

IMITHI

Amayeza



Working with municipal and private clinics in the southern Cape to identify, assess and produce simple, safe and affordable plant remedies for primary health care.

Empowering women and carers to confidently utilise simple and safe plant remedies for home care & first aid, based on culturally relevant Indigenous Knowledge Systems

Reaching out to many communities



Our Aims

- 1) Facilitate community & clinic workshops**
- 2) Workshop methods for production of simple & safe remedies**
- 3) Record & database information gathered & Acknowledge all informants**
- 4) Determine scientific names of plants & lodge specimens in Southern Cape Herbarium**
- 5) Collaborate with other researchers and assess safety and efficacy of remedies**
- 6) Encourage growing & propagation of locally traditional medicinal plants**
- 7) Produce books, pamphlets, videos, & CD's**

1) Facilitate community & clinic workshops



Knysna: Hornlee, Concordia, Kyelethu

George: Touwsranten, Hoekwil, Thembaletu, Conville

Clinics: Knysna clinic staff & diabetes group, George clinic staff & diabetes group, Thembaletu Aids workers group, Hoekwil clinic

Mossel Bay: Aids working group

Hospice: Graaff Reinet, Sedgefield, Knysna

Women for Peace: Soweto, Alexandra



2) Workshop methods for production of simple & safe remedies

All Purpose Ointment

All Purpose Massage Oil

All Purpose Tincture

Traditional Cough Syrup

Teas, Poultices, Soaks, Steams,

Pantry shelf remedies

Food & diet



3) Record & database information gathered



Plants specimens pressed for the Herbarium

Detailed notes made & info voice-recorded; sometimes video-ed.

4) Determine scientific names of plants & lodge specimens in Southern Cape Herbarium



Identifying plants to species level using microscopes revisions & keys



Mounting specimens



Filing specimens in herbarium

5) Collaborate with other researchers and assess safety and efficacy of remedies



Ann Hutchings working with Zulu & Xhosa traditional remedies in Natal & Northern Transkei

Researchers at University of Port Elizabeth & P E Technikon

Researchers at University of Western Cape

Share information & data with other bona-fide researchers not allied to pharmaceutical bioprospecting

6) Encourage growing & propagation of locally traditional medicinal plants



Thembaletu Clinic garden

Kyelethu Clinic garden

GRBG "Aids Garden of Hope"

GRBG Medicinal Mound



Numerous small gardens started in S Cape by participants in LDU / Agricultural Research project



7) Data-bases

The large & growing IMITHI databases

Information included:

Informants full name and contact details

Family history and cultural history

Common names and uses of plants presented

Methods of preparation for remedies

Botanical name of plants presented

Belief systems and cultural importance of plants

Link this information to plants found at Rock Art sites to determine possible ancient uses



Artist: Ningi Orfang

Working with Schools - our youth is the future



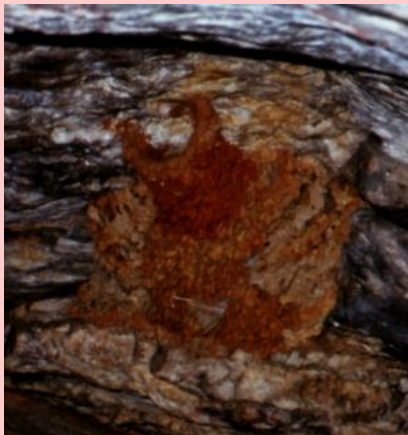
The significance of Indigenous Knowledge Systems in the design of the KhoiSan Maze in the Garden Route Botanical Garden



Beehive



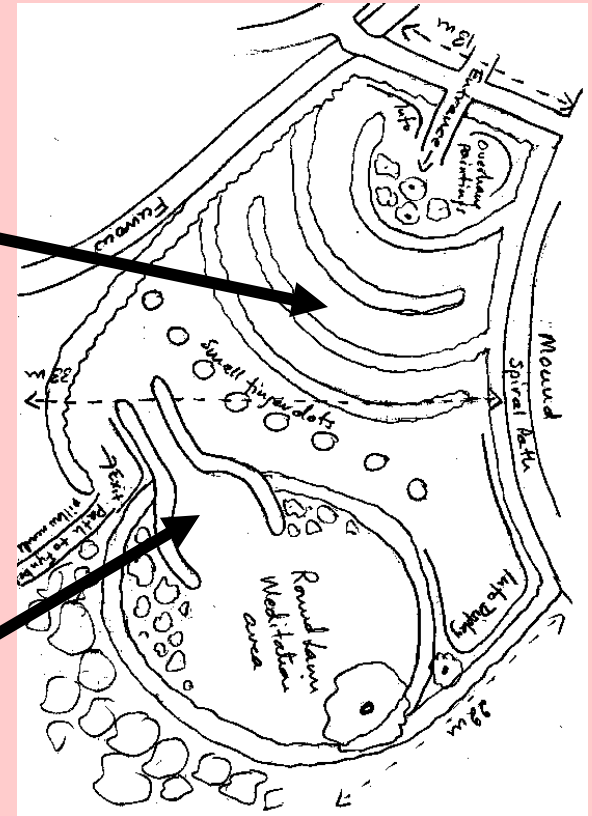
Nested U's represent hive



Swift's nest

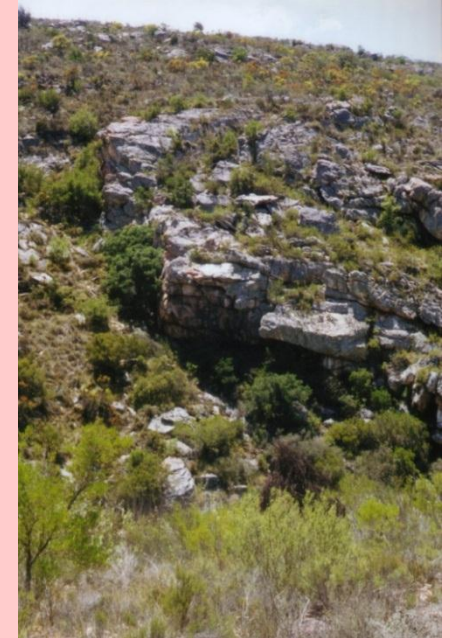


Representation of nests



Plan showing nested U's & Swift nest

Hedging for Maze to be of plants found at most Rock Art Sites indicating their traditional usage



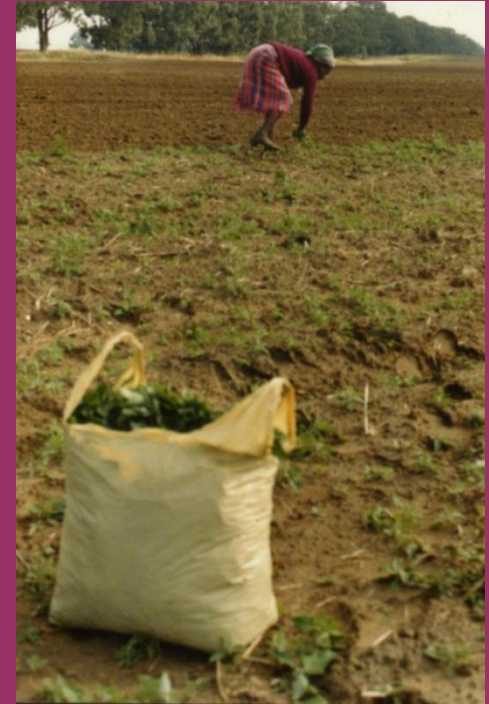
We are finding the same basic vegetation at all sites:- most often found, *Diospyros* spp., *Rhus* spp., *Buddleja* spp., scented *Pelargonium*s & *Agathosmas* - these will all be incorporated into the Maze plantings



IMITHI further afield



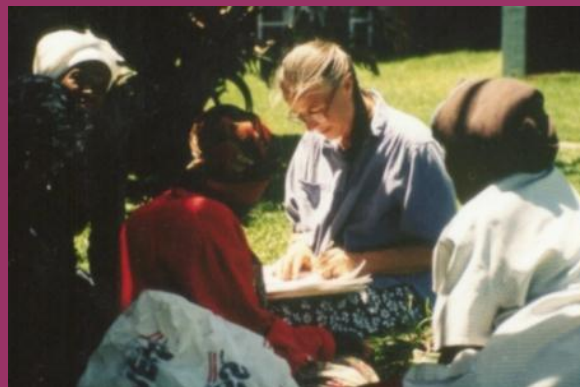
A Pondo Herbalist visiting the G R botanical garden to ask for Diospyros twigs, to chase away bad luck from a local client's house



Recording their Xhosa herbal lore



The bead ladies at Kob Inn on the Transkei coast



Eastern Freestate where life-giving Morog is ploughed in faster than it can be gathered as a traditional green vegetable

