

Latin name	Common name	use	Habitat	Reference
Acacia (Vachellia) karroo	doringboom Gum (Cape gum, heyra);	Gum: emulcent, salve; bark for diarrhoea and dysentery	moist-w	Van Wyk 2008
Aloe ferox	aalwyn, bitteraalwyn	Juice taken as laxative	rocky	Van Wyk 2008
Aloe variegata	kanniedood leaf	callosities or bunions (eelte) — heat leaves in warm as, cut open and apply (cover with an old sock and keep on for a whole day). PT: boils (bloedvinte and pitpuisies) — same method as described by JO. KS: inflamed burn wounds and wounds (brandsere and wonde).	rocky	Van Wyk 2008
Ammocharis corianica	seeroogblom	Pounded toxic bulb mixed with water used as emetic; contains analgesic alkaloid	rocky	de Jager
Artemisia absinthium	groenamara Leaf;	stomach ailments D	moist	Van Wyk 2008
Artemisia afra	wildeals, wilde-als, als, alsem	Leaves; tonic, antispasmodic, anthelmintic; various uses; colds, influenza, cough, fever;	moist	Van Wyk 2008
Ballota africana	kattekruie	Leaf infusions measles, influenza, used for colds, fever,	moist	Van Wyk 2008
Buddleja saligna	baster-olien, wit olien	Root decoction taken as a purgative	moist-w	de Jager
Buddleja salvifolia	saliehout	Infusion of leaves used to soothe sore eyes, decoction to treat coughs, fresh and dried leaves used as tea	moist-w	de Jager

<i>Bulbine abyssinica</i>	slangkopiva, geneesbossie	(leaves) taken orally by women to treat vaginal and bladder problems a	dry	Van Wyk 2008
<i>Carissa haematocarpa</i>	numnum	edible fruit	moist-w	Van Wyk 2008
<i>Carpobrotus acinaciformis</i>	perdevy	Leaf juice gargled for diphtheria, sorethroat, mouth infections, excessive salivation; swallowed (dysentery); burns and scalds; delayed labour, retained afterbirth	dry	Van Wyk 2008
<i>Carpobrotus edulis</i>	suurvy, ghaukum, vyerank,	Leaf juice gargled for diphtheria, sorethroat, mouth infections, excessive salivation; swallowed (dysentery); burns and scalds; delayed labour, retained afterbirth	dry	Van Wyk 2008
<i>Chironia baccifera</i>	bitterbos, (-blare), aambeibos	Leaves, stems and fruits; used post-partum to expel a retained placenta; traditional Khoi medicine	moist	Van Wyk 2008
<i>Chrysocoma ciliata</i>	bitterbos, bitterkaroo	Decoction used for washing sores and for external treatment of syphilis	dry	de Jager
<i>Cissampelos capensis</i>	dawidjies (see dawidjiewortel)	]Root, rhizome; emetic, purgative; tincture for dysentery, syphilis; snake bite (leaf paste, root decoction)	dry	Van Wyk 2008
<i>Clematis brachiata</i>	oumansbaard	Fresh leaf infusion to soothe headaches, coughs and colds	moist	de Jager
<i>Commelina africana</i>	wandelaende jood	Ashed leaves used to treat hysteria, anxiety, barrenness in young women	dry	de Jager
<i>Conyza scabrada</i>	oondbos, oondbesembos	Herb; infusions for stomach, chest, heart. Influenza (1918); topical (steaming) for women's ailments	moist	Van Wyk 2008

<i>Cotyledon orbiculata</i>	plakkie, varkoor kout(e)rie(bos)	Fresh leaves applied to remove warts; gargle for sore throat; treatment of epilepsy; warm leaf juice (earache)	rocky	Van Wyk 2008
<i>Crassula arborescens</i>	beestebul, karkai	Treatment for epilepsy. Local anaesthetic and central nervous system depressant	rocky	de Jager
<i>Crassula muscosa</i>	klein koorsbos	Herb; decoction for fever (diaphoretic) L	rocky	Van Wyk 2008
<i>Crassula ovata</i>	karkay, t'karkai, karkey	Fresh leaves boiled in milk to treat diarrhoea	rocky	Van Wyk 2008
<i>Crassula tetragona</i>	karkay, t'karkai, karkey	Fresh leaves boiled in milk to treat diarrhoea	rocky	Van Wyk 2008
<i>Cussonia spicata</i>	kiepersol	Pounded root extract used to wash babies, bark used as poultice, bark tea to treat fevers	moist-w	de Jager
<i>Diospyros austro-africana</i>	bloubos	Fruit edible	moist-w	
<i>Diospyros lycioides</i>	jakkalsbox	insomnia and bad dreams — burn leaves in the fire and inhale the smoke — it calms you down; headache — smoke the dried root. KS: ringworm — boil the leaves and wash head or apply burnt and powdered leaves to the affected areas	moist-w	Van Wyk 2008
<i>Dodonaea angustifolia</i>	ysterhout(toppe), sandolien, t'koubi	"Toppe" (tips) used for colds and fever; general tonic, inflammation; lung ailments, tuberculosis	dry	Van Wyk 2008
<i>Elytropappus rhinocerotis</i>	renosterbos(toppe), anosterbos	Twigs ("toppe", tips); bitter for dyspepsia, indigestion, diarrhoea, tincture for gravel; vermifuge; fumigant	moist	Van Wyk 2008

<i>Eriocephalus africanus</i>	kapokbos(sie), wideroosmaryn	Herb; traditional diuretic (for dropsy); colds and chest ailments; stomach pain; weak stomach	dry	Van Wyk 2008
<i>Eriocephalus ericoides</i>		to "ripen" measles — drink an infusion of kapokbos, karoobos and the droppings of an angora goat. JO: chest ailments in children — make an infusion of the seed hairs and a few green twigs, add a few drops of "harlemensies", place in a bag and apply to chest.	dry	Van Wyk 2008
<i>Euclea undulata</i>	ghwarriebos, ghuarriebos	Leaves; infusions for heart problems K	moist-w	Van Wyk 2008
<i>Euphorbia mauritanica</i>	geelmelkbos	warts — apply latex to the warts	rocky	Van Wyk 2008
<i>Euryops multifidus</i>	harpuisbos, t'goonu(?), nu-nu sores	Resin; a few drops of the infusion or tincture in water, for headaches, influenza; resin mixed with fat for	dry	Van Wyk 2008
<i>Felicia filifolia</i>	steenbokbossie	Infusion of whole plants mixed with steenbok droppings to treat colds and measles	dry	de Jager
<i>Glottiphyllum depressum</i>	volstruistone	Sap used on gums of teething infants and to relieve oral thrush	rocky	de Jager
<i>Grewia robusta</i>	kruisbessie	edible berries, bark soaked in hot water as dressing for wounds	moist-w	de Jager
<i>Helichrysum petiolare</i>	kooigoed	smoke used to relieve headache, fumigant and insect repellent	moist	Van Wyk et al 2009
<i>Hermannia filifolia</i>	poprosie	edible flower	dry	Van Wyk 2008

<i>Hoodia gordonii</i>	ghaap, hoodia, gaaap	Fresh stems as functional food; suppression of thirst and appetite; tinctures for haemorrhoids	rocky	Van Wyk 2008
<i>Hypoxis hemerocallidae</i>	Inkomfe, Afrika-aardappel	Corn infusion used as emetic, to treat bladder problems and insanity. Juice applied to burns; grated corms mixed with vaseline or oil to treat skin problems	moist	de Jager
<i>Leonotis ocyimifolia</i>	klipdagga	Leaves; purgative, emmenagogue; headache, bronchitis; eye ointment; seeds for bronchitis, headaches; snakebite antidote; first aid in poisoning	moist	Van Wyk 2008
<i>Leysera gnaphalodes</i>	geelblommetjeste, duinetee, hongertee	Herb; catarh, cough, "consumption" P1–3; K	dry	Van Wyk 2008
<i>Lycium oxycarpum</i>	wolwedoring	Edible berries	moist-w	Van Wyk 2008
<i>Melianthus comosus</i>	truitjie-) kruidjie-roer-my-nie	Leaf infusions; gargle for sore throat, gum diseases; external for ulcers, sores, snake bite	moist	Van Wyk 2008
<i>Mentha longifolia</i>	balderjan, baldrian, t'kamma	Herb as tea; antispasmodic, carminative; treatment of colic, hysteria; diaphoretic	moist	Van Wyk 2008
<i>Monsonia emarginata</i>	keita, geita, nceta	Herb and root used for diarrhoea and dysentery; Khoi remedy for colds and inflammation of the chest	dry	Van Wyk 2008
<i>Nymania capensis</i>	stinkbos	Convulsions L	dry	Van Wyk 2008
<i>Olea europaea subsp. africana</i>	olienhout	Tips (toppe) pounded and applied as cold poultice to eye injuries	moist-w	Van Wyk 2008

<i>Orbea ciliata</i>	soet ghaap	f		rocky	Van Wyk 2008
<i>Pappea capensis</i>	dop pruim	edible fruit		moist-w	Van Wyk 2008
<i>Pegolettia baccharidifolia</i>	heuningdou	Leaves used as infusion with <i>Sutherlandia</i> to treat backache, high blood sugar		dry	de Jager
<i>Pelargonium grossularioides</i>	rabassam, rooiwortel	Red stems; amenorrhoea P1–3; K; L		moist	Van Wyk 2008
<i>Pelargonium odoratissimum</i>		Leaf; cardiac stimulant B2		dry	Van Wyk 2008
<i>Pelargonium reniforme</i>	rabas, rooirabas	Tuberous roots; diarrhoea and dysentery; anaemias and weakness, fever		dry	Van Wyk 2008
<i>Pelargonium sidoides</i>	rooirabbas	Tuberous roots; diarrhoea and dysentery; anaemias and weakness, fever		dry	Van Wyk 2008
<i>Pelargonium zonale</i>		earache — use fresh leaves as ear plugs		moist	Van Wyk 2008
<i>Pentzia dentata</i>	kaatjie-drieblaar	Infusion to treat gynaecological problems, abdominal problems		dry	de Jager
<i>Pentzia incana</i>	ankerkaroo, skaapbossie	Leaves chewed for indigestion, stomach complaints, bloating, constipation		dry	de Jager

<i>Pleiospilos bolusii</i>	duimpie snuif	Dried leaf used as snuff	rocky	Van Wyk 2008
<i>Portulacaria afra</i>	spekbos	leaves edible, leaf juice rubbed on blisters and corns, leaves chewed to relieve sore throat	rocky	de Jager
<i>Pteronia incana</i>	beeskaroo, wild lavender, asb	Infusion of leaves used to treat all kinds of abdominal discomfort	dry	de Jager
<i>Ruschia spinosa</i>		angina — decoction of the leaves (drink like tea with some sugar).	dry	Van Wyk 2008
<i>Ruta graveolens</i>	wynruit	Weak infusions for inflammation, rheumatism, fever, chest ailments, diabetes, high blood pressure	moist	Van Wyk 2008
<i>Salix mucronata</i>	wilger(toppe), rivierwilger	Tips (toppe) or bark; fever, inflammation, headache; old Khoi remedy for rheumatic fever	moist-w	Van Wyk 2008
<i>Salvia africana-caerulea</i>	bloublomsalie, wildesalie	Leaf decoctions used for coughs, colds, women's ailments; diarrhoea	dry	Van Wyk 2008
<i>Salvia africana-lutea</i>	s(tr)andsalie, geelblomsalie	Leaf decoctions used for coughs, colds, women's ailments; diarrhoea	dry	Van Wyk 2008
<i>Sarcostemma viminale</i>	melktou, spantou	plant chewed by nursing mothers to stimulate flow of milk	rocky	de Jager
<i>Sceletium</i> ( <i>Mesembryanthemum</i> ) <i>tortuosum</i>	kanna(wortel), ("channa, canna") kougoed	Whole plant; suppression of thirst; chewed as hypnotic and sedative, for toothache, stomach ache; treatment of colic in infants; "will make a child sleep"	rocky	Van Wyk 2008

Searsia (Rhus) undulata, sears koeniebos		Leaves, used as infusion to treat chest colds, roots infusion for gastr-intestinal infections	moist-w	de Jager
Sutherlandia (Lessertia) frutescens	kankerbos(sie), kalkoenblom	Roots, leaves; wounds, eye diseases; bitter tonic, cancer, numerous ailments; fever, consumption, chicken pox;	moist	Van Wyk 2008
Teucrium africanum, Teucrium trifidum	paddaklou(w), [katjiedrielaar]	Herb; tonic, sore throat; hot infusion for snake bite; leaf paste for toothache	moist	Van Wyk 2008
Tulbaghia alliacea	wilde knoflook	Herb; infusion (milk) used to treat intestinal worms, fever, influenza, high blood pressure, tuberculosis	dry	Van Wyk 2008
Tulbaghia violacea	wildeknoffel, wilde knoflook	Herb; infusion (milk) used to treat intestinal worms, fever, influenza, high blood pressure, tuberculosis	dry	Van Wyk 2008
Tylecodon wallichii	krimpsiekbos	Poultice for abscesses L	rocky	Van Wyk 2008
Withania somniferum	genesblare	Leaf for ulcers and wounds; root bark as tonic	moist	Van Wyk 2008
Zantedeschia aethiopica	varkblaar, varkblom (-wortel)	Warmed leaf applied to wounds and sores; pounded root as poultice on inflamed wounds	moist	Van Wyk 2008
Zygophyllum morgsana	leeubos	Powdered seeds used to treat convulsion, stroke, paralysis; roots treat kidney problems	moist	de Jager
Zygophyllum retrofractum	hondepisbossie	Infusion used to induce sweating during fever. Decoction to treat eczema and asthma	dry	de Jager