

SOUTH AFRICAN TRADITIONAL PHYTOTHERAPY

Herbs, Diagnosis & Body Systems

A clinical guide to indigenous materia medica and holistic body assessment.

Biodiversity Anchor

3,000+

Indigenous plant species utilized across South Africa for traditional healing and medicine.

Holistic Assessment Framework



Community Context

Assessing environmental and relational stressors.



Somatic Signs

Evaluating physical symptoms and localized pain.



Spiritual Balance

Restoring harmony between client and ancestry.

Body System: Respiratory Tract

Diagnosis & Indicators

Chronic cough, wheezing, bronchial constriction, and chest congestion.

African Wormwood (Wilde Als)

Clears upper respiratory infections and fevers.

Wild Garlic

Combats persistent asthma and bronchial inflammation.

Body System: Digestive & Urinary

Diagnosis & Indicators

Abdominal spasms, indigestion, kidney discomfort, and urinary tract irritation.

Buchu (Boegoe)

Treats kidney stones and urinary tract infections.

Cape Mint

Soothes gastric upsets and intestinal cramps.

Body System: Musculoskeletal

Diagnosis & Indicators

Joint stiffness, inflammatory swelling, muscular aches, and arthritic pain.

Devil's Claw

Relieves chronic lower back pain and arthritis.

African Potato

Reduces joint inflammation and immune strain.

Body System: Integumentary (Skin)

Diagnosis & Indicators

Surface trauma, burns, chronic eczema, dermatitis, and localized infections.

Aloe Ferox (Cape Aloe)

Accelerates wound healing and soothes burns.

Susage Tree (Kigelia)

Clarifies blemishes and treats skin conditions.

Clinical Safety & Dispensing

Dosage Precision

Accurate measurement of roots, barks, and decoctions prevents systemic toxicity.

Traditional Training

Inyangas undergo rigorous apprenticeships to master plant chemistry and preparation.

Questions & Discussion

Integrating South African traditional plant medicine with clinical diagnostics.

