

## THUNZI BUSH LODGE TREE LIST

### Medicinal Values and facts

1. Outenique Yellowwood, Outeniequa geelhout, *Podocarpus falcatus*
  - Was used for the topmasts of ships.
2. Broad leaved yellowwood, Opregte geelhout, *Podocarpus latifolius*
3. White-stinkwood, Witstinkhout, *Celtis africana*
4. Scrambling Fig, Veldvy, *Ficus burtt davyi*
5. Hedge caper bush, Heiningkapperbos, *Capparis sepiaria*
6. Sweet thorn, soetdoring, Acacia Karoo
  - Good indication of where to find water, especially in arid areas
  - Inner bark makes a reliable rope
  - Tree yields a clear, golden or red gum which is edible and for use as an adhesive
7. Bush Boer-bean, Bosboerboon, *Schotia latifolia*
8. Common Calpurnia, Geelkeur, *Calpurnia aurea*
9. Winged Currant, Vlerksteeltaibos, *Rhus pterota*
10. Cape Chestnut, Wildekastaiing, *Calodendrum capense*
11. Small Knobwood, Kleinperdepram, *Zanthoxylum capense*
  - Fruit tastes strongly of lemon
12. White-ironwood, Witysterhout, *Vepris lanceolata*
  - Powdered roots provide a remedy for influenza
13. Perdepis, *Clausena anistata*
  - It has been used traditionally to hold newly-born babies in the wood smoke to fumigate them, and in the steam rising from the boiling leaves to cleanse body internally, strengthen the heart and cure rheumatism and fevers
  - Adults also use this steaming method to use as deodorant
14. Red currant, Bostaaiibos, *Rhus chirindensis*
15. Ribbed Kuni-bush, Bleek Koenibos, *Rhus pallens*
16. Small-leaved False-currant, Kleinblaarvalstaaiibos, *Allophylus decipiens*
17. Poison Star-apple, Gifsterappel, *Diospyros dichrophylla*
18. White forest spike-thorn, Witbospendoring, *Gymnosporia nemrosa*
19. Cape Ash, Essenhout, *Ekerbergia capensis*
  - A decoction of the root is said to relieve headaches and chronic coughs, while the leaves provide a remedy for intestinal worms
20. Kooboo-berry, Koeboebessie, *mysroxylon aethiopicum*
  - Fruits are edible
  - A milk infusion prepared from the bark is used as a drench for worm infestation in calves
21. Forest spoonwood, Boslepelhout, *Cassine piraqua*
22. Forest Saffron, Bossaffraan, *Eleodendron croceum*
23. Coffee-pear, Koffiepeer, *Pleurostyliia capensis*
  - Was once used in wagon construction
24. White-pear, Witpeer, *Apodytes dimidiata*
  - An infusion of the root bark has been used as an enema for intestinal parasites, and the leaf has been used in the treatment of ear inflammation.
25. Forest Gardenia, Boskatjiepeiring, *Gardenia thunbergia*
  - A root infusion has been used as an emetic to treat biliousness and also skin eruptions in leprosy.
26. Waterberry / Umdoni, Waterbessie, *Syzgium cordatum*
  - An alcoholic drink is made from the fruit
27. False-perdepis, Valsperdeis, *Hippobromus pauciflorus*
  - When the leaves are crushed a vapour is emitted and this may be inhaled to relieve headaches
  - Leaves also yield a juice which is dropped into inflamed eyes.
  - The root is regarded by some as a love-charm, also believed to cure dysentery and diarrhea.
28. Cat-thorn, Katdoring, *Scutia myrtina*

- In India the leaf is used as an ointment applied locally to hasten parturition of both the child and placenta.
29. Shiney-leaf, Blinkblaar, *Rhamnus prinoides*
- A decoction of the decorticated root is taken as a blood purifier and to treat pneumonia
  - Leaves applied as a liniment to simple sprains
  - Parts of the plants are used as a protective charm against lightning
30. Thorn-pear, Doringpeer, *Scolopia zeyheri*
31. Sourberry, Suurbessie, *Dovyalis rhamnoides*
32. Glossy Guarri, Blinkblaarghwarrie, *Euclea Schimperi*
33. Eastern Cape Myrtle, Oss-Kaapse Mirt, *Eugenia zeyheri*
34. Bladder nut, Swartbas, *Diospyros whyteana*
35. Coldbark Ochna, Kouebasrooihout, *Ochna arborea*
- Regarded as a charm to drive evil spirits away from home and cattle kraals
  - Bark has been used as snuff to cure headaches
36. Pock Ironwood, Pokysterhout, *Chionanthus faveolatus*
37. African Olive, Oleinhout, *Olea eurppaea*
- An infusion of the bark is taken to relieve colic
  - An infusion of the leaves has been used as an eye-lotion for both humans and animals
- A decoction of the leaves provided a gargle for sore throats
  - Fruits are edible but are bitter
38. Septee tree, Septeeboom, *Cordia caffra*
- The sticks from this tree can be used to make fire by friction
39. Cape-teak, Kaapse Kiaat, *Strychnos decussate*
- Bark and fruits are poisonous, especially when green.
  - In the 19<sup>th</sup> century the sticks from this tree were made into ceremonial sticks for the Zulu chiefs; the plants local name: 'kings' tree' derives from this practice.
40. Coastal Turkey-berry, Doringbokdrol, *Canthium spinosum*
41. Common Num-Num, Noemnoem, *Carissa bispinosa*
42. White milkwood, Witmelkhout, *Sideroxylon inerme*
- Three specimens of this species are of historical interest, one of these species is the famous 'Post Office Tree' in Mossel Bay to which passing Portuguese sailors tied a shoe containing a letter describing the drowning at sea of the navigator Bartholomeu Dias. Over a year later the message was discovered by Commander Jao da Nova to whom it was addressed. This tree must be over 600 years old
  - An infusion of the bark is reputed to dispel nightmares.
43. Needle-bush, Speledoring, *Azima tetraantha*
- The leaves and the roots together are considered an effective antidote for snakebites
- The sap is used as a disinfectant which not only is a remedy for toothache but also a treatment for bleeding gums.
  - A prick from a thorn of this tree gives an unpleasant burning sensation.
44. Kamassi, Kamassie, *Gonioma kamassi*
- Bark is poisonous