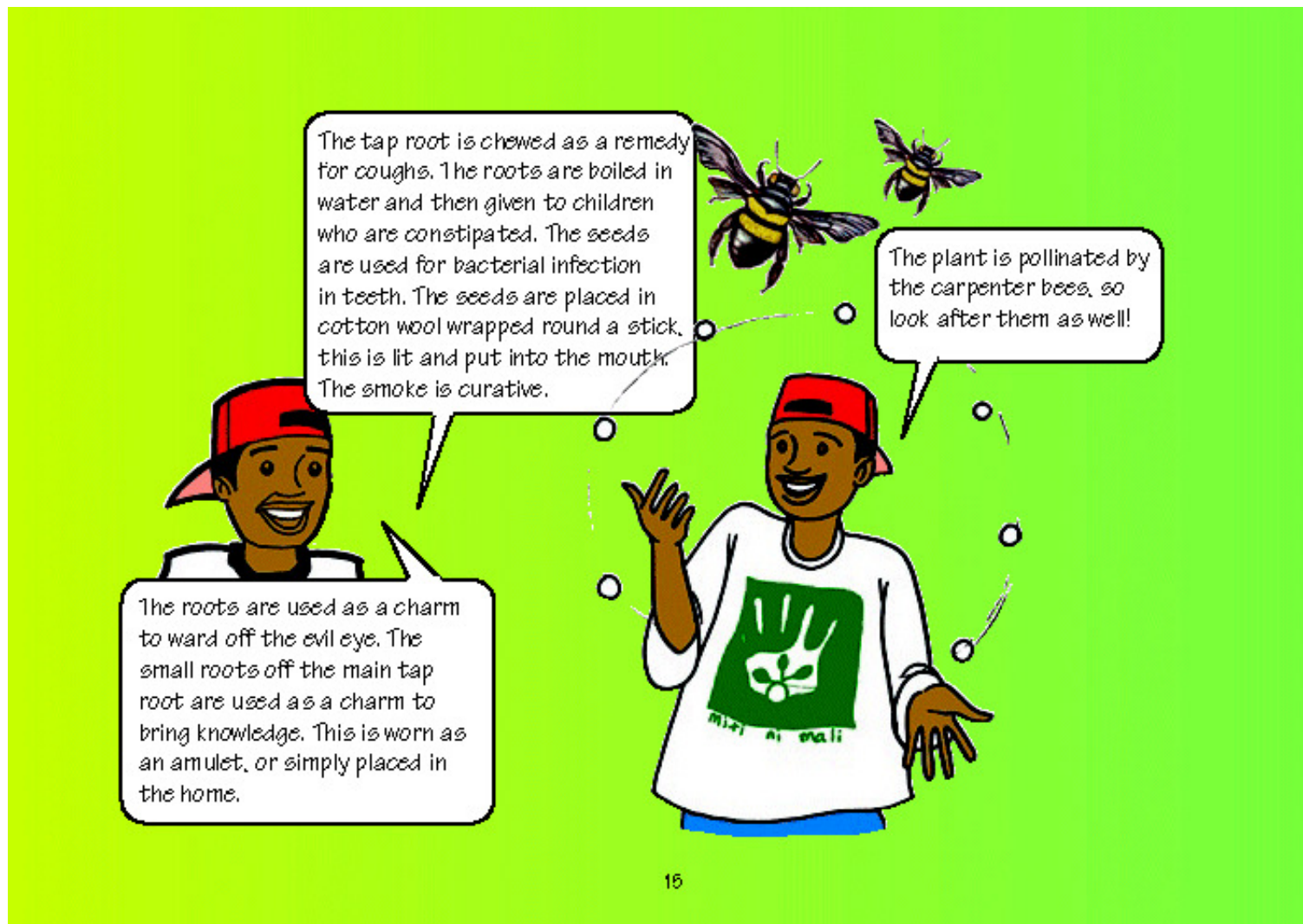
a 'weed', but weeds are only plants whose virtues have yet to be discovered!

The parts used for medicine are the roots and fruit.

Juice from the fruit is squeezed onto stubborn wounds that will not heal in cattle. It acts as a disinfectant allowing healing to take place.





 MITI NI MALI IN KENYA



## MITI NI MALI IN KENYA



LOGANIACEAE - STRYCHNOS FAMILY

### **STRYCHNOS HENNINGSII**

Tipilikwa (Mkogodo), Muteta (Kikuyu/Kamba), Olduyesi (Maasai),  
Chibulukwa(Samburu)

This shrub or tree grows from 5 to 12 meters tall. Its has a pale, grey, rough bark and very glossy leathery leaves. Flowers are dense bunches of white, cream or yellow. The fruit are round, about 2cm wide, and a bright orange/red when ripe.

The part used is the bark which is dried and then crushed into a fine powder



16



 MITI NI MALI IN KENYA



MELIACEAE

**TRICHILIA EMETICA**

Anona(Boran), Mururi(Kikuyu), Mutwati(Meru), Ilberi (Samburu)

This evergreen tree grows to 20 meters high. It has a smooth brown or grey bark and its flowers are a greenish-cream colour with quite small petals. The seed is a most amazing sight, with black surrounded by a vivid red aril coating. It is found near water and the brown parrot enjoys eating the scarlet aril that surrounds the hard black seed.

Parts used for medicine are the seeds, bark and timber.



18



 MITI NI MALI IN KENYA

RUTACEAE - CITRUS FAMILY

**ZANTHOXYLUM CHALBEUM**Mjafari (Kiswahili), Ariri (Boni), Mukenea (Kamba), Gadah (Boran),  
Loisuki (Mkogodo).

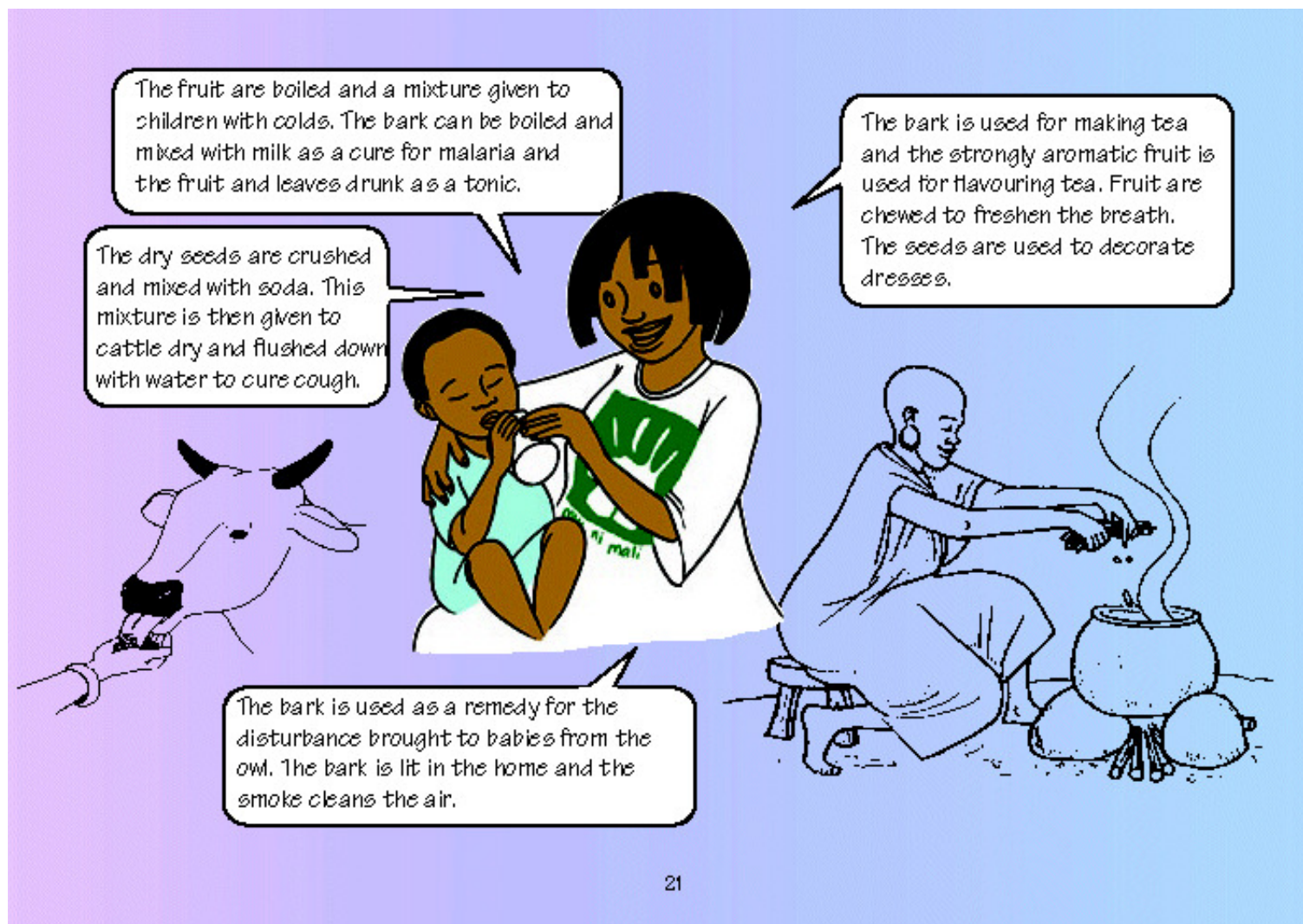
An evergreen shrub or tree growing from 1-10 meters tall. It is fairly widespread and occurs all the way to the coast. The trunk has deep furrows, with corky knobs or ridges crowned with spines and branches with single, black or reddish curved spines. The leaves are smooth and very lemony when crushed. Flowers are yellow-green clusters and the fruit pink/red not quite round in shape, looking like tiny lemons when unripe. The seed inside is shiny black when ripe.



Parts used for medicine are the bark, leaves and seeds. The fruit are given to sheep and goats by the Samburu as a cure for anaplasmosis. The seeds are also given to goats and sheep as a cure for worms.





 MITI NI MALI IN KENYA






Without the people this booklet would not be possible. many thanks to:

**KINNA :** Abdi Kadir, Fatuma Golicha, Ibrahim Dube, Mohammed Mandera, Hassan Halake, Adan Ali, Wako Okile, Mohammed Guyo, Adan Molu, Abdula hi Kamo, Ali Sora, Fatuma Adow Tuqa

**MKOGODO :** Pailon Parmashu, Kunini Parmashu, Parsanto Parmashu, Lomali Parmashu, John Moile, Hannington Wamai

**KIUNGA:** Said Omar(Menye), Mohammed Harun, Famau Mjahid, Yusuf Kitete Abalah, Mohammed Maloo, Hassan Shongolo, Anwar Jamal, Athman Jamal, Sammy

**MARARANI:** Athman Shora, Mohammed Alale, Ali Tero

**MAGHAKOS/**

**KALAMA :** Mutuko Nguzia, Anna Kithae, Ruth Kavee, Mueni Nguzia, Wellington, Jackson Kioko Nzyoki

Illustrations: Joseph Karuki

Technical content: Anne Powys, Leslie Duckworth

Design: Development Communications Ltd, Nairobi, Kenya

Funded by: The Ford Foundation, DFID Livestock Production Programme

A Mediae Trust Project, PO Box 25308, Nairobi, Kenya

