

## Natural herbs for AIDS

These traditional medicines are prescribed at Ngwelezane Hospital, South Africa, for these symptoms. Three out of four HIV/AIDS patients in Africa rely on some form of traditional medicine for their treatment.

- ◆ **Cough, cold, bronchitis:** *Lippia javanica* (*umsuzwane*): fresh leaves in a tea infusion
- ◆ **Chest pain:** *Warburgia salutaris* (*isibaha*): two fresh leaves in a tea infusion; contraindicated in pregnancy
- ◆ **Diarrhoea:** *Psidium guajava* (guava): two crushed leaves with plenty of liquid; discontinue when symptoms subside
- ◆ **Itchy, painful rashes:** *Centella asiatica* (pennywort): fresh leaves blended with glycerine to make cream
- ◆ **Fucose:** Seaweed: kelp, wakame; beer yeast
- ◆ **Headaches, shortness of breath:** *Artemisia afra* (*umhylonnyane*): fresh aromatic leaves inhaled from gauze bag to ease symptoms
- ◆ **Loss of energy, weakness:** *Hypoxis hemerocallidea* (*inkomfe*): weak infusions made from corms of African potato; an excellent strengthening tonic, but it can only be used under medical supervision
- ◆ **Loss of weight/appetite:** *Sutherlandia frutescens* (*unwele*): tablets made from dried leaves; one 300-mg tablet twice a day with meals (half-dose for child)
- ◆ **Oral sores, body sores, swelling:** *Bulbine frutescens* (*ibhucu*): sap from leaves applied directly or in a cream
- ◆ **Throat infections:** *Siphonochilus aethiopicus* (African ginger; *indungulu*): tablets made from rhizomes derived from fresh roots