

Medicinal Plant Images

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Figure 1: *Protea* is a genus of flowering plants from South Africa that are commonly referred to as sugarbushes (or suikerbos in Afrikaans). *Protea repens* is perhaps best known for its medicinal properties, although other species are also used in similar ways. The flower nectar is boiled to produce a syrup (commonly known as bossiestroop). This syrup is used to treat chest disorders, and as a component of cough mixtures.¹ It also has been used traditionally to treat diabetes.² The bark of some *Protea* spp. is also used to treat diarrhoea and stomach ulcers.

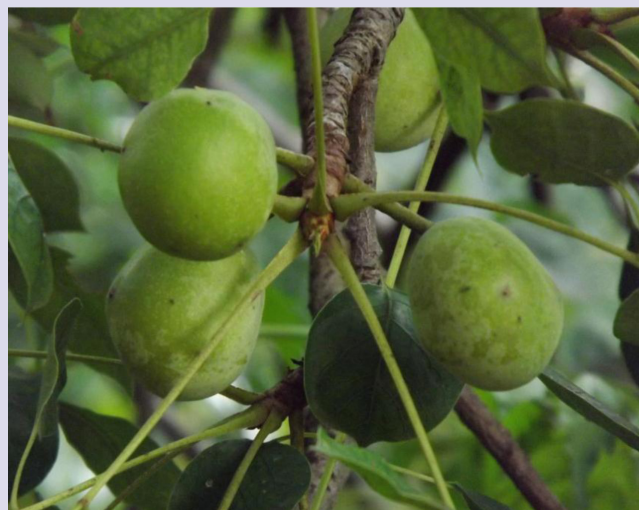


Figure 2: *Sclerocarya birrea* (A. Rich.) Hochst. (Commonly known as marula) is a medium sized tree which is widely distributed across the African continent. The fruit, which are rich in ascorbic acid, are sought after for their pleasant tasting pulp. Marula also has a myriad of therapeutic uses. In South Africa, the bark is used to treat diarrhoea and dysentery, fever and malaria, as well as being used as a general tonic.¹ These effects have been linked with procyanidins.³ Antibacterial activity has also been reported.⁴ Chewing the leaves aids in indigestion and has numerous other uses. Elsewhere in Africa, the main therapeutic use of *S. birrea* is in the treatment of diabetes.⁵

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