

Medicinal Plants Trail

1



Drala (male tree)

Vitex trifolin

Verbena family

Juice from pounded leaves mixed with water is ingested for bloated stomach, also cures sinus and ear problems. For diabetes, chew the leaves and then spit them out.

2



Daindaini draulalai

Croton storckii *Large green leaved croton*

Heated leaves used as covering on sore knees, also used for heartburn



Croton storckii *Fine green leaved croton*
Juice from pounded leaves as nasal drip for headache

3



Jaina leka

Musa nana

Dwarf banana tree

Pounded leaves (without midrib) is mixed with water and ingested against asthma

4



Senitoa

Hibiscus rosa-sinensis

Hibiscus

Juice from crushed plant mixed with water and ingested after childbirth to cleanse birth canal. Also used for stomach ache and sunburn

5



Vauleka

Hibiscus liliaceous

Short hibiscus

Rough side of leaf is bandaged on sprained ankle overnight to reduce swelling and pain. Leaves are dry, crispy and crumbly in the morning with reduced swelling and pain. Also used for diarrhoea.

6



Totođro

Centella asiatica

Pennywort

Treats cough when leaves are made into tea, especially in children

Medicinal Plants Trail



Quwawa

Psidium guajava

Guava

Young leaves are chewed and juice taken in to treat diarrhoea



Vasili damu

Cordyline terminalis

Tea tree

Leaves and coconut oil used on painful swellings with no apparent "eyes," also for diarrhoea



Totowiwi

Oxalis corniculata

Oxalis grass

Crushed leaves used as patch on boils under the armpit or against cough in children



Layalaya

Zingiber zerumbet

Wild ginger

Cut into pieces and pour hot water to make tea or chew on it to cure sore throat.



Kalabuci damu

Acalypha wilkesiana

Copperleaf

Pounded leaf juice mixed with water and ingested to treat thrush/sore throat. Used by ladies during their period, and stomach ache when only on one side or when weak after a long illness



Mokomoko

Belvisia mucronata

Crawlee fern

Chewed leaves used to treat boils under armpits

Medicinal Plants Trail



Baka ni Viti

Ficus obliqua

Fig tree

Crushed leaves are used to treat boils on the back



Maqo

Mangifera indica

Mango tree

Liquid of bark is used against diarrhoea. Scrape the outside bark off and take the inside bark to make tea against thrush



Moli

Citrus sp

Lemon

Chew on tender leaves for throat ache, scrape bark for asthma or use leaves to make lemon tea. The root is used for asthma



Batimadramadra

Bidens pilosa

Cobbler's peg

Leaves pounded and mixed with a little water is ingested for stomach ache, bee sting, burn, and sea lice - seasonal



Voivoi

Pandanus odoratissimus

Pandanus

Juice from crushed aerial roots that have not touched the ground is ingested to treat poisoning



Qiqilawa (female)

Jasminum simplicifolium

Olive family

Leaves crushed and mixed with a little water and ingested to treat exhaustion in young mothers

Medicinal Plants Trail

19



Domele

Ocimum sanctum

Basil

Juice from pounded leaves ingested to treat coughs, also good for mosquito bites, burns, and fever

20



Bovo

Musseanda raiateensis

Coffee family

Scrapings from bark, mixed with a little water is ingested for fracture

21



Vueti Naitasiri

Pagiantha thurstonii

Periwinkle family

Scrape bark to make tea for tuberculosis. Leaves also used for sunburn and boils

22



Qiqila Kau

Micromelum minutum

Guinguila

Leaves crushed and mixed with a little water and ingested to treat exhaustion in young mothers

23



Losi Losi

Ficus barclayana

Fig family

Chew young leaves for cough, juice of leaves used for boils under the arms .

24



Botebtekoro tagane

Ageratum conyzoides

Goat weed

Crushed leaves mixed with water and ingested to treat diarrhoea, fever, and cough – seasonal