



7 **SOUTH AFRICAN MEDICINAL PLANTS**

PLANTS OF THE LETTER 'A'

**DAS LYON
WITH
PETER VON MALTITZ**

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DEDICATION

To Tata Zanemvula, Peter Von Maltitz,
for all of his teachings, wisdom and brotherhood.

Together with the plants themselves, credit must go to the Traditional African Healers who practice, educate & share this ancient knowledge, along with the researchers, botanists, & joyful amateurs who collate, grow, save seed & use these sacred plants for their inherent gifts.

Much gratitude goes to numerous websites & institutes, especially the South African National Biodiversity Institute (SANBI) & Kirstenbosch Botanical Gardens in Cape Town.

DISCLAIMER AND NOTE:

This information is not medical advice and is in no way intended to replace specialist care.

Always seek expert advice from a qualified medical herbalist or doctor. You may have unexpected reactions to some components of these medicinal plants, which can be toxic to the liver and kidneys in large doses or with prolonged use.

Take utmost care when pregnant as many herbs are contra-indicated, are abortifacents or otherwise have little recorded information on their effects on pregnancy and lactation. Always seek expert advice. Many herbs should not be combined with psychiatric medications, cardiac medications or alcohol.

Do not take larger doses than those that are recommended and heed the contra-indications and adverse reaction notes for each plant. Seek the advice of a medical herbalist before using the herbs simultaneously with any medication.

Do not pick any rare or protected herbs and learn to ask the plants for permission before harvesting.

INTRODUCTION

Throughout the African continent, the great majority of people still rely on African Traditional Medicine for their primary physical, emotional, mental & spiritual healthcare needs. In South Africa, herbalism, divination & spiritualism combine to create one of the oldest therapeutic systems in the world, connected to the ancient arts of 'shamanic' technique, which has found a thriving revival in contemporary society today. In fact, African Medicine is so popular that the medicinal plants are becoming scarce through over-harvesting. The understanding of the needs of sustainable harvesting is being eroded by capital gain & the pressures of the market.

Traditional healers in South African tribes continue to manage many aspects of spiritual, political, medical & legal life for their people. They also hold oral historical records for their clan, passing down this wisdom from one generation of healers to the next, including their knowledge of the healing plants.

Created as part of a learning & healing journey of Self, this book has evolved into a way of sharing important information with the larger community & further the work of our ancestors, predecessors & mentors. At such a critical juncture in our path of personal & collective evolution, the healing potential held within these herbs is vital to our continued success as a species. Plant wisdom has taught & healed us for unknown millennia. We must retain & hold dear their sacred power.

Camagu!

HOW TO USE THIS BOOK

In using this accessible resource, each species is discussed by way of botanical name, identification, habitat, parts used, uses (with the main use in bold text), dosage & preparation, contra-indications & adverse reactions & a section titled 'compare with', indicating species that have similar medicinal function or synergistic relationship.

In this book you will find traces of original knowledge in the plant names alternative to the Latin; in the Khoi, San, isiXhosa, isiZulu, English & Afrikaans; most often pointing the way to the main use of the plant in question. The Botanical names are included & used as the main indicator, as this system of classification is accepted internationally &, knowing this, we can determine exactly which species we are discussing anywhere in the world.

The main practical use of each species, along with highlighting other known indications & contra-indications is shown. Propagation methods are listed briefly to encourage the cultivation of South African medicinal herbs, to build relationships with these quiet friends & limit the impact on wild harvesting. Saving the seed, saving the knowledge & fostering the companionship that working with the plants brings is the way to heal oneself & our connection to the Earth.

In addition to the botanical names in Latin (or Greek in some cases), the plant names are also in the following languages:

- (A) Afrikaans
- (E) English
- (K) Khoi
- (S) San
- (X) isiXhosa
- (Z) isiZulu

NOTES ON HERBAL DOSAGE

Some of these plants can be dangerous!

Please avoid using plants if unsure of their identity or the dosage/timing required.

For normal usage, & even in most acute cases, we can limit the **dosage of dried/fresh herbs to less than one teaspoon per day**, and with the exception of adaptogens, **avoid taking the same herbs for prolonged periods of consecutive days**. Always take a break of the same herb after a few days of use, & consider alternating between different beneficial, symbiotic healing herbs to keep your health & treatment in balance.

NOTES ON BOTANICAL NAMES

In 1753 Swedish professor, scientist & doctor Carl von Linné, *a.k.a.* 'Linnaeus', considered the "Father of Taxonomy", came up with a system of identification where each species of plant bears a Latin name consisting of two parts. This is called '*Binomial nomenclature*', a formal system of naming species of living things. Linnaeus, a pioneer in the study of ecology, was one of the first botanists to describe relationships between living things & their environment.

In *binomial nomenclature*, the first word is the name of the genus- a class, kind, or group marked by common characteristics or by one common characteristic. It's usually in italics & starts with a capital letter, e.g. *Psoralea*.

The second word is the name of the species- a logical division of a genus or more comprehensive class. This is usually lower case & also expressed in italics, e.g. *pinnata*.

The second word is also called the 'epithet', & it modifies the first word. In effect it describes in more detail the characteristics of the individual & specific plant belonging to the genus. The ending of the second word in the name depends on whether the Botanical Latin name for the first word is masculine or feminine.

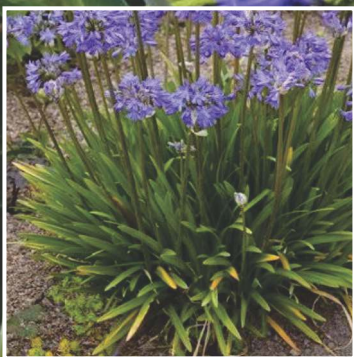
However a botanical plant name can also have three parts:

One part only - genus & above;

Two parts - species & above (but below the rank of genus);

Three parts - below the rank of species, e.g. a variety or cultivar (a cultivated man-made variety) may form the third part of a name - particularly in relation to horticulture & popular plants, e.g. roses & magnolia.





Agapanthus africanus

.....
AGAPÉ - love

ANTHOS - flower

'Flower of Love'
.....

Blou lelie (A); African Lily; Lily-of-the-Nile (E); iSicakathi (X); uBani (Z)
.....

IDENTIFICATION

Rhizomatous evergreen plants up to 70 cm in height, with underground storage organs, where these 'geophytes' hold energy & water. These white fleshy rhizomes sprout short tuberous roots underground & tufts of arching leaves of up to 60 cm long & 5 cm wide.

Bell-shaped summer flowers are produced in clusters of 6 petals held on a tall stalk above the foliage, in shades of purple-blue or in white, with a darker-hued stripe down the centre of each waxy petal.

HABITAT

Although found worldwide, this genus grows mostly on rocky sandstone slopes all along the areas of coastline mountains, especially in the Western Cape.

PARTS USED

Whole plant.

USES

☒ **Childbirth-** Makes the baby slippery upon birth by hydrating the amniotic fluids.

☒ Baby charms - cut thick pieces of root to be worn as a necklace by a baby for added strength & health. Crush the leaves as an antiseptic & a fast remedy for skin rashes in babies.

☒ Sprinkle the water from the method below around your home for good luck & protection from negative energies.

DOSAGE & PREPARATION

A root tea is drunk by pregnant Xhosa mothers in their third trimester, to ensure an easy birth. Meet & discuss your needs with the plant, then if accepted, dig out a whole healthy plant, wash off its roots & place the plant in a bowl of water. Next morning drink a full glass of this water, then discard the rest. Fill up the container with fresh water & place your plant back into it. Repeat the drinking of this glass of steeped water every morning when in the last few weeks of pregnancy, & especially if the baby needs more water around it. The new born baby is washed in the same brew for health & strength before being put to the breast for the first time & even a piece of root can be kept as a good luck charm before re-planting the agapanthus once more.

CONTRA-INDICATIONS & ADVERSE REACTIONS

Symptoms from overuse - too much or for too long - may include irritation of skin & eyes from cell sap, irritation & ulceration of mouth, gastrointestinal irritation & heartburn if ingested.

PROPAGATION

Fresh seed germinates best if sown in a well-drained seed mix and lightly covered. The seed trays should be well misted and kept warm.

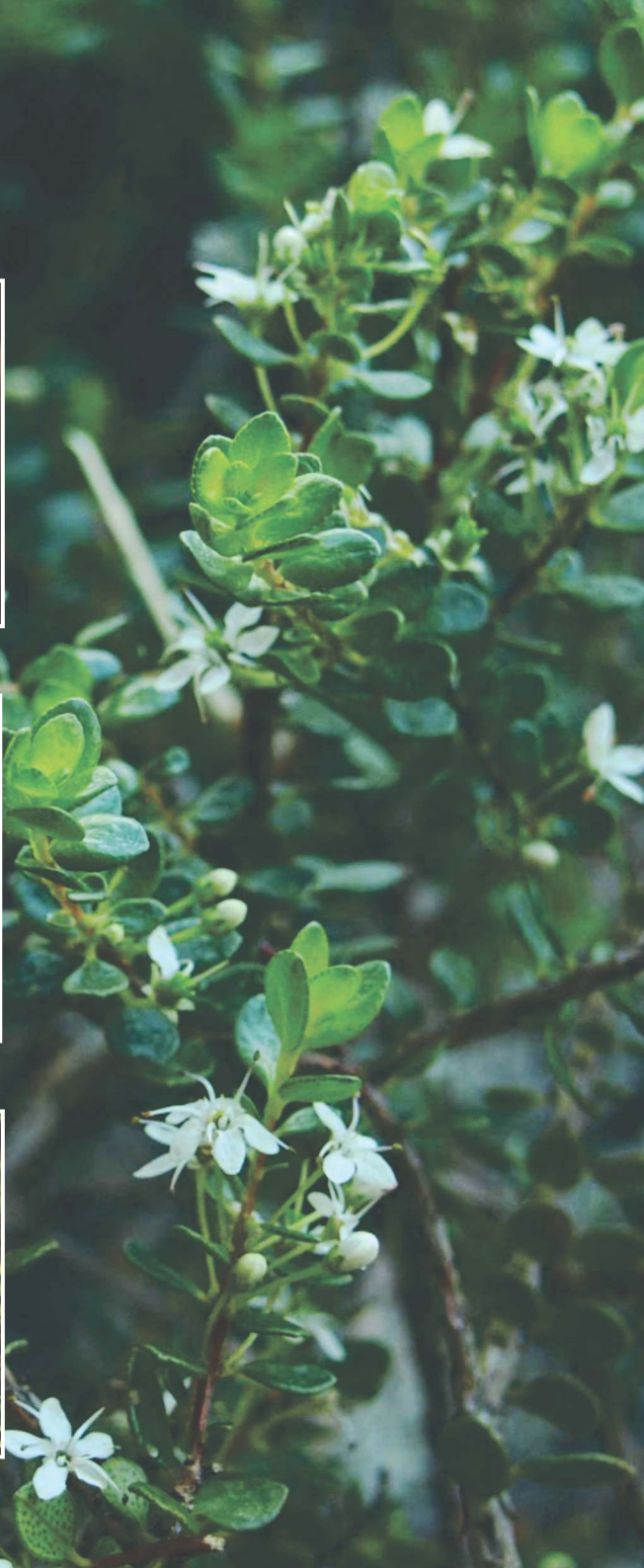
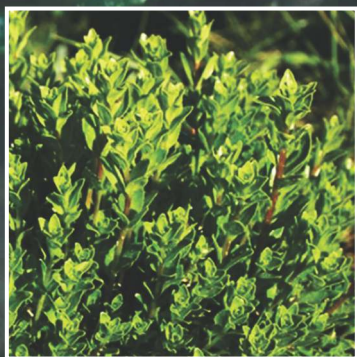
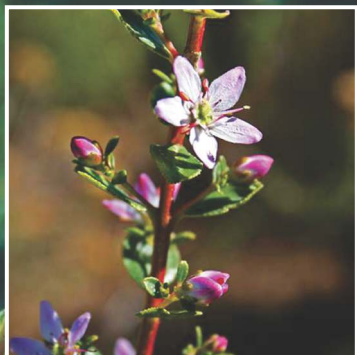
Agapanthus africanus

Germination takes place in 4 to 6 weeks & the trays should then be removed to a lightly shaded area before bagging & finally planting out.

COMPARE WITH:

- ☒ *Helichrysum* (iMphepho) for childbirth
- ☒ *Gunnera perpensa* (River pumpkin) for childbirth & fertility
- ☒ *Ruta graveolens* (Rue) for childbirth

NOTES



2

Agathosma betulina

AGATHOS - pleasant
OSME - smell
'Pleasant smell'

Boegoe (A); Round leaf buchu
(E); Buchu (Khoi); iBuchu (X)

IDENTIFICATION

Evergreen shrub growing to 2 m tall. The leaves are opposite, rounded, about 20 mm long, broad, glossy & fragrant. The flowers are white or pale pink, with five petals. The fruit is a five-part capsule which splits open to release the seeds.

HABITAT

Restricted natural distribution on mountain slopes in the Western Cape, needing soils with a low pH.

PARTS USED

Leaves.

USES

- ☒ **Kidneys.**
- ☒ Mainly as a kidney & bladder tonic & diuretic. A magical healing balm that invoked psychic powers & prophetic dreaming when drunk as a tea.
- ☒ Bladder. Kidney & Urinary tract infections including the sexual organs. Other kidney-related issues.
- ☒ Arthritis. Backache. Gout. Rheumatism.

- ☒ Cystitis.
- ☒ Digestive & stomach complaints, like diarrhoea, flatulence, nausea.

☒ Commercially *Agathosma betulina* first became sought after by the American Army during the Vietnam War for its use against sexually transmitted diseases. The price of Buchu soared & became a major industry until its collapse at the end of the war. It has found acclaim once more, being mostly used for essential oils in the global food & drink industry to enhance fruit flavours.

☒ For millennia, Khoi & San people used the dried & powdered leaves medicinally, mixed with sheep fat to anoint their hair & bodies, as both a fragrant salve for its anti-bacterial, anti-fungal, insect repellent & deodorant properties. It is also known as an In small doses as an appetite stimulant.

- ☒ Antispasmodic. Carminative.
- ☒ Colds. Coughs & flu. Fever.
- ☒ Hangover.
- ☒ Indigestion.
- ☒ Inflammatory conditions.
- ☒ STDs such as Herpes.
- ☒ Worms.

DOSAGE & PREPARATION

As a tea, for urinary tract infection & mild digestive disturbances, & an effective treatment for gout & rheumatism when taken daily. Prepare the tea by pouring a cup of boiling water over one or two teaspoons of dried or fresh leaves. Allow it to stand for 5-10 minutes, then strain & drink three times daily. You can also chew the leaves. Use in the bath to help ease backache & rheumatism. Steep a few short sprigs of fresh buchu in a bottle of brandy as a tincture or white vinegar for external application as an antiseptic wash to

Agathosma betulina

infected wounds, & as a compress to relieve swelling, bruising & sprains. Shake the liquid daily for at least a week & store in a cool dark place before using.

CONTRA-INDICATIONS & ADVERSE REACTIONS

As with any herb, prolonged or excessive use of this herb is not advisable.

Gastrointestinal irritation as a possible side effect of oral use.

Do not use buchu preparations during pregnancy & lactation!

PROPAGATION

Best grown from seed. Boil the seeds then cool before planting, or plant them on the day you harvest. Propagating vegetatively from cuttings takes a bit longer and is challenging, although will give better results in dry conditions.

COMPARE WITH:

☒ *Coleonema album* (Confetti bush) for kidneys.

☒ *Artemisia afra*.

☒ *Urtica urens*.

NOTES



Aloe ferox

.....
FEROX - fierce or war-like

Bitteraalwyn (A); Bitter Aloe,
 Cape Aloe (E); Umhlaba (X, Z)

IDENTIFICATION

Highly adaptable, single-stemmed aloe of up to 3m with broad, tough leaves edged with dark red spines, arranged in a spiral rosette. The old leaves remain after they have dried, forming a protective 'coat' on the stem, which is also of medicinal value. The fresh leaves are a dull green, sometimes with a slightly blue look to them & may also have flashes of red. The spines along the leaf edge may also be present on upper and lower surfaces of the leaves. The large, bottle-brush shaped, red-orange flower heads are carried on one to three pronged branches forming a beautiful display full of nectar that attracts many bird & insect species, aswell as buck, monkeys & baboons.

HABITAT

Endemic to the Gouritz River area between Mossel Bay & Albertinia, Western Cape, it now has a wide distribution range. Common on rocky hill slopes, Aloe Ferox can be seen standing unharmed in the fiercest of mountain fires, illustrating the power of its potential.

PARTS USED

Leaves.

USES

- ☒ **Burns.**
- ☒ Applied topically to skin ailments & especially burns.
- ☒ Anti-inflammatory, anti-bacterial, anti-viral & anti-parasitic.
- ☒ Sunburn & protection against the elements.
- ☒ Most 'burning' issues such as
- ☒ Boils. Herpes.
- ☒ Insect bites & bluebottle stings.
- ☒ Ringworm. Tapeworm.
- ☒ Shingles. Sores. Ulcers.
- ☒ Weaning.
- ☒ Bitterness of spirit, healing 'burnt' relationships.
- ☒ Laxative.
- ☒ Maintain stable blood sugar.
- ☒ Detox - a blood purifier, treating gastrointestinal complaints.
- ☒ Wound dressing.

In the isiXhosa language, 'uMhlaba' means 'earth standing up'. A bringer of friends & good fortune, it is known to protect against storms, negative influences & household accidents.

Rids dogs & cattle of internal & external parasites. Gel contains **antioxidants**, vitamins A, C, B12. Kudu eat aloe to rid themselves of ticks, worms & parasites & it is a necessary part of their diet. Baboons eat the sweet aloe trunks.

DOSAGE & PREPARATION

Fillet the hard skin & remove the spiky edges. The lime green colour outside the gel is the laxative component.

Aloe ferox

The clear inner gel is edible (without being a laxative) & is also used directly on the skin for serious burns & abrasions. Cut the leaves during the heat of the day for maximum sap extraction for skin application. If baby isn't drinking mother's milk, rub aloe bitter sap on the lactating breasts, allow to dry & pull out bitterness overnight. In the morning her milk should be sweet. Mix aloe juice & water for a refreshing & detoxifying body wash. Boil leaves in water & allow to cool, then filter the mixture. Give orally twice a day for detoxification, as well as to treat gout, rheumatism, arthritis, stomach & digestive ailments.

One can bathe in fresh, cut up leaves to extract mental & physical bitterness, which is an important part of the treatment for anxiety, stress & confidence issues. Washing in aloe makes 'problems' become 'challenges'.

CONTRA-INDICATIONS & ADVERSE REACTIONS

A potent stimulant laxative, it should not be taken internally in large doses, as it can cause side effects such as abdominal pain, diarrhoea or nausea. Do not take internally during pregnancy. It should not be taken by lactating, nursing mothers. It is advisable not to give aloe ferox internally to children below the age of 12 years.

PROPAGATION

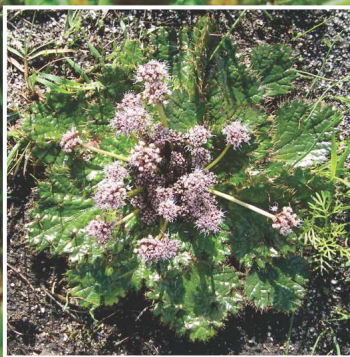
Aloe ferox may be grown from seed. Be aware that aloes will hybridise with any other aloe flowering at the same time. Sow seed in a well-drained medium in shallow trays and cover lightly with sandy soil or the seed will blow away. Once the seeds begin to germinate, keep moist but watch out for over-watering as the seedlings could rot.

Transplant into bags once they are about 4 cm high, after approximately 6 months.

COMPARE WITH:

- ☒ *Aloe arborescens.*
- ☒ *Arctopus echinatus.*
- ☒ *Bulbine frutescens.*
- ☒ *Carpobrotus edulis.*

NOTES



Arctopus echinatus

ARCTOPUS - bear's foot

Platdoring, Sieketroos (A); Flat-thorn (E); iKataza (X)

IDENTIFICATION

This stemless, summer-deciduous perennial can grow to 60 cm in diameter. Large, prostrate leaves flat on the ground are ovate with spiny margins & tiny sharp thorns on the leaf edge. Thick tuberous roots exude a sticky white resin when broken. The plants are either male, with cream flowers, or female with green flowers. Females produce dry, brown spiny fruit that get carried away from the mother plant attached to hooves, feet & fur.

HABITAT

Widespread throughout the winter rainfall region of south-west South Africa, usually occurring on seasonally moist sandy soils.

PARTS USED

Root.

USES

A culturally significant plant, it's name meaning 'suffering' in isiXhosa, 'iKataza' root tea is used to **ease us from the depths of a flu**, for the treatment of conjunctivitis, syphilis, gonorrhoea, epilepsy, bladder ailments, glandular swellings, water retention, as a blood purifier & many more issues. Possibly counteracts the negative effects from sugar.

- ☒ Arthritis.
- ☒ Bilharzia.
- ☒ Bladder infections.
- ☒ Cancer. Diabetes.
- ☒ Coughs. Colds & flu.
- ☒ Conjunctivitis.
- ☒ Eczema.
- ☒ Epilepsy - extreme fear.
- ☒ Hypertension & stress.
- ☒ Laxative.
- ☒ Post-nasal drip.
- ☒ Stomach ulcers.
- ☒ Tuberculosis.
- ☒ Venereal disease.

DOSAGE & PREPARATION

This medicine is very strong & should be used in small amounts.

Apply topically for the relief of inflammatory skin disorders, sores & ulcers, bruises, burns & ringworm. Chew the root raw for the treatment of tuberculosis & bladder ailments. Chop into discs to dry & preserve.

CONTRA-INDICATIONS & ADVERSE REACTIONS

None known.

PROPAGATION

Try to collect seed - this plant is not cultivated.

COMPARE WITH:

- ☒ *Siphonochilus aethiopicus*.
- ☒ *Alepidea amatymbica*.



5

Artemisia afra

ARTEMISIA - honours Artemis, the Greek Goddess of hunting

Als, Wilde-als, (A); Wild wormwood, African wormwood (E); uMhlonyane (Courage) (X, Z)

IDENTIFICATION

Grows closely together in multiple tall stems from 60 cm to 2 m high, with small side branches. The end of the stems are covered with small white hairs, giving the light, small, fern-like leaves a shimmering green-silver hue. Exudes a strong sweet smell when touched or cut.

HABITAT

Found in altitudes of up to 2500 m next to streams & on forest edges. It grows throughout Eastern & Southern Africa.

PARTS USED

Roots, stems & leaves.

USES

☒ **Liver, Gall function**
☒ 'uMhlonyane', meaning 'Courage' in isiXhosa, works by acting on the gall bladder to support liver function. When we have courage we can step up & do what is needed; also helps to say 'No!' when necessary.

- ☒ Treats numerous ailments especially fevers, colds & chest problems. Should still be called Wilde-Ales- the old name meaning 'wild cure-all'. Coagulates iron in the body as well as teaching the body how to digest double sugars & help prevent cancer.
- ☒ Asthma.
- ☒ Cancer. Candida. Diabetes. Gout. Thrush
- ☒ Chills. Coughs. Colds & flu. Colic. Convulsions. Fevers. Whooping-cough
- ☒ Dyspepsia. Loss of appetite
- ☒ Eye drops. Nasal congestion.
- ☒ Headaches. Malaria. Worms (Vermifuge).
- ☒ Insecticidal spray & moth repellent.

DOSAGE & PREPARATION

Take it as a tea 3 times a day for one to two weeks; cures coughs, colds, asthma & worms. First use *Urtica urens* (Stinging Nettle) tea, which brings iron into the blood, filling the bacteria & cancerous cells. After a few days, give the patient *Artemisia afra* to coagulate iron, destroying the bacteria & cancer cells in the process.

Warmed leaves applied as a poultice relieves inflammation such as arthritis, while an aqueous infusion applied as a lotion can treat haemorrhoids. Steam to ease nasal congestion or add to a bath for menstrual pains & after childbirth. Used as enemas, poultices, infusions, lotions, smoked or snuffed, or as an essential oil. Inhale the dried powdered leaves to relieve nasal congestion & headaches.

CONTRA-INDICATIONS & ADVERSE REACTIONS

Should be used with caution during pregnancy & by epileptics. This is a herb that should not be taken for longer than a 7 to

Artemisia afra

10-day period as it can cause headaches & shaking. Not to be used together with stinging nettle.

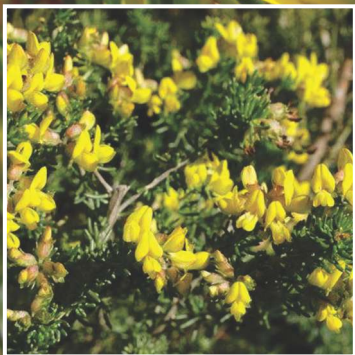
PROPAGATION

New plants can be propagated by division or from cuttings that root easily in spring and summer. Sow seed in spring through summer.

COMPARE WITH:

- ☒ *Aspalathus linearis*.
- ☒ *Urtica urens*. Used as part of a cancer relief protocol in opposition to A. Afra.

NOTES



6

Aspalathus linearis

ASPALATHOS - a scented bush that grew in Greece.

LINEARIS - refers to the shape of the leaves.

Rooibostee (a); Redbush, Rooibos (e)

IDENTIFICATION

Highly variable shrub of up to 2 m high, with young branches of a reddish hue. the leaves are dark green & needle-like, up to 60 mm long, often densely clustered. yellow flowers burst open in dense groups at the tips of branches. the fruit is a small, pencil pod, usually containing one or two hard seeds.

HABITAT

Restricted to the Cederberg, South Africa.

PARTS USED

Leaves & fine stems.

USES

- ☒ **Liver. Encourages appetite.**
- ☒ Known in old Afrikaans as 'hongertee' or hunger tea, rooibos was known to promote a healthy appetite. Works well as a milk alternative for babies who can't take milk. Add a tiny bit of honey too.

☒ Fear to focus on life - not engaging with the breath.

☒ Allergies. Anti-inflammatory & antiallergic properties. Asthma & the lack of will to live.

☒ Anti-ageing. Longevity.

☒ Dermatological issues. Eczema. Fear.

☒ Infantile colic - can't take up emotions.

☒ An ingredient in cosmetics, slimming products, as a flavouring agent in baking.

☒ Drink rooibos during pregnancy to relieve heartburn & nausea, as well as for its iron content.

☒ It's silica component, seen in the form of the needle-shaped leaves, gives encouragement to move beyond challenges & trauma.

DOSAGE & PREPARATION

Drink as a tea. Pour boiling water over one teaspoon of dried herb or tea bag & add honey to taste.

CONTRA-INDICATIONS & ADVERSE REACTIONS

☒ Non toxic.

PROPAGATION

Plant seeds in late summer. It takes 12-18 months before the shrubs are ready to be harvested.

COMPARE WITH:

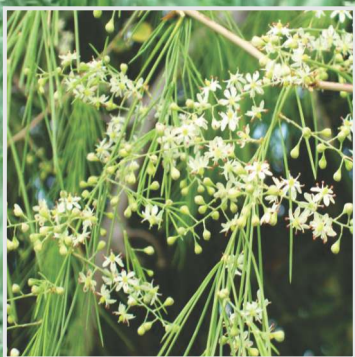
☒ *Artemisia afra*.

☒ *Asparagus africanus*.

☒ *Centella asiatica*.

☒ *Cnicus benedictus* (Holy Thistle).

☒ *Cichorium intybus* (Common Chicory).



Asparagus africanus

.....
 ASPARAGOS - to swell

Katdoring (A); African asparagus, Wild asparagus, (E); Umathunga, Ubulawu ubumhlope (X); iSigoba (Z)

IDENTIFICATION

A tall, erect climbing shrub up to 2 m high, with multiple wiry stems covered in sharp, red-brown, hooked spines up to 10 mm long that catch you as you walk past. There are no real leaves, only green stems or 'cladodes'. Pollinated by insects, the small white fragrant flowers attract many pollinators & give way to small round berries which can be present throughout the year, containing a single seed. Green berries turn red as they mature, on which birds & animals feed.

HABITAT

Asparagus africanus was described in 1783 & is found across tropical & southern Africa. It is also widely distributed in Africa and occurs on the Arabian Peninsula & in India. It is often found in moist places, and occurs in a variety of habitats, including rainforest, temperate forest, grassland, thicket, coastal scrub, forest margin and semi-desert, and in a number of vegetation types, including fynbos. After flowering, red berries are produced. Birds & animals feed on them & seeds are dispersed in this way.

PARTS USED

Shoots, roots & leaves.

USES

- ☒ **Kidneys.**
- ☒ Arthritis. Inflammation. Nausea, Pulmonary tuberculosis. Rheumatism.
- ☒ Blood purifier. Bladder & kidney infection. Colic. Dysentery.
- ☒ Epilepsy. Hypertension.
- ☒ Eye problems.

High in silica which brings light into the body, cleanses out urea & allows the kidneys to function properly. Emotionally this process reveals & brings out suppressed fear & anxiety, manifesting in such challenges as hypertension & epilepsy, & brings a sense of encouragement. It can clean out feelings you have not dealt with & even release wisdom from your inner self.

Powdered dried roots are rubbed into scarifications on the back, stomach & legs of boys undergoing circumcision. The root tubers are boiled and mixed with milk and given to women just after childbirth to release the afterbirth.

The new shoots, or spears, of this plant are eaten as a vegetable. It is believed to be a good source of dietary fibre and a good source of vitamins A, E, C and B6. They are harvested in the same way as *Asparagus officinalis*. Root tubers are also cooked for several hours and consumed. The ripe fruit, eaten during famine periods, is collected and juice is sucked out and the solid part is thrown away.



About Zanovuyo Das Lyon

With a Masters from UIA Helsinki in Industrial Design, a B.A. with Honours degree in Industrial & Product Design from Kingston University UK, & a Bachelor of Technology in Design & Manufacture, Das is an experienced eco-architect, designer, artist, small scale organic farmer, martial practitioner & volunteer firefighter.

Working in the international design & building industry, Lyon has a proven history of successful award-winning, high-level interior, architectural & landscaping project deliveries. As a fully - fledged student of Peter von Maltitz, Lyon is also a herbalist & Traditional African Healer; his ancestral iGqirha name 'Zanovuyo' means '*Bringer of Joy*'. Das has been initiated by the ancestors, the elements & his journey.

He shares the tools from his continued journey with others, to facilitate personal & communal transformation.

About Zanemvula Peter von Maltitz

Born in Johannesburg, South Africa in 1948, Peter earned a B.Sc. in Natural Sciences (Agriculture) from the University of Stellenbosch, followed by an honours degree in Plant Pathology. With many interests & practices, such as in Hatha Yoga, Theosophy, Anthroposophy, Bio-Dynamic farming, Homeopathy, plant metamorphosis & Goetheanistic thinking, Peter registered in 1996 as a spiritual healer & studied in African traditional healing with Dr. Philip Kubukeli from Khayelitsha, Cape Town. During his training as a Traditional African Healer, Peter von Maltitz received the name 'Zanemvula'- 'he comes with the rain' because it rained whenever a ceremony for his ancestors was performed. For the last twenty years, Peter has been teaching & practicing the shamanic healing arts to great effect ever since his final graduation as a fully-fledged iGqirha took place at a three-day ceremony during September 1999.

A quick and easy reference guide to 50 of the top medicinal plants indigenous to or naturalised in South Africa.

Beautifully illustrated, each plant is shown in its various aspects for identification, along with cultural references, habitat and propagation methods. There are notes on common uses, dosage and preparation of the herbs along with their contra-indications and adverse reactions.

With this handy pocket book you will learn the botanical and common names in multiple languages so the plants can be found anywhere in the world.

Lists of common ailments and plants that may assist to ease these are included, for education, comparison and cross-reference purposes.

