



AFRICAN ETHNOMEDICINE: THE WONDER HERB ZUMBANI



Казанский федеральный
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AFRICAN ETHNOMEDICINE: THE WONDER HERB ZUMBANI

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What is Zumbani?



- Scientifically known as *Lippia Javanica*
- *Lippia javanica* belongs to the Verbenaceae or vervain family (Verbenaceae) comprising approximately 32 genera and 840 species
- The genus *Lippia* L. is named after Augustin Lippi (1678–1701), an Italian botanist and natural historian who was killed in Ethiopia at the age of 23
- The specific name “*javanica*” was given by the Dutch Botanist Nicolaas Laurens Burman (1734–1793) in 1768, who mistakenly thought that the type specimen was collected in Java, Indonesia.
- *Lippia Javanica* - is an erect woody perennial herb or shrub of up to 4.5 m tall, with strong aromatic leaves which give off a lemon-like fragrance when crushed .

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Places you find *Lippia Javanica*

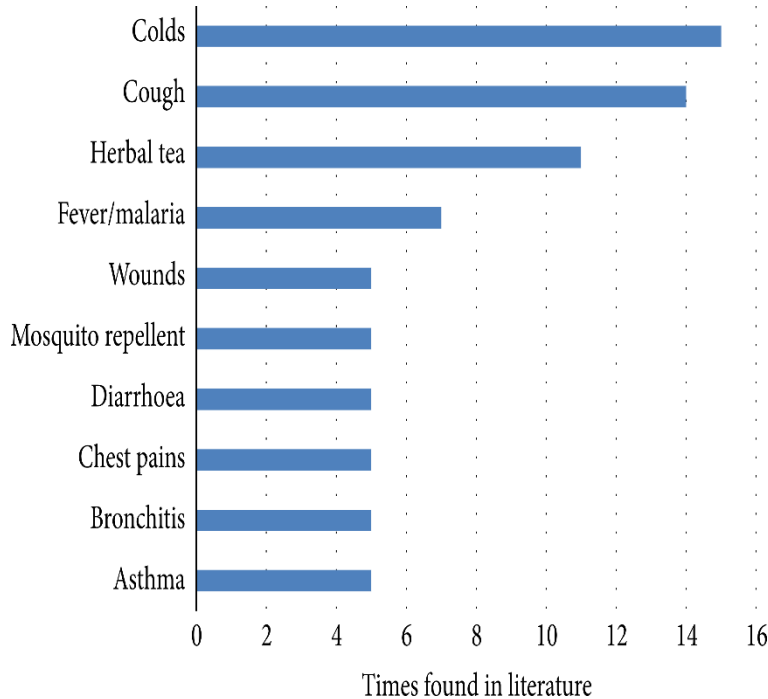


- *Lippia javanica* occurs naturally in central, eastern, and southern Africa. In sub-Saharan Africa, the species is native to Angola, Botswana, Zimbabwe etc
- *Lippia javanica* has been recorded in low to high altitude woodlands and wooded grasslands, scrub bushland, and grassy rocky kopjes, in riverine vegetation, and on margins of dambos and swampy ground, sometimes on termite mounds, in montane grasslands, and on evergreen forest margins, also in disturbed ground beside roads, forest clearings, plantations, and cultivated land and becoming a weed in derived rangelands.

<https://static.hindawi.com/articles/ecam/volume-2017/6746071/figures/6746071.fig.002.jpg>

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Uses and Applications



- Based on literature, the most important traditional applications include its uses as herbal tea and for use in folk medicine (in descending order of importance) colds, cough, fever or malaria, wounds, repelling mosquitos, diarrhea, chest pains, bronchitis, and asthma

<https://static.hindawi.com/articles/ecam/volume-2017/6746071/figures/6746071.fig.003.jpg>



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List of diseases and methods of application of Zumbani.

Diseases	Method of application of Zumbani
Colds	Crushed leaves are sniffed or half glass of hot leaf infusion is taken orally three times a day
Cough	Preparation of tincture from leaves / stems / shoots, application of decoction in the form of inhalation
Fever/Malaria	Making a decoction of the leaves and leaf decoction is taken orally
Bronchitis	Preparation of a tincture from the leaves or roots, or preparation of an ointment based on the leaves, followed by application under a gauze bandage in the throat area
Chest pain	Juice from leaves is taken orally or smoke of burnt leaves and roots is inhaled
Asthma	Making a decoction or inhalation from the leaves
Nose bleeding	Making a decoction of the leaves taken orally or smoke of burnt leaves and roots is inhaled
Migraine	Inhalations based on a decoction of leaves and stems



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Prospects

- The recent increase in the demand for Zumbani products may partly be ascribed to growing body of scientific evidence indicating important health benefits. Zumbani is widely sold as herbal tea in Botswana, South Africa, and Zimbabwe.
- More research in this regard is required and future research should focus on more comprehensive chemical characterization of both crude and pure extracts and evaluate potential for commercialization and development of nutraceutical products based on traditional uses of Zumbani. Most of the pharmacological researches conducted on *L. Javanica* so far have focused on the phytochemistry and biological properties of leaves, and little or no research has been done on roots and other plant parts. Therefore, future research on the species should focus on other plant parts, for example, flowers, roots, and stems, as well as organ-to-organ, age, and seasonal variation evaluations in the phytochemical content and pharmacological activities of the species.





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Prospects for the use of Zumbani

- Recently, there have been signs of excessive harvesting of Zumbani, raising doubts about its large-scale commercial use if harvested in the wild.
- Zumbani is now cultivated commercially in Kenya and South Africa for the production of essential oils for making mosquito repellent candles and for the perfume industry.
- Thus, growing Zumbani is a solution to the sustainability problems associated with harvesting this species in the wild, and this option is also necessary to establish commercial drug manufacturing, processing, and trading facilities.
- The success of commercial cultivation of Zumbani will depend on how this species is marketed as an herbal tea and medicine, as a source of essential oils and health products, and as a source of functional foods in the global marketplace.



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For the preparation of this work, materials from the sites were used:

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THANK YOU FOR YOUR ATTENTION!

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