



Herbs can Help



WARNING: This guide is not intended to take the place of medical diagnosis and patients are encouraged to seek proper medical assistance from Health Centres, particularly if conditions continue for more than ten days of herbal remedies. The information is offered as First Aid to rural communities if no doctors are available. Whilst all reasonable care has been taken and information is based on well researched medical information (Bertram's Encyclopedia of Herbal Medicine, 1995) the publisher can take no responsibility should adverse conditions arise. Information on this poster should be used as reference only by those with certificates in home based care through Community Health Clubs, by Zimbabwe AHEAD.

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		Treatment symbols																								
	Herbs		Headache	Fever / Flu	Eyes	Ears	Nose / Throat	Mouth / Teeth	Heart / Circulation	Lungs / breathing	Reproduction	Female Sexual complaints	Male Sexual complaints	Stomach / Digestive	Internal organs	Constipation	Diarrhoea	Urinary infections	Blood disorders	Bones / ligaments	Skin conditions	Nervous conditions	Immune Deficiency	Stimulants	Worms / parasites	Insect / dog bites
1		Amaranth																								
2		Basil																								
3		Borage																								
4		Bulbinella																								
5		Catmint																								
6		Comfrey																								
7		Coriander																								
8		Dandelion																								
9		Echinacea																								
10		Feverfew																								
11		Garlic																								
12		Gotu Kola																								
13		Lavender																								
14		Lemon Balm																								
15		Lemon Grass																								
16		Marjoram																								
17		Moringa																								
18		Nasturtium																								
19		Nettle																								
20		Oregano																								
21		Parsley																								
22		Peppermint																								
23		Rosemary																								
24		Rue																								
25		Sage																								
26		Thistle																								
27		Thyme																								
28		Violet																								
29		Wormwood																								
30		Yarrow																								

Poster design by Dr. Juliet Waterkeyn, based on experience and research by Zimbabwe AHEAD Coordinator, Josephine Mutandiro. This poster is a summary of information contained in the booklet: "A Guide to How Herbs Can Help: herbal remedies for home based care" (ISBN: 978-0-620-40422-8) published by Africa AHEAD (2008) and is provided with training by Zimbabwe AHEAD (Tel: 025 2735). Herbs are available at 25, Mbuya Nehanda Road, Rusape, Zimbabwe. Other organisations wishing to use this poster for their own training must obtain permission from Africa AHEAD. Contact email: info@africaahead.com.

