

The medical ethnobotany of Lesotho: a review

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ABSTRACT

Traditional healing in Lesotho is reviewed, focusing on four aspects: 1, cultural practices; 2, traditional health care practitioners; 3, dosage forms; 4, the *materia medica*. Cultural practices are strongly associated with the belief that intangible forces are responsible for human happiness and misery. A total of 303 plant species are used medicinally (including 25 alien species), representing eight pteridophyte and 75 angiosperm families, of which the most important are Asteraceae, Fabaceae, Hyacinthaceae, Apocynaceae, Scrophulariaceae, Lamiaceae and Poaceae. *Dicoma anomala* (used mainly for digestive ailments) and *Artemisia afra* (used mainly for respiratory ailments) appear to be the best known and most widely used medicinal plants amongst a total of 37 species that have been cited four or more times in the literature. About 50 species are variously employed for magic and sorcery. There are no new species records but 36 new uses are reported. Our conclusion is that the medicinal plants of Lesotho are relatively well recorded and that this review will allow detailed comparisons with other African healing cultures.

INTRODUCTION

Traditional healing has always been practised in Lesotho from time immemorial, but the concepts, practices and *materia medica* are not well known beyond the borders of the country and have not yet been systematically recorded. This paper is therefore aimed at providing a broad review of traditional medicine in Lesotho, focusing on cultural practices, traditional health care practitioners and especially the botanical identity, vernacular names, uses and dosage forms of the plants that are used.

There are three reasons why we are hesitant to call this a review of Sotho traditional medicine. Firstly, it is difficult to delimit the geographical boundaries of the Sotho culture, e.g. should North Sotho (Pedi)—excluded here—be included? Secondly, there are subtle linguistic differences, in terminology and plant names, for example between the Sesotho spoken in Lesotho and that which is spoken in other parts of southern Africa. Thirdly, the plant species used in Lesotho sometimes differ from the species found in other regions. However, even though this review is focused on Lesotho, the information probably has a much wider relevance and application than the boundaries of a single, small country.

Sources of information

The review is based on the experience and recollections of the first author and on the available literature. These experiences and recollections stem from early life (until 20 years ago) of the first author; many of these plants were used in her home and village in the rural areas of the Qacha's Nek District and later in the Maseru District in Lesotho. Further information regarding plant use was gathered through discussions and interviews with informants using Sesotho names of plants and in some cases with voucher specimens. The most comprehensive reference material is that of Phillips (1917)

but the list of plants is incomplete and many of the names are outdated. Jacot Guillarmod (1971) also gives an account of plant use but her main source was Phillips (1917). Other useful sources of information include Watt & Breyer-Brandwijk (1962), Motlamelle (1938), Schmitz (1982) and Maliehe (1997), of which the last three are out of print. The last-mentioned is limited to 60 species of useful plants in Lesotho. Some valuable information has also been published in early volumes of *Bantu studies* (Watt & Brandwijk 1927) and in lesser known publications such as Casalis (1861) and Ashton (1967). A comprehensive list of medicinal plants which includes the scientific names, author citations, vernacular names and main uses, is presented in the Appendix. Authorities for scientific names are not repeated in the text.

Cultural practices

Three important aspects, medicine (*moriana*, *lithlare*), magic (*lithlare*), and sorcery (*boloi*) play an important role in the Basotho culture.

Medicine (*moriana*, *lithlare*)

Many people in Lesotho, particularly those in rural areas with no clinics or health facilities, are able to diagnose and treat minor common ailments such as colds, coughs, headaches and constipation. This self-medication relies almost exclusively on medicinal plants. Headaches, for example, can simply be cured by inhaling smoke from a burning stick of *monkhoane* (*Heteromorpha aborescens*), stomach aches by chewing roots of a grass known as *hloko* (*Elionurus muticus*) (Motlamelle 1938). If there is no cure, a traditional healer is consulted. Women are traditionally experts in home remedies because they collect vegetables (*moroho*), many of which are also used for medicinal purposes. Historically however, most traditional healers are men. There are two main reasons for this: 1, there is a strong traditional belief that women should perform their duties at home, taking care of their families, including children and the elderly; 2, there are taboos around women handling strong medicines.

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If there was an epidemic in a village, the village doctor or chief's doctor (at the chief's expense), usually a diviner (*selaoli*) or herbalist (*ngaka-chitja*), would prepare a mixture (known as *leliba*) that would have to be taken by all the villagers.

Magic (*lithlare*)

Medicines are not only used to cure illnesses but are used for almost any situation, including those that occur when a need for help in controlling natural or social phenomena is perceived. This category includes plants that are used as Category 1, good luck charms, such as *molomo-monate* (*Lotononis eriantha* var. *obovata*) which is a very well-known plant used to 'make sure you are heard wherever you go' (e.g. litigants use it to strengthen their case.); Category 2 includes plants that are used as love philtres such as *Cymbopogon marginatus* which may be added to a man's bathing water while he calls out the name of the desired woman; Category 3 includes plants that are used as charms against lightning, thunderstorms and hailstorms such as *Phygelius aequalis* (*metsemi-matšo*) which is a renowned charm to protect crops from hail damage. The Basotho believe that good health is not only physical but also spiritual; therefore ancestral spirits (*balimo*) form an integral part of their lives. If a person experiences bad luck and misfortune, then this is most likely ascribed to the fact that they have neglected their ancestors and are therefore being punished.

Sorcery (*boloi*)

There is a strong belief in sorcery among the people of Lesotho, so much so that misfortune, accident, unusual illness, or even death may be attributed to it. Sorcerers are believed to use special or ordinary medicines maliciously. It was previously believed that they were even capable of and responsible for harming whole communities through disasters and epidemics (Ashton 1967). Therefore, it was (and still is) a socially unacceptable practice. Although killing alleged sorcerers was proclaimed illegal by King Moshoeshe I in 1855 (Ashton 1967), people suspected of sorcery were often severely punished, sometimes even brutally tortured to death (Casalis 1861). This practice, however, appears to have discontinued in the last 50 years. Sorcery is believed to be driven either by jealousy (mostly) or by revenge. The effects of sorcery range from a minor injury or illness (such as diarrhoea or stomach ache believed to be due to worms, beetles or small snakes introduced into the patient's body, often from eating bewitched food), or more serious conditions such as convulsions (due to strangling by a familiar (a supernatural being), i.e. a *thokolosi*), or death by lightning. When sorcery is suspected, a diviner is consulted, who will then, as the first step, counteract the witchcraft by renewing all protective medicines. Sometimes the patient is taken and hidden away in another village. If nothing works, then people who believe themselves to be victims of sorcery have sometimes been driven to murdering the suspected sorcerer (Ashton 1967).

Traditional healthcare practitioners

Several types of traditional healthcare practitioners exist in Lesotho. These include: the diviner or bone

thrower (*ngaka, selaoli*), the herbalist (*ngaka chitja*), the seer (*senohe*), the veterinarian (*ngaka-ea-liphoofolo*), the sangoma (*lethuela, mokoma, leqekha*), the apprentice (*lehlahana*) and the charlatan (*ngakana-ka-hetla*). The Sesotho word *ngaka* is a generic term applied to any kind of healer or doctor, but some authors (e.g. Motlammelle 1938) apply it exclusively to the diviner. Although traditional healers do not have any special status in society, the chief formerly had a doctor who occupied a socially high-ranking position next to him or her. These doctors associated with the chiefs were rainmakers (*seepa-meru*), diviners (*ngaka, selaoli*) and keepers of war medicine.

When consulting a healer, one is expected to pay an initial consultation fee (usually a sheep or goat) to 'open the bag of medicines'. In the case of a diviner, the fee is known as *pula-molomo*, which literally translated means 'one that opens (*bula*) the mouth (*molomo*)' [*pula* is the noun form of *bula*, not to be confused with *pula* (rain), which is written in the same way but pronounced differently]. *Pula-molomo* therefore has to be paid before the diviner will even speak. It is not customary to say 'thank you' when given medicine because this will weaken its strength. Final payment is done only if the treatment has worked.

Diviner (*Ngaka, Selaoli*)

The diviner uses bones (*litaola*) to help him make a diagnosis and discern the appropriate treatment. The diagnosis is based on the way in which the various bones land or fall on the ground, having been thrown by the person consulting. Diviners are expected to solve problems of any kind; they prescribe remedies for minor ailments, protection against sorcery, misfortune and accidents, and also for good luck and prosperity. 'There is, in fact, no manner of question which the diviners do not undertake to answer' (Casalis 1861). Traditionally, he is a striking figure and may be recognised by his headdress (*kuoane*), made from monkey skin and decorated with feathers, gall bladders and eagle's claws, a shoulder strap of horns (*lenaka*) from various beasts containing all kinds of powders and ointments (known as *mohlabelo*) and, a bag of divining bones (*khetsi*) consisting of varying pairs of bones from different animals (Ashton 1967).

Herbalist (*Ngaka-chitja*)

Traditional healers who rely only on plants are known in Sesotho as *ngaka-chitja* which means a hornless doctor, because they do not keep medicines in horns. They diagnose and treat minor ailments and, traditionally, if they are unable to cure the disease, they refer patients to a diviner. In recent times they are known also to refer patients to a clinic.

Seer (*Senohe*)

The seer is a person with the power of second sight, meaning that they divine supernaturally. This power is a skill that cannot be acquired but is believed to be a gift from the ancestors. A seer can diagnose illnesses and foretell the future. A special type of seer can locate (see) people who have drowned or have been swallowed by the water serpent, *khanyapa* or *noha-ea-metsi* (Ash-

ton 1967). Chief Mohlomi, a very well-known leader in Lesotho's history, who was an advisor, mentor, and doctor to the founder of the Basotho nation, King Moshoe-shoe I, was a seer by profession.

Veterinarian (*Ngaka-ea-liphoofolo*)

Historically, there were no doctors devoted entirely to animal illnesses; this was the job of diviners, herbalists or seers. However, the existence of veterinarians is now recognised. Animals such as cattle, Basotho ponies, sheep and goats play an important role in the Basotho culture. Cattle are symbolic in Lesotho, being used for *lobola* (*bohali*) and may also be slaughtered during burial rituals to accompany (*ho felehetsa*) deceased persons so they can rest in peace. In addition, cattle represent wealth. Many areas in Lesotho are still only accessible by horses and they therefore serve as a useful mode of transport. Sheep and goats are kept mainly for meat and wool. It is therefore imperative that all these animals are kept healthy. Veterinarians work in a similar manner as herbalists; they are able to diagnose and treat a wide range of animal diseases including gall sickness, 'black leg' and lung sickness.

Sangoma (*Lethuela, Mokoma, Leqekha*)

The concept of a sangoma is foreign to the Lesotho culture and it was introduced by the Thembus who originated from what was then known as the Cape Colony (Motlamelle 1938; Ashton 1967), perhaps currently the Eastern Cape Province. The language in which sangomas practise their craft points to the foreign origins of this tradition. Furthermore, sangomas are mostly women, whereas in Lesotho, healers were traditionally male only. When consulted, they diagnose problems using the divining method (in a similar manner as diviners, except that their bag of bones also includes sea shells and lately a set of dice) and prescribe medicines.

Apprentice (*Lehlahana*)

Diviners and herbalists learn their profession by becoming an apprentice (*lehlahana*) to a reputable healer. Among other duties, the *lehlahana* carries the teacher's bag, cooks the food, collects the fees, collects and prepares the medicines and performs techniques such as making incisions (*ho phatsa*) (Motlamelle 1938). Once qualified, the apprentice may establish his or her own practice, or on rare occasions he or she may inherit the master's horn. Other healers inherit prescriptions from their family members who are doctors.

Charlatan (*Ngakana-ka-hetla*)

While we disagree with Casalis' (1861) assertion that traditional healers are 'a crowd of clever and cunning men, who, under the generic name of *engakas*, or learned men, perform functions of priests, prophets, diviners, and doctors, and enrich themselves at the public expense', there are traditional healers who are charlatans. These are termed *ngakana-ka-hetla* (the verb *hetla* means to look over your shoulder) in Sesotho, a mocking word applied to people who claim to be healers but have not undergone proper training. As a result they have to keep looking over their shoulders to make sure they are not being followed by the patients whom they have cheated.

Dosage forms and methods of administering medicine

Medicinal plants are used in many different forms. They are taken as decoctions (mostly with water, rarely with milk) or infusions either orally (*ho noa*) or as an enema (*ho tšela*) for various internal ailments. Plants are also incinerated, powdered and used as a snuff (*ho tsuba*), often to induce sneezing to get rid of head and chest colds. Another form is inhalation of either smoke from a burning plant (another form of *ho tsuba*) or vapour from a freshly crushed plant or fresh leaves of *lengana* (*Artemisia afra*) or *koena* (*Mentha longifolia*) stuffed in the nostrils, as a cure for headaches and colds. Smoke can also be introduced into the body through fumigation (*ho futhela*). Boiling decoctions (generally of some *Helichrysum* species, *Artemisia afra* or *Mentha longifolia*) are used for steaming (*ho arubela*) to treat colds. Sometimes plants are also taken as masticatories, although only a few plants are chewed raw (e.g. *Alepidea cordifolia* and *Elionurus muticus*). Other medicines are applied or rubbed into incisions/scarifications (*ho phatsa*) made on the body. These incisions are done for two reasons: 1, to protect people against sorcery or to counteract its effects, in which case several parts of the body (including forehead, cheeks, chin, neck, throat, breasts, and joints) are scarified and the medicine is rubbed in; or 2, as a cure for ailments such as headaches, whereby only the affected part is scarified. Other plants are used externally as lotions, mixed with fat to make ointments or applied as poultices (*ho thoba* or *ho tapisa*).

Materia medica

A checklist of medicinal plants used in Lesotho is presented in the Appendix. The list is arranged alphabetically according to family and genus. Several plant species used for magical purposes and during the divining process (e.g. for washing the divining bones) have also been included in the list. The botanical nomenclature in older publications has been updated to reflect currently accepted names, following Germishuizen & Meyer (2003).

The appendix reveals that 355 plant species (including 23 exotics), from eight pteridophyte and 76 angiosperm families, are used for various medicinal purposes in Lesotho. In terms of the number of medicinal species, the most important families are Asteraceae (76), Fabaceae (33), Hyacinthaceae (15), Apocynaceae (12), Scrophulariaceae (12), Lamiaceae (11) and Poaceae (11). It is also interesting to note that seven species of ferns are used medicinally—mostly used to treat headaches, either through smoking the leaves or inhaling smoke from smouldering leaves.

Some plants are age and gender specific, others are strictly for livestock, whereas others are used for both humans and animals. Several plants are used to treat children's ailments. From the Appendix, the following pattern of exclusive uses emerges: human (287 species), livestock (8 species), women (20 species), men (three species) and children (29 species). The medicinal plant uses can also be grouped on the basis of the ailment treated, such as problems relating to digestion (84 species), respiration (67 species), fertility and reproduc-

tion (31 species), circulation (26 species) and skin and wounds (24 species). Another important category is that of magic and sorcery; at least 50 species are used for this purpose. For the sake of brevity, a more detailed analysis is not given here, but the necessary data for more comprehensive analyses are available in the Appendix.

Interesting examples of specific uses include the following. Plants used exclusively for children include *Brachystelma foetidum* (colds), *Helichrysum ecklonis* (diarrhoea) and *Euphorbia clavarioides* (skin rashes). Numerous plants are used specifically by women for infertility (e.g. *Ajuga ophrydis*, *Equisetum ramosissimum* and *Haplocarpha scaposa*); menstrual pains (e.g. *Gunnera perpensa*, *Scabiosa columbaria*) or for ailments associated with pregnancy such as heartburn, flatulence and colic (e.g. *Anthospermum rigidum*, *Gazania linearis*, and *Convolvulus bidentatus*). Plants used to treat animals only include *Watsonia densiflora* (for diarrhoea in calves) and *Acrotome inflata* (for 'black leg' in cattle).

Based on the frequency of published and unpublished records (Appendix), it is possible to rank the species and in this way determine which ones are the best known and/or most frequently used. A total of 37 species in the Appendix have at least four citations for medicinal uses—and almost invariably the same number of citations for vernacular name(s). These 37 species may be considered as the most important and best known medicinal plants in Lesotho and are therefore shown in bold type in the Appendix. The number of citations for vernacular names and for uses were both considered and are given in Table 1.

It is interesting to note that the two most important medicinal plants in the *materia medica* of Lesotho are used also for the two most common everyday ailments, namely respiratory and digestive problems (*Artemisia afra* and *Dicoma anomala*). *Artemisia afra* (*lengana*) is most commonly used as a nasal plug but the leaves are also used as a decoction or for steaming. The plant is used as a traditional medicine in many parts of Africa, to treat various illnesses including colds, sore throat, headaches and intestinal worms, but should not be used

in high doses as it usually contains thujone, which is a central nervous system toxin (Van Wyk & Wink 2004). *Dicoma anomala* (*hloenya*: to grimace, because of the extremely bitter taste) is used for a wide range of illnesses including diarrhoea, toothache, hypertension, diabetes, period pains, pneumonia, backache, wounds and sores, and for gall sickness in cattle. In South Africa and Zimbabwe, it is used for similar digestive and respiratory ailments (Van Wyk & Gericke 2000).

Another plant ranking amongst the top in importance is *Pentanisia prunelloides*, appropriately named *setima-mollo* (fire extinguisher) in Sesotho for its use to relieve the burning pain of boils and reducing fevers. *Urtica urens* (*bobatsi*: something that is rough) is interestingly not indigenous to Lesotho but is also amongst the list of commonly used plants. Other important plants include *Gerbera pilloseloides* (*tsebe-ea-pela*: ear of the rock-rabbit), *Helichrysum caespititium* (*phate-ea-ngaka*: mat of the healer, because of the prostrate habit), *Mentha longifolium* (*koena*: crocodile, because of its association with aquatic environments), *Rhamnus prinoides* (*mofifi*: very dark, because of the dark green foliage), *Alepidea cordifolia* (*lesoko*), *Heteromorpha arborescens* (*monkhoane*), *Felicia muricata* (*ma-mileng*: along the road), *Gerbera viridiflora* (*moarubetso*: the one used to fumigate), *Helichrysum odoratissimum* (*pheto*: breeze, allegedly because when burnt during harvesting it brings about a breeze that helps with winnowing), *Cotyledon orbiculata* (*serelile*: slippery), *Trifolium burchellianum* (*musapelo*: the one who turns the heart around), *Gunnera perpensa* (*qobo*), *Olea europaea* (*mohloare*), *Hermannia depressa* (*seletjane*: a small axe), *Eucomis undulata* (*khapumpu*), *Bulbine narcissifolia* (*khomo-ea-balisana*: a cow of the shepherds), *Dianthus basuticus* (*hlokoana-la-tsel*: the grass of the road), *Mentha aquatica* (*koena-e-nyenyane*: the small crocodile), *Cussonia paniculata* (*motsetse*), *Gazania krebsiana* (*tsikitlane*), *Xysmalobium undulatum* (*poho-tsehla*: yellow bull) and *Tulbaghia acutiloba* (*sefotha-fotha*). The traditional use of *Mentha aquatica* and *M. longifolia* for respiratory problems can be ascribed to the presence of a volatile oil with possible decongestant effects (Van Wyk & Gericke 2000). *Xysmalobium undulatum* is used all over south-

TABLE 1.—No. times vernacular names cited and no. times uses cited for taxa

| 7, 7 | 6, 6 | 5, 5 | 5, 4 | 4, 4 |
|-----------------------|---------------------------------|----------------------------------|------------------------------|-------------------------------|
| <i>Artemisia afra</i> | <i>Gerbera pilloseloides</i> | <i>Alepidea cordifolia</i> | <i>Bulbine narcissifolia</i> | <i>Ajuga ophrydis</i> |
| <i>Dicoma anomala</i> | <i>Helichrysum caespititium</i> | <i>Cotyledon orbiculata</i> | <i>Dianthus basuticus</i> | <i>Albuca setose</i> |
| | <i>Mentha longifolium</i> | <i>Eucomis undulata</i> | | <i>Aloe striatula</i> |
| | <i>Olea europaea</i> | <i>Gerbera viridiflora</i> | | <i>Crassula peploides</i> |
| | <i>Rhamnus prinoides</i> | <i>Gunnera perpensa</i> | | <i>Cussonia paniculata</i> |
| | | <i>Helichrysum odoratissimum</i> | | <i>Euclea crispa</i> |
| | | <i>Hermannia depressa</i> | | <i>Gazania krebsiana</i> |
| | | <i>Heteromorpha arborescens</i> | | <i>Gladiolus crassifolius</i> |
| | | <i>Pentanisia prunelloides</i> | | <i>Hibiscus microcarpus</i> |
| | | <i>Trifolium burchellianum</i> | | <i>Hypoxis argentea</i> |
| | | | | <i>Mentha aquatic</i> |
| | | | | <i>Scabiosa columbaria</i> |
| | | | | <i>Stachys aethiopica</i> |
| | | | | <i>Urtica urens</i> |
| | | | | <i>Vernonia hirsuta</i> |
| | | | | <i>Withania somnifera</i> |

ern Africa for stomach problems and for a similar purpose in modern phytotherapy—it contains uzarin which has proven anti-diarrhoeal properties (Van Wyk & Wink 2004).

Although the meaning of some Sesotho plant names is not obvious, many of them are descriptive and indicate either the habit or the usage of the plant (Moteetee & Van Wyk 2006). For example, *Stapelia grandiflora* (*bohatsu*: numbness) is used to cure numbness of the limbs, *Asclepias aurea* (*mohlatsisa*; emetic) is used as an emetic to treat constipation, *Senecio erubescens* (*letapiso*; poultice) is used as a hot poultice, *Scabiosa columbaria* (*selomi*: one that causes pain or bites) is used to relieve period pains and *Gomphocarpus fruticosus* (*moithimolo*: one who causes sneezing) is used to cure headaches and colds by sneezing. Several plants known as 'musa-pelo' are used as sedatives and adaptogens, for dropsy of the heart or heart palpitations. This concept has been dealt with in detail elsewhere (Moteetee & Van Wyk 2007).

Animal products are also used for medicinal purposes. Examples include cow dung (used to cure chick-enpox), dog fur (placed on a dog-bite wound to speed up the healing process), a mixture of powdered mare's afterbirth and crocodile skin (to assist difficult childbirth; fumigation with smoke from crocodile skin is an alternative). Snake flesh mixed with *Linum thunbergii* (*bohloko*) is used to treat snakebite.

CONCLUSIONS

The most important plants that are used in Basotho traditional medicine and the main health care practitioners and their practices have been described and conceptualized for the first time. A total of 355 plant species are used, representing eight pteridophyte and 76 angiosperm families of which the Asteraceae, Fabaceae, Hyacinthaceae, Apocynaceae, Scrophulariaceae, Lamiaceae and Poaceae are the most important. The traditional system appears to be dynamic and adaptive, because at least 25 alien species have been incorporated into the *materia medica*.

Plants are used for a wide range of ailments, the most frequent indications being digestive ailments and respiratory conditions. *Dicoma anomala* (used mainly for digestive ailments) and *Artemisia afra* (used mainly for respiratory ailments) appear to be the best known and most widely used medicinal plants. Fifty-two species are variously employed for magic and sorcery. Other important medicinal species include *Gerbera pilloseloides*, *Helichrysum caespititium*, *Mentha longifolium*, *Rhamnus prinoides*, *Alepidea cordifolia*, *Heteromorpha arborescens*, *Felicia muricata*, *Gerbera viridiflora*, *Helichrysum odoratissimum*, *Cotyledon orbiculata*, *Trifolium burchellianum*, *Gunnera perpensa*, *Olea europaea*, *Pentanisia prunelloides*, *Hermannia depressa*, *Eucomis autumnalis*, *Bulbine narcissifolia* and *Dianthus basuticus*.

Although hitherto scattered in the literature, the medicinal plants of Lesotho seem to be relatively well recorded, as this review did not reveal any new species records. Detailed comparisons with other African heal-

ing cultures are now possible. The data suggest that the uses of the plants were not comprehensively recorded, as 36 new uses are reported. Field surveys in remote parts of Lesotho may reveal additional species and use records, but we believe that we have presented a reasonably comprehensive insight into the diversity of Lesotho medicinal plants and practice.

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APPENDIX.—List of Lesotho medicinal plants; their vernacular names in Sesotho; parts used; main uses and references. Most important species are in bold type

| Species (naturalized alien species are marked with an asterisk*; best-known species are given in bold) | Common names and references | Main uses and references (uses given in bold are newly recorded; where known, plant parts used have been included) |
|--|--|---|
| PTERIDOPHYTES | | |
| Aspleniaceae | | |
| <i>Asplenium monanthes</i> L. | <i>lehōrōmetso</i> [JG; O; P] <i>lehōrōmetso</i> [H & V; JG; O] | leaves smoked for head and chest colds [H & V; W & B2] same as above [H & V; W & B2] |
| <i>trichomanes</i> L. subsp. <i>quadrivalens</i> D.E.Mey. emended <i>Lovis</i> | | |
| Dryopteridaceae | | |
| <i>Polystichum pungens</i> (Kaulf.) C. Presl | <i>lehōrōmetso</i> [JG; O; P] | decoction from rhizomes used as a vermifuge in humans and for 'bots' in horses; given as an enema [JG; P] |
| Equisetaceae | | |
| <i>Equisetum ramosissimum</i> Desf. | <i>mohlaka-photoane</i> [JG; P] | decoction of cooked rhizomes drunk for infertility in women; colds and colic in infants [JG; P]; charm to drive away worms from fields [JG] |
| Lycopodiaceae | | |
| <i>Lycopodium clavatum</i> L. | <i>boriba-bo-boholo/ moriri-oa-matlapa</i> [JG; O] | leaves dried and smoked for colds in the head and chest [JG] |
| Ophioglossaceae | | |
| <i>Ophioglossum vulgatum</i> L. | <i>tsejananyana</i> [JG; O; P] | warm decoction of rhizomes to bathe boils [JG; P] |
| Pteridaceae | | |
| <i>Adiantum capillus-veneris</i> L. | <i>lehōrōmetso/ lepata-maosa</i> [JG; O; P] | dried leaves burnt and smoked for head and chest colds [H & V; JG] |
| <i>Cheilanthes eckloniana</i> (Kuntze) Mett. | <i>lehōrōmetso</i> [H & V; JG; O] <i>mahuoaeng</i> [JG; O; P] | leaves smoked for head and chest colds [H & V; W & B2] decoction of plant drunk for colds and sore throat [JG; P; W & B] |
| <i>hirta</i> Sw. | <i>lehōrōmetso / mahuoaeng</i> [JG; O] | burnt leaves smoked for head and chest colds [H & V; O; W & B2] |
| <i>involuta</i> (Sw.) Schelpe & N.C. Anthony var. <i>obscura</i> (N.C. Anthony) N.C. Anthony | <i>lehōrōmetso</i> [JG; O] | crushed rhizome is mixed with milk and drunk for diarrhoea and cure for spider bites [JG] |
| <i>quadripinnata</i> (Forssk.) Kuhn | same as above [JG; O; P] | decoction from cooked, crushed rhizomes used to get rid of afterbirth in cows; colds [JG] |
| <i>Pellaea calomelanos</i> (Sw.) Link. var. <i>calomelanos</i> | <i>lehōrōmetso / lesira</i> [JG; P] | whole plant crushed as protective charm for warriors [JG; P] |
| <i>Pteris cretica</i> L. | | |
| Selaginellaceae | | |
| <i>Selaginella caffronum</i> (Milde.) Hieron. | <i>moriri-oa-mafika</i> [JG; O] | whole plant dried and smoked with <i>Lycopodium clavatum</i> to cure head and chest colds [H & V; JG; O] |
| Woodsieaceae | | |
| <i>Cystopteris fragilis</i> Bernh. | <i>lehōrōmetso</i> [JG; O; P] | decoction from rhizomes given as an enema for de-worming (mixed with other plants); constipation [JG; P] |
| DICOTYLEDONS | | |
| Acanthaceae | | |
| <i>Blepharis espinosa</i> E. Phillips | <i>mohlalalane</i> [JG; P] <i>leisojiana</i> [P] | infusion made from whole plant to cure colds [JG; P] in conjunction with divining bones [P] |
| <i>Crabbea hirsuta</i> Harv. | | |
| Achariaceae | | |
| <i>Kiggelaria africana</i> L. | <i>lekhasi</i> [P] | as protective charm [O; P] |

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APPENDIX.—List of Lesotho medicinal plants; their vernacular names in Sesotho; parts used; main uses and references. Most important species are in bold type (cont.)

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|---|--|---|
| Amaranthaceae <i>Amaranthus thunbergii</i> Moq. <i>Cyathula uncinulata</i> (Schrad.) Schinz | <i>thepe</i> [JG; M1; O] / <i>thepe-ea-Lesotho</i> [JG] <i>bohomo-bo-boholo / bohomo-ba-lipoli</i> [JG; O] | leaf infusion drunk to cleanse blood [M1; O]; vermifuge [O] decoction from boiling roots drunk for treatment of stricture of the urethra; emetic for excess bile; unguent [JG; W & B2] |
| Anacardiaceae <i>Searsia</i> <i>divaricata</i> (Eckl. & Zeyh.) Moffett <i>erosa</i> (Thunb.) Moffett <i>lancea</i> (L.f.) F.A.Barkley | <i>kolitsane</i> [JG; M1; O] <i>tsilabele</i> [JG; O; P] <i>tsilabele</i> [JG; M1; O] | cooked roots used for excessive bile; kidney and bladder problems; backache; mixed with <i>Aloe striatula</i> for constipation [M1]; dried leaves smoked to cure coughs and colds [JG; O]; pegs from stems for rainmaking [O; P] diarrhoea in humans and cattle [JG; P]; pegs from stems for rainmaking [O; P] cures dizziness due to anaemia; diabetes; heart problems [M1]; leaf infusion for asthma [O] |
| Apiaceae <i>Alepeida</i> cordifolia <i>B.-E. van Wyk</i> (previously included in <i>amatymbica</i> Eckl. & Zeyh.) <i>pilifera</i> Weim. <i>setifera</i> N.E.Br. <i>Berula erecta</i> (Huds.) Coville subsp. <i>thunbergii</i> (DC.) B.L.Burtt <i>Conium chaerophylloides</i> Thunb. Heteromorpha arborescens Cham. & Schltdl. var. <i>abyssinica</i> (A.Rich.) H.Wolff var. arborescens <i>Pimpinella caffra</i> (Eckl. & Zeyh.) D.Dietr. | <i>lesoko</i> [JG; M1; O; P; S] <i>lesokoana</i> [JG; O; P] <i>lesokoana</i> [JG; O; P] <i>tehlato</i> [JG; O; P] <i>lefokololi</i> [JG; O; P] <i>monkhoane</i> [JG; O] <i>monkhoane</i> [H & V; JG; M2; O; P] <i>sehoetjana</i> [JG; P] | raw roots chewed or decoction drunk for chest pains; coughs and fever [JG; M1; O; P; S]; painful joints [M1]; lotion used to wash divining bones [JG] roots chewed or decoction drunk for chest pains; coughs and fever [JG; O; P]; smoke from incinerated root same as above small pieces of plant boiled to wash a person suffering from headache [JG; P] prepared lotion from plant to wash feverish patients [JG; P] medicine from leaves given to children for intestinal worms [JG]; charm for lightning [JG] and loyalty to the chief [JG; P] asthma [JG; P]; smoke inhaled from burning plant for headaches [H & V; JG; M2; O] charm against illness or mischievous spirit [JG; P] |
| Apocynaceae <i>Asclepias</i> <i>aurea</i> (Schltr.) Schltr. <i>humilis</i> (E.Mey.) Schltr. <i>stellifera</i> Schltr. <i>Brachystelma foetidum</i> Schltr. <i>Gomphocarpus fruticosus</i> (L.) Aiton f. subsp. <i>decipiens</i> (N.E.Br.) Goyder & Nicholas subsp. <i>fruticosus</i> <i>Pachycarpus rigidus</i> E.Mey. | <i>mohlatsisa</i> [JG; O; P] <i>lehlomane</i> [M1; O] <i>mohlatsisa/ monisokoane</i> [O; W & B1] <i>mohola-njia</i> [JG] <i>seru</i> [JG; P] <i>mothimolo-aa-thaba</i> [JG; O; P] <i>mothimolo/ lebejane</i> [JG; M1; O] <i>phōma-metsu/ leshokhoana / poho-tshela</i> [JG; O; P] <i>sehamela-poli</i> [JG; O; P] <i>kherenchane</i> [JG; P] <i>bohatsu</i> [JG; O; P] | leaves chewed raw or infused as emetic for constipation [JG; O; P] in weak concentrations leaf infusion for diarrhoea in children and in animals [M1; O] emetic [O]; snake-bite; non-fatal lightning stroke [W & B1] for colds in children [JG; P] for sore breasts [JG; P]; snuff from burnt crushed whole plant smoked for head and chest colds [H & V; JG; O; P] crushed, burned plant sniffed for head colds [H & V; JG]; sap from leaves inserted into nostrils as decongestant; headaches [JG; M1; O]; in small doses for excess bile; asthma [JG] for stomach cramps [JG; P; S <i>et al.</i>]; powdered roots for headaches; decoction taken for colds [S <i>et al.</i>] dried roots as protective charm against bad omens [O] for internal tumours [JG; P] hot infusion of whole plant used for numbness of limbs [JG; O; P] |
| <i>Xysmalobium</i> <i>parviflorum</i> Harv. ex Scott-Elliot <i>undulatum</i> (L.) Aiton f. var. <i>undulatum</i> | <i>leoto-la-kholo</i> [JG; O; P] <i>poho-tshela/ leshokhoa</i> [JG; M1; O; P] | drunk for colic [JG; O; P] heartburn; vermifuge in children; decongestant; powdered roots for headaches [M1; O] |

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|---|---|---|
| Aquifoliaceae <i>Ilex mitis</i> (L.) Radlk. var. <i>mitis</i> | <i>mollo-oo-phofu</i> [JG; P] | enema for colic in children; when working divining bones [P] |
| Araliaceae Cussonia paniculata Eckl. & Zeyh. subsp. <i>sinuata</i> (Reyneke & Kok) De Winter | <i>motšate</i> [JG; M1; O; P] | emetic; kidneys and bladder; boils; intestinal ulcers; indigestion; heartburn [JG; M1; O; P] |
| Asteraceae Artemisia afra Jacq. ex Willd Aster bakerianus Burt Davy ex C.A.Sm. Aster sp. Athrixia angustissima DC. montana Wood & Evans onopordifolia (DC.) O.Hoffm. ex Burt Davy var. <i>onopordifolia</i> difolia setifera DC. Cineraria aspera Thunb. lyratiformis Cron *Conyza *bonariensis (L.) Cronquist *canadensis (L.) Cronquist obscura DC. podocephala DC. Cotula anthemoides L. | <i>lengana</i> [H & V; JG; M1; O; P; S; W & B1] <i>phōa</i> [JG] <i>moroko-hloko</i> <i>pheshoana-e-nyenyane</i> [JG; P] <i>pheshoana-aa-basiale tee</i> [JG; O] <i>sephomolo</i> [JG; O; P] <i>mohatollo</i> [M1] <i>mohatollo</i> [JG; P] <i>mohato</i> [JG; P] <i>teleme-la-khomo</i> [JG; M1; O] <i>moholu-oo-pela</i> [JG; O; P] <i>moholu-oo-pela khotolia</i> [JG; O; P] <i>mokoteli lehamonyane</i> [JG; O; P] <i>mokoteli</i> [JG; O; P] / <i>lehamo</i> [JG; P] <i>phefo-aa-meru</i> [JG; P] <i>manku-e-moholo</i> [JG; O; P] <i>hlapi-e-nyenyane</i> [JG; P] <i>hloenyva</i> [H & V; JG; M1; O; P; S] | leaf decoction for flu, colds; fever; coughs; decongestant [H & V; JG; M1; O; P; S]; stomach ailments; enema given to children with constipation [JG; O; P; S]; leaf infusion inserted into ears for earache [W & B1]; leaf infusion for toothache [O] boiled roots mixed with <i>Helichrysum callicomum</i> and <i>H. rigidulum</i> are given as enema for colic; mixed with <i>Scabiosa columbata</i> for scab in humans; mixed with <i>Lotononis lanceolata</i> to treat fevers; contagious diseases and anthrax [JG]; for syphilis [JG; S <i>et al.</i>]; headaches [S <i>et al.</i>] infusion of whole plant used for wounds and sores [S <i>et al.</i>] decoction of whole plant inserted in incisions made on sore feet [JG; P] same as above [JG; P]; charm against any illness [JG] decoction from leaves as purgative; sometimes as enema [W & B1] cleanses liver and bladder [M1] lotion made from roots for bruises [JG; P] for fever; and in the past, mixed with <i>Euphorbia clavarioides</i> , was used for leprosy [JG; P] root decoction for kidney problems; circulatory problems; arthritis [M1]; abdominal pains [O; S] leaves smoked for asthma and tuberculosis [H & V; JG; P] leaves burnt and smoked for colds [H & V; W & B1; W & B2] decoction of leaves for sore throat; lotion to wash sick children; ringworm [JG; P] same as above [JG; P] decoction of roots for fever; fumigant [JG; P] decoction of roots given to feverish people [JG; O; P] decoction of leaves and roots for colic [JG; P] infusion of roots taken for colic [JG; P]; diarrhoea [JG; M1; O; S <i>et al.</i>]; constipation and flatulency [JG; M1; O]; heartburn [M1; O]; mixed with <i>Berkheya setifera</i> for bilious attacks [W & B1]; powdered flowers as ointment for wounds and sores [JG; M1; O; S; S <i>et al.</i> ; W & B1]; toothache [JG; P]; mixed with <i>Scabiosa columbata</i> for period pains [JG; O]; backache; diabetes [M1]; as a snuff for nasal congestion [S]; mixed with <i>Helichrysum caespitosum</i> ; <i>Scabiosa columbata</i> and <i>Zantedeschia albomaculata</i> to treat venereal diseases [M1; O; W & B1]; mixed with <i>Cymbopogon</i> spp. for gall sickness [JG; S]; vermifuge [M1; O; S] diabetes and high blood pressure [O] whole plant to fumigate the hut of person suffering with a cold or diarrhoea [JG; P]; leaf decoction as aperient ; stems burnt and smoked for headaches [H & V; JG; P; W & B2] plant is crushed and inhaled for headaches [H & V; JG; P; W & B1; W & B2]; given to ill cows after calving [P] |
| Eriocaulaceae <i>Eriocaulon punctulatum</i> DC. | <i>sehlahalaha-sa-matlaka</i> [JG; O; P] | crushed root as anti-emetic in children; flatulency [M1; O]; heartburn; crushed plant mixed with water for earache [JG; O]; hot decoction for toothache [JG; P] |
| <i>Euryops evansii</i> Schltr. | <i>sehlaakana</i> [H & V; JG; P] <i>'na-mileng/ mohantswane</i> [H & V; JG; O; P; W & B1] | |
| Felicia muricata Nees. subsp. muricata | <i>tsikitlana</i> [JG; M1; O; P] | |
| Gazania krebsiana Less. subsp. serrulata (DC.) Roessler | | |

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|---|---|---|
| Asteraceae (cont.) Gazania (cont.) linearis (<i>Thunb.</i>) <i>Druce</i> var. linearis | <i>tsikiliane</i> [JG; M1; O; P] | root as a purgative for pregnant women; infertility in women; diarrhoea; general abdominal problems [JG; W & B1]; crushed whole plant mixed with water to treat earache [JG] |
| Gerbera ambigua (<i>Cass.</i>) <i>Sch.Bip.</i> | <i>seboka</i> [M1; O; S] | crushed whole plant as vermifuge; anti-emetic; heartburn in children [M1; O; S]; aperient in children [M1]; root infusion given to pregnant women [O] |
| piloselloides (<i>L.</i>) <i>Cass.</i> | <i>isebe-ea-peza</i> [H & V; JG; O; P; W & B2] | decoction of roots for earache [W & B2]; as fumigant to clear head colds [H & V; JG; P]; decongestant for colds [S]; tuberculosis; purgative [JG]; root decoction as emetic for excess bile [O] |
| viridifolia (<i>DC.</i>) <i>Sch.Bip.</i> | <i>moarubetso</i> [H & V; JG; O; P; W & B2] | smoke from burning whole plant inhaled as a decongestant; burnt as fumigant to clear head colds [H & V; JG; P; O; W & B2]; gall sickness [JG; P] |
| Haplocarpha scaposa <i>Harv.</i> | <i>khutsana</i> [JG; P; S] / <i>papetloana</i> [JG; O; P; S] | cold in the chest; period pains; infertility in women [S]; decoction to treat internal sores and sore eyes [S <i>et al.</i>]; when working divining bones [JG; P] |
| Helichrysum adenocarpum <i>DC.</i> subsp. adenocarpum atrhixifolium (<i>Kuntze</i>) <i>Moeser</i> aureum (<i>Houtt.</i>) <i>Merr.</i> var. monocephalum <i>Hilliard</i> caespitium (<i>DC.</i>) <i>Harv.</i> | <i>toane-balingoana</i> [JG; O; P] <i>motoangoang-o-monyane</i> [JG; P] <i>leabane</i> [JG; P; S] <i>phate-ea-ngaka</i> [M1; O; S] / <i>setelusa-phooko</i> [JG; P] / <i>moriti-oo-naha</i> [H & V; JG; P] | decoction of roots for diarrhoea; anti-emetic in children [JG; O; P] leaves smoked for chest pains [JG; P] lotion from leaves for sore eyes [JG; P; S] smoke from crushed, burnt plant inhaled for chest and head colds [H & V; JG; M1; O; P; S]; increases iron in the blood [M1]; vermifuge; leaf infusion for coughs [M1; O]; anti-emetic [JG; P; S]; improves virility in men [JG; M1; S] |
| <i>cooperi</i> <i>Harv.</i> <i>dregeanum</i> <i>Sond.</i> & <i>Harv.</i> <i>ecklonis</i> <i>Sond.</i> <i>mundtii</i> <i>Harv.</i> <i>nudifolium</i> (<i>L.</i>) <i>Less</i> var. <i>nudifolium</i> | <i>phefo-ea-thaba / toane-balimo</i> [S] <i>toane-ea-thaba</i> [H & V; JG; O; P] <i>toane-balingoana-e-kholo</i> [JG; O; P] <i>phefo-ea-litiba</i> [O; P] <i>phefshoana-ea-basiea</i> [JG; O; P] | powdered roots for snakebite [S] smoke from leaves inhaled for head colds [H & V; JG; O; P] root decoction for diarrhoea in children [JG; O; P] decoction of whole plant for chest complaints [JG; O; P] leaves as poultice for swelling; enema from leaves for colic in children; hot decoction for fevers; 'black leg' in cattle [JG; P; W & B1] |
| odoratissimum (<i>L.</i>) <i>Sweet</i> | <i>phefo</i> [JG; M1; O; P; S] | whole plant burnt as fumigant for flu; coughs and colds [JG; M1; O; P; S]; mixed with <i>Olea europaea</i> and <i>Zantedeschia albomaculata</i> for backache [M1]; unguent; burnt in the fields to call upon a light breeze to assist in winnowing of grain [JG]; emetic for excess bile [O] charm to make person invisible or forgotten by enemies [JG; P] decoction of roots for virility in men [JG; P] decoction of roots for period pains [JG; P] whole plant burnt to fumigate sick room of children with colds [JG; P] fumigant for colds [JG; O; P]; snakebite [JG; P] root decoction drunk to treat rheumatism [JG; O; P] powder of incinerated plant is placed in incisions made on the body of sick person [JG; P] |
| <i>tenax</i> <i>M.D.Hend.</i> var. <i>tenax</i> <i>Metastasia densa</i> (<i>Lam.</i>) <i>P.O.Karis</i> <i>Nidorella resedifolia</i> <i>DC.</i> subsp. <i>resedifolia</i> <i>Nolletia ciliaris</i> (<i>DC.</i>) <i>Sieetz</i> <i>Othona natalensis</i> <i>Sch.Bip.</i> <i>Pentzia cooperi</i> <i>Harv.</i> <i>Prinzia pyrifolia</i> <i>Less.</i> | <i>sehalathala-se-sepusoa/tee</i> [JG; O; P; S] <i>mokoteli-o-mosehla</i> [JG; P] <i>moloka/sekikilela</i> [JG; O; P] <i>naka/ phela</i> [JG; P] <i>lebaila</i> [S] <i>sephomōlo</i> [JG; P] | a decoction of whole plant to wash sore eyes [P] infusion of leaves and young branches drunk as herbal tea; as fumigant during illness [JG; S] fumigant for feverish children [JG; P] leaves smoked for chest and head colds [JG; O; P] root decoction as vermifuge in calves [JG; P] infusion of all parts for chest complaints [S] enema for internal tumours; in small quantities as a purgative [JG; P] |
| Pseudognaphalium luteo-album (<i>L.</i>) <i>Hilliard & B.L.Burtt</i> undulatum (<i>L.</i>) <i>Hilliard & B.L.Burtt</i> <i>Schistostephium crataegifolium</i> (<i>DC.</i>) <i>Fenzl. ex Harv.</i> *Schkuhria pinnata (<i>Lam.</i>) <i>Cabrera</i> | <i>phefo</i> [JG; O; P] <i>mosuoane/ mamka</i> [JG; O; P] <i>leqipi/ lehakanya</i> [JG; P] <i>letapiso/sehalikane</i> [JG] | whole plant burnt in a sick room of feverish child [JG; P] same as above [JG; P] leaves smoked for chest complaints; lotion from roots for sore eyes; emetic in cases of excess bile [JG; P] infusion drunk for stomach aches [S <i>et al.</i>] |

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|--|--|---|
| Asteraceae (cont.) | | |
| Senecio | | |
| albanensis DC. var. doroniciflorus (DC.) Harv. | | |
| asperulus DC. | <i>lehlomanyane</i> [JG; P] <i>moferefere</i> [M1; O; P] / <i>letapisoana</i> [JG; P] | prepared roots taken for colic [JG; P] steam from boiling decoction of whole plant for colds and flu [O; S]; sore throat; mouth ulcers; improves blood circulation; mixed with <i>Meniha</i> spp. and <i>Helictrysum odoratissimum</i> to treat sore joints [M; O] |
| brachypodus DC. | <i>lephōkō</i> [JG; P] | leaf infusion taken for colds and chest complaints [JG; P] |
| coronatus (Thunb.) Harv. | <i>motobol</i> / <i>lehlomanyane</i> [JG; P] | in strong doses as an emetic; for treatment of difficult childbirth; intestinal complaints [JG; P] |
| discodregeanus Hilliard & B.L.Burtt | <i>lehlomanyane-le-lenjanyane</i> [JG; P] | as an emetic to cure colds [JG; P] |
| erubescens Aiton var. crepidifolius DC. | <i>letapiso</i> [JG; O; P] | decoction of roots as cure for nausea and rheumatic fever [JG; P] |
| macrocephalus DC. | <i>sebea-mollo</i> [JG; P] | to cure colic [JG; P] |
| macrosperrus DC. | <i>poli-tshana</i> [JG; P] | charm to make warriors invisible to enemies [JG; P] |
| othomiflorus DC. | <i>lehlomanyane</i> [JG; P] | as an emetic [JG; P] |
| rhynchohaenus DC. | <i>mahuoaneng</i> [JG; O; P] | smoke from burned plant inhaled or leaves smoked for colds [H & V; JG; O; P]; decoction of roots drunk for colic; ash from burned plant inserted in incisions made on sore hands and feet [JG; P] |
| sp. | <i>moholu-oo-pela</i> [JG] | leaves smoked to stop bleeding [JG; P] |
| tanacetopsis Hilliard | <i>mostuoane-oo-matlapa</i> [JG; P] | lotion from leaves for rash in children [M1; O] |
| Sonchus dregeanus DC. | <i>teharasoana</i> [M1; O] | smoke from crushed branches inhaled for headaches [H & V; JG; P] |
| Tarchonanthus camphoratus L. | <i>mofahlana</i> [H & V; JG; P] | chest pains in children [JG; P] |
| Troglophyton capillaceum (Thunb.) Hilliard & B.L.Burtt | <i>mostuoane-oo-lehaha</i> [JG; P] | mixed with fat; burnt plant used as ointment for wounds [JG; O; P; S] |
| subsp. diffusum (DC.) Hilliard | <i>mokubetso</i> [JG; O; P; S] | infusion of roots for stomach disorders [S] |
| Ursinia nana DC. subsp. nana | <i>mofe(a)-bana</i> [S] | same as above [JG; O; P; S]; to divert a hailstorm [P] |
| Vernonia | <i>mofe(a)-bana</i> [M1; O; S] | same as above [M1; O; S] |
| capensis (Houtt.) Druce | <i>hlaba-hlabane</i> [JG; P] / <i>mokoala</i> [JG; P] | decoction of whole plants for syphilis [P; S <i>et al.</i>] and gonorrhoea [S <i>et al.</i>] |
| hirsuta (DC.) Sch.Bip. ex Walp. | | |
| *oligocephala (DC.) Sch.Bip. ex Walp. | | |
| *Xanthium spinosum L. | | |
| Boraginaceae | | |
| Cynoglossum | | |
| hispidum Thunb. | <i>bohomenyana</i> [JG; O; P] | decoction of whole plant for colic in children [JG; O; P] |
| lanceolatum Forssk. | <i>bohomenyana</i> [JG; O; P] | decoction of whole plant for colic in children [JG; O; P] |
| *Myosotis sylvatica Hoffm. | <i>bohome</i> [JG; O; P] | decoction of whole plant for colic in children; hysteria and neurasthenia; unguent for newly married couples; good luck charm; love charm; during initiation of apprentices to improve their memory [JG; O; P] |
| Brassicaceae | | |
| Heliophila carnosia (Thunb.) Steud. | <i>semameloaana/ tlakofiloane-ekholo</i> [P] | auscultation for chest complaints [P] |
| Buddlejaceae | | |
| Buddleja salviifolia (L.) Lam. | <i>telothoane</i> [O; P; S] | leaves for constipation; anti-emetic; improves digestion [O; P]; nausea [S]; leaf infusion for excess bile in animals [O] |
| Campanulaceae | | |
| Wahlenbergia | | |
| androsacea DC. | <i>tenane</i> [JG; O] | whole plant for intestinal ulcers [JG] |
| banksiana DC. | <i>moopetsane</i> [W & B1; P] | roots to treat bad syphilitic sores [W & B1; P] |
| denticulata (Burch.) A.DC. | <i>bolao</i> [JG; P] | love charm; especially for wives of polygamists [JG; P] |
| depressa J.M.Wood & M.S.Evans | <i>bolaoane</i> [P] | love charm for young courting men [P] |

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APPENDIX.—List of Lesotho medicinal plants; their vernacular names in Sesotho; parts used; main uses and references. Most important species are in bold type (cont.)

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|--|--|--|
| Cannabaceae * <i>Cannabis sativa</i> L. var. <i>sativa</i> | <i>matekoane</i> [JG; M1; O; P] | asthma; anti-emetic in TB and AIDS patients; heart problems; cancer [M1; O] |
| Caryophyllaceae Dianthus basuticus <i>Burrill</i> <i>Davy</i> | <i>hlokoana-la-isa</i> / <i>thokofiloane</i> [JG; M1; O; S; P] | root decoction for cleansing of blood [M1]; flatulency [JG; M1; O]; fertility in bulls [JG]; root chewed as love charm [S] |
| <i>Herniaria erckertii</i> <i>Herm.</i> <i>Pollichia campestris</i> <i>Aiton</i> | <i>thokofiloane-aa-lekoaba</i> [JG; P] <i>letsosai monokoisoai-aa-makhoaba</i> [JG; O; P] | decoction of plant as cure for sore throat [JG; P] cooked roots to treat bronchitis and heavy coughs [JG; P] |
| <i>Silene pilosellifolia</i> <i>Cham. & Schlecht.</i> | <i>lepatlai kopane</i> / <i>lithotoana</i> [JG; P; S] | to treat fever in delirious patients [S]; for compounding of various medicines [JG; P] |
| Celastraceae <i>Gymnosporia buxifolia</i> (L.) <i>SzyszyL.</i> | <i>sejea-maeba</i> [P] | for snakebite [P] |
| Chenopodiaceae <i>Chenopodium</i> *album L. *ambrosioides L. | <i>serue</i> [JG; M1; O; P] <i>satla-bocha</i> [P; O] | decoction of whole plant drunk as vermifuge [JG; O] an infusion of plant for colds and stomach ache [O; P; W & B2] |
| Convolvulaceae <i>Convolvulus</i> <i>bidentatus</i> <i>Bernh. ex C.Krauss</i> <i>sagittatus</i> <i>Thunb.</i> <i>Ipomoea</i> <i>crassipes</i> <i>Hook.</i> <i>oblongata</i> (E.Mey.) <i>ex Choisy</i> | <i>moroto-aa-phooko</i> [JG; O; P; W & B1] / <i>morarata-o-monyane</i> [JG; P; W & B1] <i>moroto-aa-phooko</i> [O; P] <i>mame</i> [JG; O; P] <i>mothoko</i> [O; P] | medicine to ease pregnant women [JG; P]; root chewed for toothache [O; P; W & B1] same as above [P] root as charm to protect villages [JG; O; P] root as charm against lightning [O; P] |
| Crassulaceae <i>Cotyledon orbiculata</i> L. var. <i>oblonga</i> (Haw.) DC. | <i>serelile</i> [JG; M; O; P; S] | earache; sore throat [M1; S]; mixed with <i>Senecio asperulus</i> for sore throat and mouth ulcers; to foment boils on skin [JG; M1]; leaves as hot poultice for toothache [O]; insect bite [M1]; root decoction mixed with <i>Commelina africana</i> for female infertility [P] |
| <i>Crassula</i> <i>capitella</i> <i>Thunb.</i> subsp. <i>thyrsiflora</i> <i>Toelken</i> <i>lanceolata</i> (Eckl. & Zeyh.) <i>Endl. ex Walp.</i> subsp. <i>transvaalensis</i> (Kuntze) <i>Toelken</i> <i>nataans</i> <i>Thunb.</i> | <i>serelilenyane</i> [O; P] <i>serelilenyane</i> [H & V; JG; O] <i>moriri-aa-mokhoabo</i> [JG; P; S] | decoction from plant for chest complaints [P] whole plants dried; crushed and smoked for colds [JG; W & B1] as a charm in illness; placed in incisions made on body of patient and patient's mother or nurse [JG; P]; charm to counter another person's spells [S] |
| <i>natalensis</i> <i>Schöniland</i> peplodes <i>Harv.</i> <i>Kalanchoe thyrsiflora</i> <i>Harv.</i> | <i>bohobe-ba-seisomi</i> [JG; O; P] <i>mo-ora-meisi</i> [JG; O; P; S] <i>serelile serelile</i> [JG; O; P; S] | decoction of plant for sore throat and sore eyes [JG; O; P] lotion of bruised roots to bathe feverish patients [JG; O; P; S] well-cooked roots given to pregnant women for nausea [S]; vermifuge [JG; P]; leaves as hot poultice for toothache [O]; in small quantities as enema for intestinal worms [S] |
| Cucurbitaceae <i>Cucumis myriocarpus</i> <i>Naudin</i> subsp. <i>myriocarpus</i> <i>Kedrostis capensis</i> (Sond.) <i>A.Meeuse</i> | <i>monyaku</i> [JG; O; W & B1] <i>sesepa-sa-inotha</i> [JG; P] | boiled fruits drunk as purgative [JG; P; W & B1] cure for colic [JG; P] |

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|--|--|---|
| Dipsacaceae Scabiosa columbaria L. | <i>selomi</i> [JG; O; P; S] | roots mixed with <i>Searsia divaricata</i> and <i>Cussonia paniculata</i> for colic in pregnant women and period pains [JG; P]; for difficult childbirth [JG; S]; cleanses womb; female infertility [O; S]; mixed with <i>Aster bakerianus</i> for skin rashes [S] |
| Ebenaceae Euclea corticea A.DC. | <i>mohlakola</i> [JG; O] same as above [JG; O; P; S] | decoction of bark as a purgative for constipation [JG; O]; mixed with <i>Rumex lanceolatus</i> for gall sickness in livestock [JG]; used alone or mixed with <i>E. crispa</i> for washing divining bones [JG; P] decoction of bark drunk as purgative [S]; leaf decoction for painful menstruation [JG; O; P]; charm to ward off bad omens [S]; to divert hailstorm [JG; O] |
| crispa (<i>Thumb.</i>) <i>Gürke</i> subsp. crispa | <i>seloe</i> [P] <i>sehlooko</i> [JG; M1; O; P; S] | lotion prepared from plant to relieve sore breasts in suckling mothers [P] for skin rash in children; sap from plant for cracked heels [M1; O]; mixed with milk for treatment of acne [M1]; in the old days used to treat leprosy [S]; sores and wounds [S <i>et al.</i>] |
| Euphorbiaceae Euphorbia inaequilatera <i>Sond.</i> var. <i>inaequilatera</i> clavarioides <i>Boiss.</i> var. <i>clavarioides</i> | <i>leōka</i> [JG; O; P] | crushed for colic in infants [JG; O; P] |
| Fabaceae Acacia karroo <i>Hayne</i> Argyrolobium collinum <i>Eckl. & Zeyh.</i> lotoides <i>Harv.</i> Crotalaria distans <i>Benth.</i> subsp. <i>distans</i> Dichilus strictus <i>E.Mey.</i> Dolichos pratensis (<i>E.Mey.</i>) <i>Taub.</i> Elephantorrhiza elephanina (<i>Burch.</i>) <i>Skeels</i> Eriosema salignum <i>E.Mey.</i> Indigastrum fastigiatum (<i>E.Mey.</i>) <i>Schrire</i> Indigofera dimidiata <i>Vogel ex Walp.</i> hedyantha <i>Eckl. & Zeyh.</i> nigromontana <i>Eckl. & Zeyh.</i> | ' <i>musu-pelo-oo-maitapa</i> [O; P] ' <i>musu-pelo-o-monyenyane</i> [O; P] ' <i>musu-pelo-o-mosehlaryana</i> [O; P] <i>tesita-tlati</i> [P] <i>letōmōkō</i> [P] <i>mosisane</i> [JG; P] <i>tesapo</i> [JG; O; P] <i>phhehleloane</i> [H & V; JG; P] ' <i>musu-pelo-oo-thaba</i> [M & V] ' <i>musu-pelo-oo-mafika</i> [M & V] <i>lehlahla-baroana</i> [JG; P]/ <i>sefea-maeba</i> [JG] ' <i>musu-pelo</i> [M & V] ' <i>musu-pelo</i> [H & V; W & B1; W & B2] ' <i>musu-pelo-o-monyenyane</i> [M & V] ' <i>musu-pelo</i> [M & V] ' <i>musu-pelo-oo-letitba</i> [M & V] | as sedative [M & V] as sedative [M & V] as sedative [M & V] charm against lightning [P] charm to drive away hailstorm [P] rhizome used for hypertension; syphilis and intestinal disorders [JG] as stimulant for bulls [JG; P] burned root smoked for headaches [H & V; JG; P] roots as sedative; neuralgia; fever [M & V] roots as sedative; neuralgia; fever [M & V] decoction for colic [JG; P] roots as sedative [M & V] whole plant chewed for neuralgia and snake-bite [H & V; W & B1; W & B2] roots chewed as a sedative [M & V] for heart palpitations and as sedative [M & V] for dropsy of heart [M & V] |
| depressa <i>Harv.</i> perennans (<i>Jacq.</i>) <i>DC.</i> Lotononis decumbens (<i>Thumb.</i>) <i>B.-E.van Wyk</i> subsp. <i>decumbens</i> <i>Benth.</i> subsp. <i>rehmannii</i> (<i>Dummer</i>) <i>B.-E.van Wyk</i> eriantha <i>Benth.</i> lanceolata (<i>E.Mey.</i>) <i>Benth.</i> mucronata <i>Conrath</i> | <i>semamamana-se-seholo</i> [P] <i>nomele</i> [P] <i>molomo-monate</i> [JG; O; P] <i>khonathi</i> [JG; P] <i>semamamana</i> [O; P] | for dropsy of heart [P]; root decoction as emetic for excess bile [O] for dropsy of heart [P] good luck charm [JG; P] anthrax treatment (mixed with <i>Aster bakerianus</i>); fever; contagious diseases; diarrhoea [JG; P] bronchitis in children [P] |

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| Fabaceae (cont.) * <i>Medicago laciniata</i> (L.) Mill. var. <i>laciniata</i> Melolobium alpinum <i>Eckl. & Zeyh.</i> microphyllum (L.f.) <i>Eckl. & Zeyh.</i> Otholobium polystictum (<i>Benth.</i> ex <i>Harv.</i>) <i>C.H.Stirt.</i> | <i>bohomenyana</i> [O; P] 'musa-pelo-o-moholo-oo-thaba [M & V] <i>mofahla-toeba</i> [JG; O; P] <i>mohlonechoa</i> [JG; P] | love charm [O; P] infusion of leaves for dropsy of heart and as sedative [M & V] whole plant as fumigant in sick room [JG; P] burnt root smoked for headaches [JG; P] |
| Rhynchosia adenodes <i>Eckl. & Zeyh.</i> caribaea (<i>Jacq.</i>) <i>DC.</i> Sutherlandia montana <i>E.Phillips & R.A.Dyer</i> Tephrosia capensis (<i>Jacq.</i>) <i>Pers.</i> var. <i>capensis</i> Trifolium africanum <i>Ser.</i> var. <i>africanum</i> | <i>mony-mali</i> [JG; O; P] <i>mony-mali</i> [JG; O; P] 'musa-pelo-o-moholo-oo-noka [M & V] 'musa-pelo-oo-noka [M & V; W & B2] <i>mogopolla-thula</i> [JG; P; S]/ 'musa-pelo [JG; M & V] <i>mogopolla-thula</i> [JG; P; S]/ 'moroko/ 'musa-pelo [JG; M; M & V] | crushed roots and stems given to calves for dysentery [JG; P]; decoction for rheumatism; menstrual pains and dysentery [<i>S et al.</i>] powdered root as snuff for headaches [H & V]; lotion from cooked roots for rheumatic pain [JG] infusion of leaves for dropsy of heart and as sedative [M & V] root decoction for heart palpitations [M & V]; dried roots snuffed for headaches [W & B2] whole plant chewed raw or infused for heart trouble [M & V]; sore throat; diuretic and sweating agent [JG] infused roots for sore throats [JG; S; P]; heart problems [M & V]; heartburn; blood cleansing [M1]; sweating agent [JG; S]; diuretic [JG]; as charm to obtain a gift of eloquence [JG] |
| Gentianaceae Chironia krebsii <i>Griseb.</i> palustris <i>Burch.</i> subsp. <i>palustris</i> Sebaea exigua (<i>Oliv.</i>) <i>Schinz</i> leiostyla <i>Gilg.</i> | <i>leptjeilane-la-liliba</i> [JG; P] <i>leptjeilane</i> [JG; O; P] <i>moroeroe</i> [JG] <i>marama-a-baroetsana</i> [W & B1] | colic and diarrhoea in children [JG; P] colic and diarrhoea in children [JG; P] for treatment of inflammations and lacerations [JG] decoction of plant as a tonic after snake-bite [W & B1] |
| Geraniaceae * <i>Erodium cicutarium</i> <i>L.Hér</i> Geranium multisectum <i>N.E.Br.</i> Mfonsomia brevirostrata <i>R.Kunth</i> burkeana <i>Planch</i> ex <i>Harv.</i> Pelargonium alchemilloides (L.) <i>L.Hér.</i> | <i>makorotsane</i> [O; W & B1] <i>htapi-e-khalo</i> [O; P] <i>khoara</i> [JG; M1; O] <i>makorotsane</i> [JG; P] | cooked plant for dysentery [O; W & B1] decoction of plant as vermifuge; dysentery [O; P]; during the divining process [P] roots for dysentery [JG; M1; O; P]; flatulency [M1]; sore eyes [JG; P]; powdered plant applied to syphilitic sores [<i>S et al.</i>] same as above [JG; P] |
| bowkeri <i>Harv.</i> sidoides <i>DC.</i> (listed as <i>P. reniforme</i>) | <i>bolila-ba-thaba</i> [JG; O; P] <i>khoara</i> [JG; O; P] <i>khoara-e-nyenyane</i> [B & V; JG; P] | dysentery [JG; O; P]; heartburn; lotion from boiled roots to wash feverish patients [JG; P]; ointment for sore ears [<i>S et al.</i>] colic; diarrhoea [JG; O; P] colic; diarrhoea; dysentery [JG; P] |
| Gunneraceae <i>Gunnera perpensa</i> L. | <i>qobo</i> [JG; M1; O; P] | mixed with <i>Asclepias humilis</i> and <i>Scabiosa columbaria</i> used to regulate menstrual cycle; leaves as hot poultice for wounds and boils [M1; O]; decoction of roots for period pains [JG; O] and colic in pregnant women [JG; O; P]; expulsion of placenta in both women and animals [S]; vermifuge in humans and animals [M1]; leaves burnt and crushed and smoked for headaches [O] |

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|---|--|--|
| Lamiaceae Acrotome inflata <i>Benth.</i> Aeoallanthus buchnerianus <i>Briq.</i> Ajuga ophrydis <i>Burch. ex Benth.</i> Leonotis dubia <i>E.Mey.</i> Mentha aquatica <i>L.</i> | <i>mohitjaoane</i> [JG; P] <i>thokoloane</i> [JG; P] <i>senyarela</i> [JG; M1; O; P] <i>joala-ba-llinonyana</i> [JG; P] <i>koena-e-nyenyane</i> [JG; M1; O; P] <i>koena</i> [JG; M1; O; P; S; W & B1] <i>mokata</i> [P] <i>mosisili</i> [JG; P]/ <i>mosisili-oa-loi</i> [P] <i>mosisili</i> [JG; O; S] | mixed with other plants for cattle with 'black leg' [JG; P] decoction of plant as cure for colds in children [JG; P] root decoction for regulation of menstrual cycle [M1; O]; period pains; female infertility [JG; M1; O; P] as a purgative [JG; P] leaf infusion or decoction as cure for colds [JG; O; P]; excessive bile; constipation; liver problems; vermifuge in children; mixed with <i>Trifolium burchellianum</i> to treat hypertension and for virility in men; blood cleansing [M1]; mixed with <i>Senecio asperulus</i> to wash sore joints [M1] leaf infusion or decoction for fever and colds; chest pains; coughs [JG; M1; O; P; W & B1]; decongestant [M1; O]; indigestion; vermifuge in children; improves digestion; mixed with <i>Senecio asperulus</i> and <i>Helichrysum odoratissimum</i> to wash sore joints [M1] decoction of roots as enema for kidney problems [P] |
| longifolia (<i>L.</i>) Huds. subsp. polyadena (<i>Briq.</i>) <i>Briq.</i> Rothea hirsuta (<i>Hochst.</i>) <i>R.Fern.</i> in broad sense Salvia repens <i>Burch. ex Benth.</i> var. repens runcinata <i>L.f.</i> Stachys aethiopica <i>L.</i> hyssopoides <i>Burch. ex Benth.</i> | <i>bolao-ba-litaola/bokhata</i> [JG; O; P; W & B1] <i>mottapa-ísunyane</i> [M1] | whole plant burnt in a hut for fumigation [JG]; drunk for stomach problems and appendicitis [S <i>et al.</i>] medicine for coughs [JG; O]; as an aperient for children; blood cleansing [S] fumigant for feverish delirium: to protect cattle against 'black water' [JG; P; W & B1]; as charm to improve memory of apprentices [O] coughs; colds; diabetes; dizziness [M1] |
| Linaceae Linum thunbergii <i>Eckl. & Zeyh.</i> | <i>bohlokoana</i> [JG; P] | to relieve pain and snakebite [JG; P]; protective charm [P] |
| Lobeliaceae Lobelia dregeana (<i>C. Presl</i>) <i>A.DC.</i> | <i>naptjane-ea-phiri</i> [P] | for washing divining bones to make them more accurate [P] |
| Malvaceae Abutilon sonneratianum (<i>Carv.</i>) <i>Sweet</i> Hibiscus aethiopicus <i>L.</i> var. ovatus <i>Harv.</i> microcarpus <i>Gareke</i> pusillus <i>Thunb.</i> *Malva parviflora <i>L.</i> var. parviflora | <i>lecheane</i> [P] <i>sefala-bohoho</i> [JG; O; P] <i>bohojana</i> [H & V; JG; O; P] <i>senameloana-se-sehoho</i> [JG; P] <i>tika-noise</i> [JG; O; P] | stimulant for bulls in spring [P] colic [JG; P] to cure headaches [H & V; JG; O; P]; charm against harm and lightning [P] in auscultation for chest complaints [JG; P] lotion from whole plant for bruised or broken limbs [JG; O; P; S <i>et al.</i>] and for burns [O]; emetic for excess bile [O] |
| Mesembryanthemaceae Carpobrotus edulis <i>L. Bolus</i> Chasmatophyllum musculinum (<i>Haw.</i>) <i>Dinter & Schwantes</i> Ruschia putterilii (<i>L. Bolus</i>) <i>L. Bolus</i> | <i>mabobe/sebabsane</i> [JG; P] <i>mabobe/sebabsane</i> [JG; P] <i>mabone/sebabsane</i> [JG; P] | cure for swollen feet [P] cure for swollen feet [P] cure for swollen feet [JG; P] |
| Molluginaceae Psammotropha mucronata (<i>Thunb.</i>) <i>Fenzl</i> var. mucronata | <i>senama</i> [JG; P] | constipation [JG; P] |
| Myricaceae Morella serrata (<i>Lam.</i>) <i>Killick</i> | <i>malokela</i> [JG; O; P] | period pains [JG; P]; dysmenorrhoea [H & V]; powdered roots sniffed to cause sneezing to get rid of head colds [O] |

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|---|--|--|
| Myrtaceae *Eucalyptus spp. | <i>boloukomo</i> [O] | stuffed in nostrils or chewed for colds [JG]; leaf decoction for steaming to treat flu and colds [O] |
| Oleaceae Olea europaea L. subsp. africana (Mill) P.S.Green | <i>mohloare</i> [H & V; JG; M1; O; P] | leaf infusion to cleanse kidneys and bladder; backache; male infertility [M1]; headaches [H & V; JG; P]; hypertension [JG; P]; branches burnt to drive away bad omens [M1]; pegs from stems as charm against lightning [O] |
| Onagraceae *Epilobium hirsutum L. *Oenothera villosa Thunb. | <i>letsosi-la-balisana</i> [JG; O; P] <i>mōōpeli</i> [P] | treatment for warts; for bathing sick infants [JG; P] smoke from burning leaves inhaled for fever in children [P] |
| Orobanchaceae Harveya speciosa Bernh. Sopubia cana Harv. var. cana | <i>lekholela-la-Basotho</i> [P] <i>putumo-isoen</i> [P] | cure for madness [P] decoction of this plant mixed with <i>Salvia runcinata</i> for period pains [P] |
| Oxalidaceae Oxalis corniculata L. | <i>bolila-ba-thaba</i> [JG; O; P] | for snake bite [JG; P] |
| Papaveraceae *Argemone ochroleuca Sweet subsp. ochroleuca | <i>hlaba-hlabane-e-putsoa</i> [M1; O] | sap from stem for sore eyes; mixed with <i>Urtica urens</i> for pulmonary tuberculosis; period pains; steam from boiling decoction of whole plant for fever; aperients [M1] |
| Phytolaccaceae Phytolacca heptandra Retz. | <i>monajja</i> [JG; O; P] | roots as poison used to get rid of an enemy [O] |
| Pittosporaceae Pittosporum viridiflorum Sims | <i>mosetlallo/ mohatolle</i> [P] | protective charm for sick people [P] |
| Polygalaceae Polygala amatymbica Eckl. & Zeyh. gymnoclada MacOwan hottentotta C.Presl. | <i>mohlhelle</i> [P] <i>mohloli</i> [P] <i>lehano</i> [JG; W & B1] | medicine for cattle [P] love charm; when working divining bones [P] decoction of root drunk for mumps; abdominal pains; treatment of anthrax [JG; W & B1] |
| Polygonaceae Rumex acetosella L. subsp. angiocarpus (Murb.) Murb. lanceolatus Thunb. sagittatus Thunb. woodii N.E.Br. | <i>khamane</i> [M1; O; P] <i>khamane</i> [JG; O; P] <i>bolila-ba-likhomo</i> [JG; O] <i>bolila-ba-likhomo</i> [JG; P] | leaf decoction to cure flatulence in livestock; toothache [M1; P]; crushed roots for skin rash [O]; decoction to treat wounds and bruises [S <i>et al.</i>] hot lotion to bathe wounds and bruises; root decoction for menstrual pains [JG; O; P]; treatment of gall sickness [JG; P] constipation; fever; tuberculosis [JG]; snuff for headaches [H & V; JG; O] for treatment of diarrhoea in calves [JG; P] |
| Ranunculaceae Clematis brachiata Thunb. Ranunculus multifidus Forssk. Thalictrum minus L. | <i>morara-aa-thaba</i> [O; S; W & B] <i>tlhapi</i> [H & V; JG; O] <i>lefōkōtsane</i> [O; W & B1] | vermifuge [O; S]; charm to drive away bad omens [S]; mixed with <i>Berkheya setifera</i> for syphilis [W & B1] smoke inhaled for head and chest colds [H & V; JG; O]; but reported to be poisonous by W & B1 decoction of roots taken for fever [W & B1] |

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| Resedaceae <i>Oligomeris dregeana</i> (Mill.Arg.) Mill.Arg. | <i>pheta</i> [P] | when working with divining bones [P] |
| Rhamnaceae Rhamnus prinoides L'Her. | <i>moffifi</i> [M1; O; P; W & B1] | decoction of roots to treat pulmonary tuberculosis [M1; W & B1]; pneumonia; bladder and kidney problems [M1; O]; charm to ward off thunder and lightning and also to protect people and crops [JG; O; P; S] |
| Rosaceae <i>Agrimonia bracteata</i> E.Mey. & C.A.Mey. <i>Alchemilla woodii</i> Kuntze <i>Geum capense</i> Thunb. <i>Leucosidea sericea</i> Eckl. & Zeyh. * <i>Prunus persica</i> (L.) Batsch var. <i>persica</i> <i>Rubus rigidus</i> Sm. | <i>mosinoana</i> [JG; O; P] <i>molala-phoka</i> [H & V; JG; P] <i>hlapi-ee-loti</i> [JG; O; P; S] <i>cheche</i> [JG; O; P] <i>perekisi</i> [H & V; JG; O] <i>monokoisoai-ou-banna</i> [JG; P] | leaf decoction mixed with <i>Leucosidea sericea</i> as a vermifuge [JG; O; P] plant roasted on hot ashes and smoke inhaled for headaches [H & V; JG; P] roots used for diarrhoea [JG; O; S] leaf decoction for vermifuge [JG; O; P]; coughs; for excess bile in animals [O] smoke from burning roots inhaled for headaches [H & V; JG; O] root decoction taken for acute pain [JG; P] |
| Rubiaceae <i>Anthospermum rigidum</i> Eckl. & Zeyh. subsp. <i>pumilum</i> (Sond.) Puff. subsp. <i>rigidum</i> <i>Galium undulatum</i> Puff. <i>Kohautia amatymbica</i> Eckl. & Zeyh. Pentanisia prunelloides (Klotzsch ex Eckl. & Zeyh.) Walp. | <i>phakisane</i> [P; W & B1] <i>phakisane</i> [P] <i>morara-oo-mafubelu</i> [W & B1] <i>rete-la-nja</i> [S; O] <i>setima-mollo</i> [JG; M1; O; P; S] | root decoction given for menstrual pains and as purgative to pregnant women [P; W & B1]; charm to hasten convalescence [P]; good luck charm [P] infusion of dried, pounded stems and roots for lung sickness in horses [P] taken by women in the latter part of their pregnancy; said to have purgative effects [W & B1] given to children as an aperient [S] dysentery; indigestion; relieves burning pain from boils [JG; M1; O; P]; heartburn; diarrhoea; internal tumours; ulcers; colds; fevers; venereal diseases [JG; O; P]; root decoction as emetic [O]; charm to protect babies against witchcraft [JG; P; S]; charm to keep husband or wife faithful; charm against lightning and hail [JG]; root as protective charm to get rid of bad luck [O] decoction of roots used for colic; sore throat and chest pains [JG; P] |
| <i>Rubia cordifolia</i> L. | <i>seharane</i> [JG; P] | |
| Salicaceae <i>Salix mucronata</i> Thunb. subsp. <i>mucronata</i> | <i>moluoane</i> [JG; O; P] | preparation of plant to treat burns [JG; O; P] |
| Santalaceae <i>Thesium</i> sp. (cf. <i>T. angulosum</i> DC.) | <i>marakalle</i> [JG; P] | for heartburn [JG; P] |
| Scrophulariaceae <i>Halleria lucida</i> L. <i>Hebenstretia comosa</i> Hochst. <i>Jamesbrittenia filicaulis</i> (Benth.) Hilliard <i>Limosella</i> <i>grandiflora</i> Benth. | <i>lebetsa</i> [JG; O; P] <i>lebohlotlo/ tsitoane</i> [O; W & B1] <i>mopota-mafika</i> [P] <i>bolibana/ joang-ba-metsi/ tsika-metsi</i> [JG; P] same as above [S] same as above [JG; P] | pegs from stems as protective charm [JG; P] decoction prepared from roots is used for indigestion and other stomach problems [W & B1] medicine for chest pains [P] |
| <i>longiflora</i> Kuntze maior <i>Diels</i> <i>Manulea</i> <i>crassifolia</i> Benth. | <i>fukuthoane</i> [JG; P] | when working with divining bones [JG; P; S] when working with divining bones [S] when working with divining bones [JG; S] |
| <i>paniculata</i> Benth. | <i>bolao</i> [JG; O; P] | lotion from the plant is applied to swollen navels of babies [JG; P] infusion of branches to wash a head to cure headache; as an emetic [JG; P]; charm to provoke quarrels among people [S] |

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|---|---|---|
| Scrophulariaceae (cont.) <i>Mimulus gracilis</i> R.Br. <i>Phygelius capensis</i> E.Mey. | <i>sehlapetsa</i> [JG; P] <i>meti-mašo</i> [JG; P] | lotion prepared from plant to bathe feverish patients; also for irregular menstruation [JG; P] ash from burnt roots placed in incisions made on the limbs to cure numbness [JG; P]; charm against hail damaging crops [JG; P] |
| Sutera <i>floribunda</i> (Benth.) Kuntze <i>hispidula</i> (Thunb.) Druce | <i>mopota-mafika</i> [P] <i>boluma</i> [JG; P] | mixed with <i>Senecio rhyncholeomus</i> for chest complaints [P] decoction of roots; stems and leaves given to children with chest colds [JG; P] |
| Solanaceae * <i>Datura stramonium</i> L. <i>Lycium horridum</i> Thunb. | <i>leifoi</i> [JG; M1; O; P] <i>mosukutsokane</i> [JG; P] <i>koae</i> [O; P] | hot leaves for bruises and boils [M1; O; P] powder from burnt, crushed branches rubbed into incisions made on limbs for rheumatism [JG;P]; smoked for headaches [H & V; JG; P] snuff given to children with cold in the head to make them sneeze [JG; O; P] |
| * <i>Nicotiana glauca</i> Graham * <i>Solanum aculeatissimum</i> Jacq. <i>nigrum</i> L. | <i>thola</i> [JG]/ <i>thola-e-meutloa</i> [P] <i>seho-a-bohloko</i> [JG; O; P] | decoction of whole plant to cleanse uterus after miscarriage; powder used for wounds and toothache [S <i>et al.</i>] powdered roots inserted into incisions made on lower back for lumbago [JG; O; P]; decoction taken for body aches; heart problems and skin rash [S <i>et al.</i>] |
| panduriforme E.Mey. supinum <i>Dunal</i> var. <i>supinum</i> tomentosum L. var. <i>tomentosum</i> Withania somnifera (L.) <i>Dunal</i> | <i>thōlana</i> [JG; P] <i>moqhinyaisane</i> [JG; P] <i>thōla-e-nyenyane</i> [JG; P] <i>mofera-ngape</i> [JG; O; P; W & B2] | protective charm for newlweds [JG; P] protective charm for newlweds [JG; P] root decoction for colds and chills [JG; W & B1]; intestinal ailments and for wounds [JG]; to tone up the uterus [W & B1]; enema to get rid of 'small snake' in the stomach [JG; O; P] |
| Sterculiaceae Hermannia <i>coccocarpa</i> (Eckl. & Zeyh.) Kuntze | <i>leilane</i> [JG; W & B1] | leaves crushed and applied to wounds as plaster [W & B1]; salve for burns [JG; P]; medicine for coughs in horses [W & B1] |
| depressa N.E.Br. <i>geniculata</i> Eckl. & Zeyh. | <i>selejtane</i> [JG; S; O; P; W & B1] <i>selepe</i> [JG; O; P] | roots chewed for heartburn [O; S]; colic and diarrhoea in children [JG; S; P]; stomach ache [W & B1]; on divining bones and as charm against witchcraft [S; P]; decoction of whole plant drunk as emetic [O] for flatulency in pregnant women; heartburn; mixed with <i>Dicoma anomala</i> for diarrhoea in children; as stimulant for bulls [JG; O; P] |
| Thymelaeaceae Gnidia anthyloides (L.f.) Gilg. <i>capitata</i> L.f. <i>gymnostachya</i> (C.A.Mey.) Gilg. <i>kraussiana</i> Meisn. var. <i>kraussiana</i> | <i>moomang</i> [JG; O; W & B1] <i>thōpananyana</i> [H & V; P; W & B2] <i>thōpa</i> [JG; P] <i>thobeha</i> [JG; O]/ <i>thōpa-e-nyenyane</i> [P] | whole fumigant for feverish patient [O; W & B1]; vermifuge [JG] snuff from leaves smoked to relieve headaches [H & V; P; W & B2]; poultice for toothache [W & B2] decoction of plant to wash wounds and bruises [P]; leaves smoked for headaches [H & V; JG; P] snuff to cure headaches [P]; medicine for fractured limbs in people and animals [JG; O; P] |
| Urticaceae * <i>Urtica urens</i> L. | <i>bobatsi</i> [JG; M1; O; P] | decoction of leaves to treat asthma; pulmonary tuberculosis; to cleanse the bladder; heart problems; intestinal ulcers; heartburn [M1; O]; wounds; increases iron in blood; prevents balding [M1]; snakebite [JG; P] |
| Verbenaceae * <i>Verbena rigida</i> Spreng. | <i>morōli</i> [JG; P] | decoction from roots as a cure for heartburn; colic [JG; P]; charm to protect new villages [P] |
| Vitaceae <i>Rhoicissus tridentata</i> (L.f.) Wild & R.B. Drumm. | <i>morara</i> [JG; O; P] | to treat colds; sterility in women [JG; P] |

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| Zygophyllaceae <i>Tribulus terrestris</i> L. | <i>tšehlo</i> [JG; O; P] | mixed with <i>Heteropogon contortus</i> to prepare medicine for rheumatism [JG; P] |
| MONOCOTYLEDONS | | |
| Agapanthaceae <i>Agapanthus campanulatus</i> F.M.Leight. subsp. <i>patens</i> (F.M.Leight.) F.M.Leight. | <i>leta-la-phofu</i> [M1; O; S] | sap from leaves for skin rash in children [JG; M1; O; S]; 'crust' on infant heads [JG]; mixed with other plants for period pains [M1] |
| * Agavaceae * <i>Agave americana</i> L. subsp. <i>americana</i> | <i>lekhala</i> [JG; O] / <i>lekhala-le-leputsoa</i> [O] | leaves for skin problems; leaf decoction containing the spines to wash sore feet [O] |
| Alliaceae <i>Tulbaghia acutiloba</i> Harv. | <i>séfotha-fotha</i> [JG; M1; O] | diarrhoea in children; stomach ache; high blood pressure; infusion of flowers to clear the lungs and chest; for treatment of asthma [M1; O]; lotion to wash infant with depressed fontanelle [JG] |
| Amaryllidaceae <i>Boophone disticha</i> (L.f.) Herb. <i>Brunsvigia cooperi</i> Baker <i>Crinum</i> <i>bulbispermum</i> (Burm.f.) Milne-Redh. & Schweick. <i>longifolium</i> Thunb. <i>Haemanthus humilis</i> Jacq. subsp. <i>hirsutus</i> (Baker) Snijman <i>Nerine angustifolia</i> (Baker) Baker | <i>leshoma</i> [JG; O; P] <i>lematla</i> [JG; O; P; S] <i>letlula motose</i> [JG; O; P; S] <i>letlula</i> [JG; M; O; P; S] <i>tsebe-ea-phofu</i> [JG; P] <i>lematlana</i> [JG; O; P] | leaves placed on circumcision wounds [JG; P]; infusion of bulbs for wounds and rheumatic pain [S <i>et al.</i>] alone or mixed with other plants for infertility in women [JG; O; P]; to wash divining bones to make them more accurate [JG; P] decoction of bulbs as a cure for colds [JG; O; P] medicine prepared from bulbs for colds [P] crushed bulbs used to drive away bad omens [JG; P] crushed bulbs mixed with other plants as charm against lightning [JG; P] |
| Araceae <i>Zantedeschia albomaculata</i> (Hook.) Baill. subsp. <i>albomaculata</i> | <i>mohalalioe</i> [JG; M1; O; S] | cooked rhizomes for kidney and bladder problems; mouth ulcers [JG; M1; O]; sore throat [M1; S]; mixed with <i>Eucomis autumnalis</i> to cure cysts in the uterus [M1]; rhizomes as protective charm against witchcraft [O] |
| Asparagaceae <i>Asparagus</i> <i>asparagoides</i> (L.) Druce <i>microcephalis</i> (Kunth) Baker <i>ramosissimus</i> Baker | <i>khōpananyana</i> [JG; P] <i>lerara-tau/lehonyeli</i> [JG; O] <i>khōpa</i> [JG; P] | lotion made from roots to bathe sore eyes [JG; O; P] to treat eruptions and gonorrhoea [JG]; rheumatism and period pains [S <i>et al.</i>] decoction of burnt, crushed roots to cure colic [JG; P] |
| Asphodelaceae <i>Alloe</i> <i>aristata</i> Haw. <i>ecklonis</i> Salm-Dyck <i>ferox</i> Mill. | <i>lekhilana</i> [JG; O; P] <i>lekhilana</i> [JG; O; P; S] <i>lekhala-le-lehelo</i> [M1, O] / <i>lekhala-la-thaba</i> [O] | root decoction to induce pregnancy [JG] pulmonary tuberculosis [JG; P]; decoction of roots for infertility in women [S]; infusion of leaves as a purgative [JG; O; P; S]; boiled leaves and roots as charm to get rid of bad luck [O] leaf decoction for constipation [M1; O]; high blood pressure; enema for animals [M1]; one of ingredients for the horn [JG; O; P]; leaf and root decoction for diabetes [O] |
| <i>maculata</i> All. striatula Haw. var. striatula | <i>lekhala</i> [M1; O] <i>mohalalane/seholobe</i> [JG; M; O; S] | leaves mixed with roots of <i>Searsia divaricata</i> for diabetes [M1]; wound healing [M1; O] leaf infusion for constipation; stomach cramps; indigestion [JG; M1; O; S]; heartburn in humans and animals; burn wounds [JG; M1]; cleanses blood [M1] |

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APPENDIX.—List of Lesotho medicinal plants; their vernacular names in Sesotho; parts used; main uses and references. Most important species are in bold type (cont.)

| Species (naturalized alien species are marked with an asterisk*; best-known species are given in bold) | Common names and references | Main uses and references (uses given in bold are newly recorded; where known, plant parts used have been included) |
|--|--|--|
| Asphodelaceae (cont.) | | |
| Bulbine | | |
| asphodeloides (<i>L.</i>) <i>Spreng.</i> | <i>sethare-sa-pelane</i> [JG; O; P] | leaves to heal cracked lips and burns [JG; O; P] |
| narcissifolia <i>Salm-Dyck</i> | <i>khomo-qa-balisa</i> [JG; M1; O; S; P] | to improve blood circulation; decoction of bulbs drunk for infertility in women [M1; O]; purgative [JG; O; S]; aperient [O] |
| Kniphofia | | |
| caulescens <i>Baker ex Hook.f.</i> | <i>leloele</i> [M; O] | decoction from bulbs for infertility in women; mixed with <i>Gunnera perpensa</i> to cleanse blood and uterus; regulates menstrual cycle [M1] |
| sarmentosa (<i>Andrews</i>) <i>Kunth.</i> | <i>leloele</i> [P] | decoction of bulbs drunk for shoulder pain [P] |
| Colchicaceae | | |
| <i>Androcymbium longipes</i> <i>Baker</i> | <i>khukhoana</i> [JG] | crushed, dried roots are mixed with fat and used as ointment for sore ears [JG] |
| Commelinaceae | | |
| <i>Commelina africana</i> <i>L.</i> | <i>khotsoana</i> [JG; O; P] | plant is boiled together with <i>Tephrosia capensis</i> and decoction drunk for heart problems and nervousness [JG; P] |
| Cyperaceae | | |
| <i>Pycreus nitidus</i> (<i>Lam.</i>) <i>J.Raynal</i> | <i>motaataoane-qa-tiliba</i> [JG; P] | medicine for chest colds [JG; P] |
| <i>Schoenoplectus paludicola</i> (<i>Kunth.</i>) <i>J.Raynal</i> | <i>rororoana</i> [JG; P] | for treatment of colic [JG; P] |
| Eriosepma | | |
| <i>Eriosepma ornithogalooides</i> <i>Baker</i> | <i>khongoana-tsingoana</i> [JG] / <i>tsebe-qa-pela</i> [M1; O] | mixed with <i>Gunnera perpensa</i> and <i>Scabiosa columbaria</i> to cleanse the uterus and improve fertility [M1; O]; anaemia; earache [JG] |
| Hyacinthaceae | | |
| <i>Drimia</i> | | |
| calcarata (<i>Baker</i>) <i>Stedje</i> | <i>khoho-qa-thaba</i> [JG; P] | decoction from bulbs drunk as a cure for colic [JG; P] |
| depressa (<i>Baker</i>) <i>Jessop</i> | <i>moretele</i> [JG; O; P] | a powerful good luck and protective charm [JG; O; P] |
| sphaerocephala <i>Baker</i> | <i>tlhare-sa-nōkō</i> [JG; P] | powdered burnt roots rubbed into external tumours [JG; P] |
| uniflora <i>J.C.Manning & Goldblatt</i> | <i>khoho-qa-lefika</i> [P] | burnt powdered plant inserted into incisions made on the forehead to cure headaches [P] |
| <i>Eucomis</i> | | |
| autumnalis (<i>Mill.</i>) <i>Chitt.</i> subsp. <i>clavata</i> (<i>Baker</i>) <i>Reyneke</i> | <i>khapumpu</i> [H & V; JG; O; M1; P; S] | bark from stem powdered and applied to head for colds in the head [H & V]; for difficult childbirth; venereal diseases [JG; M1; O; S]; powerful good luck, protective and love charm [JG; P]; piles [M1] |
| bicolor <i>Baker</i> | <i>khapumpu-qa-thaba</i> [JG; P] | treatment for colic [JG] |
| Ornithogalum | | |
| dipcaidooides <i>Baker</i> | <i>morōoana</i> / <i>a phokoana</i> [JG; O; P] | decoction of plant drunk to regulate the bladder; also to treat venereal diseases [JG; O; P] |
| setosa (<i>Jacq.</i>) <i>J.C.Manning & Goldblatt</i> | <i>nkonko-phiri</i> [JG; P] / <i>mototse</i> [JG; O; P; S] | for treatment of wounds in animals [JG; P]; charm against lightning or any harm [JG; O; P; S] and to pacify enemies [JG; S]; |
| shawii (<i>Baker</i>) <i>J.C.Manning & Goldblatt</i> | <i>khapumpu</i> [JG] / <i>sesepa-sa-linoha</i> [O; JG] | enema for constipation in infants [JG] |
| Ledebouria | | |
| cooperi (<i>Hook.f.</i>) <i>Jessop</i> | <i>leptjēlane</i> [M1; O; S] | in small quantities bulbs for diarrhoea in children [M1; S]; indigestion [M1] |
| revoluta (<i>L.</i>) <i>Jessop</i> | <i>boakhoē</i> [JG; P] | for treatment of lumbago (except in pregnant women [JG; P]) |
| <i>Massonia jasmiflora</i> <i>Burch. ex Baker</i> | | charm against lightning or to find lost objects [S] |
| <i>Merwillia plumbea</i> (<i>Lindl.</i>) <i>Speta</i> | <i>khèrèrè</i> [JG; P] | cooked bulbs mixed with food as an aperient; decoction from cooked bulbs used for treatment of internal tumours; lung sickness in cattle [JG; P] |

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APPENDIX.—List of Lesotho medicinal plants; their vernacular names in Sesotho; parts used; main uses and references. Most important species are in bold type (cont.)

| Species (naturalized alien species are marked with an asterisk*; best-known species are given in bold) | Common names and references | Main uses and references (uses given in bold are newly recorded; where known, plant parts used have been included) |
|--|---|---|
| Hyacinthaceae (cont.) <i>Schizocarpus nervosus</i> (Burch.) Van der Merwe | <i>lenaka-la-khomo</i> [JG; P] | crushed bulb mixed with food for a child suffering from constipation [JG; O]; mixed with other plants for gall sickness [JG; P] |
| Hypoxidaceae Hypoxis argentea Harv. ex Baker var. sericea Baker multiceps <i>Buchinger</i> ex Baker rigidula Baker | <i>leihlo-la-khomo</i> [JG; O; P; S] <i>moli-motsane</i> [JG; P] <i>moli-ticane</i> ; <i>ticane</i> [JG] | corms crushed and mixed with fat for sores on horses and cracked teats of cows [JG; P; S]; corms as purgative [O] mixed with <i>Ipomoea oblongata</i> as a charm against lightning [JG; P] decoction drunk for asthma and arthritis; infusion used to treat wounds and skin rash [S <i>et al.</i>] |
| Iridaceae <i>Crocossia paniculata</i> (Klatt) Goldblatt Dierama pendulum (L.f.) Baker robustum N.E.Br. | <i>khahla-ea-bokone</i> [P] <i>lethepu</i> [JG; O; P; W & B1] <i>lethepu</i> [JG; O; S] | cure for diarrhoea in people and cattle [P] enema as a purgative [JG; P; W & B1] enema for constipation [JG; S] |
| Gladiolus crassifolius Baker dalenii Van Geel subsp. dalenii ecklonii Lehmann saundersii Hook.f. Watsonia densiflora Baker | <i>khahla-e-nyenyane</i> [H & V; JG; P; W & B2] <i>khahla-e-kholo</i> [O; W & B1] <i>khahla</i> [JG; O; P] <i>khahla-ea-fofi</i> [JG; O; P] <i>khahla</i> [JG; O; P] | remedy for headaches and lumbago [H & V; JG; P; W & B2] decoction of corms drunk for diarrhoea and dysentery [O; W & B1]; also for colds [W & B1] decoction of cooked crushed corms taken for rheumatism [JG; P; W & B1] cooked corms mixed with food to cure diarrhoea [JG; O; P] decoction of crushed corms given to calves with diarrhoea [JG; O; P] |
| Juncaceae <i>Juncus</i> spp. | <i>roroana/ rororo</i> [JG] | rhizome used to treat intestinal ailments [JG] |
| Orchidaceae Eulophia hians Spreng. var. nutans (Sond.) S.Thomas tenella Rehb.f. welwitschii (Rehb.f.) Rolfe | <i>lekhōlela</i> [JG] <i>lekhōlela</i> [P] <i>makhōlela</i> [M1] | tuber infusion for infertility in women [JG] tubers burnt and crushed and the powder rubbed into incisions made on sore limbs [P] earache; vermifuge in children; excessive sweating in menopausal women [M1] |
| Poaceae <i>Arundinella nepalensis</i> Trin. Cymbopogon dieterlemiae Stapf. ex E.Philips marginatus (Steud.) Stapf. ex Burtt Davy nardus (L.) Rendle Eliionurus muticus (Spreng.) Kuntze <i>Festuca caprina</i> Nees Fingerhuthia africana Lehmann. Heteropogon contortus (L.) Roem. & Schult. Imperata cylindrica (L.) Raeusch. Pennisetum glaucum (L.) R.Br. Tetrachne dregei Nees | <i>mahlakamane</i> [JG; P] <i>lebatjana</i> [JG; P] <i>leбата</i> [JG; P; W & B1] <i>leбата</i> [P] <i>hlōkō</i> [M2; O; P] <i>lesiri</i> [JG; O; P] <i>thita-poho</i> [JG; O] <i>selōkana</i> [P] <i>mohlaba-leruno</i> [JG] <i>nyalothi</i> [O; P] <i>thita-poho-e-nyenyane</i> [P] | lotion prepared from the plant for washing wounds [JG; P] as medicine for eruptions and wounds; mixed with other plants for gall sickness [JG; P] love charm [W & B1] as above; also for chest pains [P] roots chewed for treatment of colic [M2; O; P] and toothache [P] root infusion drunk for stomach pains [S <i>et al.</i>] as stimulant for bulls [JG; O] medicine for rheumatism of the hands [P] decoction of roots given to children with chest colds [JG] given to cows to get rid of the afterbirth [P] charm to protect villages at wartime [P] |

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