A review of plants used in divination in southern Africa and their psychoactive effects

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ABSTRACT
Numerous indigenous healing traditions around the world employ plants with psychoactive effects to facilitate divination and other spiritual healing rituals. Southern Africa has often been considered to have relatively few psychoactive plant species of cultural importance, and little has been published on the subject. This paper reports on 85 species of plants that are used for divination by southern Bantu-speaking people. Of these, 39 species (45 %) have other reported psychoactive uses, and a number have established hallucinogenic activity. These findings indicate that psychoactive plants have an important role in traditional healing practices in southern Africa.

KEY WORDS: Divination, psychoactive, Shamanism, traditional healing, medicinal plants

I eat medicines that work in my body like matches to dry wood. I do not open my eyes. It is not with my eyes that I see. My ancestors see for me. I see in a dream (the diviner Mahube to Kuper 1942: 167–8).

Psychoactive or psychotropic substances are substances that, when ingested, affect the mind or mental processes. They can be defined as chemical substances that are used for the modification of emotional, intellectual and behavioural function in humans (Werry & Aman 1993).

Practitioners of various magico-religious traditions around the world employ plants with psychoactive effects to facilitate spiritual healing (De Korne 1994; Harner 1973b; Schultes & Hofmann 1992). These plants are used in divination, sorcery and ancestor worship, and have even been considered as “plant teachers” (Luna 1984). The use of plants in divination has a long history. Use of the cactus *Echinopsis pachanoi* dates back 3000 years (Schultes & Hofmann 1992), while some hold that the visionary revelations of the Pythia, the divinatory priestesses of the Delphic Oracle, were stimulated by inhaling the psychoactive vapours of henbane, *Hyoscyamus niger* (Ratsch 1987). It has also been suggested that the Pythia, also called the Delphic Bees, would divine only after ingesting psychotropic *meli chloron* or green honey (Mayer 1995; Ott 1998).

In societies where indigenous healing practices are common, there is a fundamental belief in the spirit world and its influence on the wellbeing of the individual. In some of these societies altered states of consciousness (ASC) provide a means to gain access to the spirit world (which can be understood as the world of symbols and the unconscious). Psychoactive plants that produce ASC are considered great medicines (Schultes & Hofmann 1992). Not much attention had been paid to the use of psychoactive plants in divination in southern Africa. What reports exist are often marginal to other ethnobotanical enquiries. Indeed, an analysis of Liengme’s (1983) survey of ethnobotanical research in South Africa shows that the majority of studies of indigenous plant-use have focused on medicinal plants (16 %) and food plants (20 %), with only a few (7 %) relating to the category ‘Magic, ritual and customs’ (Dold & Cocks 1999).
Possible reasons for this lack of attention include researcher bias concerning substance use as part of spiritual healing practices (Winkelman & Dobkin de Rios 1989), an ethnobotanical focus on shamanic and hallucinatory plant use in the Americas (De Smet 1996), and an overlooking of more subtle psychoactive qualities of plants medicines. An additional reason is the loss of orally transmitted plant-use information as people abandon traditional practices.

Recently some researchers have embarked on revitalising the topic of psychoactive plant-use in southern Africa (Mitchell & Hudson 2004; Sobiecki 2002). This paper aims to build on these works by investigating and documenting the use of psychoactive plants by Bantu-speaking diviners.

*Southern Bantu diviners*

Southern Bantu diviners (e.g. Xhosa: *amagqirha*, Zulu: *izangoma*) are called to their profession by their ancestors. “The verb *ukuthwasa* refers to this process of becoming a diviner, and the noun *intwasa* to the state or condition of the person undergoing the process” (Hirst 1990: 89). The *intwaso* condition is characterised by a ‘trouble’ (*inkathazo*) that involves various illnesses, copious dreams and psychiatric disturbances (Callaway 1868).

To become a diviner the initiate must first be cured of the *intwaso* condition. The treatment includes the use of special plant-based “medicines of the home” (Hammond-Tooke 1998: 12), dieting with *ubulawu* and training in techniques of divination and curing. The novice is apprenticed to a practising healer who teaches him or her the ways of indigenous healing.

Ill-health and misfortune are believed to stem from ancestral wrath, witchcraft or ritual pollution (Hammond-Tooke 1998). It is the diviner’s work to discover the cause of this misfortune and then to apply or recommend appropriate action, in the form of prescribing plant medicines or rituals.

*Shamans & southern Bantu diviners*

Because of differing worldviews, cultural practices and customs, I make the distinction between the vocations of the classical Asian shaman (used here as a prototype) and the Southern Bantu diviner. However, the Southern Bantu diviner shares with global shamanic healers the ability to utilise trance and altered states of consciousness (ASC), or what could be better described as ‘enhanced states of association’ (ESA), for healing purposes. Other similarities include communicating with ‘spirits’ (Boshier 1973: 282; Junod 1962: 529; Kohler 1941; Schweitzer 1977: 98–9), undertaking ‘soul journeys’ while dreaming or trancing (Hammond-Tooke 1998: 12; Kohler 1941; Lambrecht 1998: 153), and having animal spirit guides. Both types of practitioners also use psychoactive substances to facilitate dreaming (Lambrecht 1998) and to divine.

During the fieldwork, no reports were obtained of San influence on the diviners’ use of psychoactive plants or accompanying ASC. This is because the focus of my research is not on the cultural origins of the use of these plants, but on their uses, preparation and effects.

**RESEARCH METHODS**

This study is based on research that included interviews with indigenous healers, muti1 traders, muti users, and ethnobotanists, conducted mainly from late 1998 to 2003, and

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1 from Zulu *umuthi*, pl. *imithi* = tree, plant, medicine, medicinal charm, wood.
periodically until the present (see also Sobiecki 2002). Most of the fieldwork was conducted on the East Rand, Gauteng, South Africa. The fieldwork comprised semi-structured interviews with 19 practising indigenous healers (ten female and nine male) at their muti shops or homes. Fourteen of the healers are diviners, while five are herbalists who do not divine. Most were interviewed in the Witwatersrand urban area; some interviews took place in the Free State and KwaZulu-Natal. I traced the healers through word of mouth or through telephone directories. I established a close relationship with four of the healers and continue to discuss issues with them today. I also held informal interviews with approximately 30 other people, including muti traders, muti customers, academics and other ethnobotanists.

Most of the healers I encountered could communicate in English. Of interest is that almost all, whatever their ethnic group (Tsonga, Sotho, Xhosa or Indian), were accustomed to selling their medicines using Zulu vernacular names. This convention assisted with the cross-checking and confirmation of plant identifications and uses. Where possible, identifications were confirmed by showing colour photographs or pictures of plants to the healers, using colloquial names and plant name lists (Williams et al. 2001; Williams 2007). I also studied and compared live specimens with other voucher specimens and identification information in the botanical literature. I deposited voucher specimens in the Moss Herbarium at the University of the Witwatersrand, Johannesburg.

My research yielded a list of 85 plants used for divinatory purposes, that is, during initiation, to enhance intuitive abilities, to promote dreaming and induce trance (Appendix 1). The plants are believed to be crucial to the development of special healing powers. The majority are administered internally. Of the 85 species, 39 (45 %) are known to have psychoactive properties (Sobiecki 2002). Appendix 2 lists plants used in non-divinatory healing, but which nevertheless have interesting psychoactive effects.

Indigenous terminology for psychoactive plants
Some interesting terms for psychoactive plants exist, including bhayiskhobho (bioscope (cinema) in Zulu), otherwise known as the ‘mirror’ or ‘TV’, which refers to the effects of hallucinogenic plants such as the toxic *Boophone disticha* (L.f.) Herb. (see Hall 1994: 54). Another Zulu term, bonisele, describes several plant species that are used by initiate diviners to elicit divinatory powers and induce dreams of the ancestral spirits. This derived verb stem means “to see on my behalf” (L.C. Posthumus pers. comm.) or “to show me the light” (L. Maponya pers. comm.). The descriptions of the effects of bonisele plants on the initiate diviners are analogous with metaphysical ‘seeing’, transcendental enlightenment and revelation. An example of one such plant is *Chamaecrista mimosoides* (L.) Greene. Descriptive phrases for such plants also include ‘magical plants’ and ‘plants that arouse the spirits’.

Literature and fieldwork notes
The ethno-botanical literature contains interesting examples of psychoactive plant use by diviners. These anecdotes were often tangential to the authors’ studies. From these data I distilled the beginnings of an account of psychoactive plant use by Southern African diviners.

In the classic article ‘Religious or sacred plants of Basutoland’, Laydevant (1932) explores the internal use of plants in the initiation of Sotho diviners. Many have
psychoactive effects. One of the plants, *Myosotis afropalustris* C.H. Wright, is used by the Sotho for treating hysteria and to develop the memory of trainee indigenous healers (Watt & Breyer-Brandwijk 1962). With ingestion, this plant has been reported as producing a mildly stimulating ASC that Sotho diviners use to divine (D. Millard pers. comm.). Laydevant also notes the use of the hallucinogen *B. disticha* in the initiation ritual of Basuto boys, which is closely connected with the ancestral spirits. Laydevant states that the drug is said to “imbue [the initiates] with the qualities of their ancestors and will tend to make men of them” (Laydevant 1932: 66).

Several other authors have commented on the use of psychoactive plants by southern African diviners. These authors describe the enhanced divining abilities that come from the medicines (Boshier 1973: 281; Broster 1981: 37; Hutchings 1989: 113; Katz 1976, 1982; Kohler 1941: 6; Krige 1940: 55; Lambrecht 1998), which are used when “the signs of the spirit slack off” (Boshier 1973: 281), or when dreams are desired for prophesy or divination.

**DISCUSSION**

*The ancestors, dreams and plant use*

Dreams are central to divination in southern Africa. Lamla (1975: 81) notes that “[d]reams and visions feature prominently in divination” in Transkei. In the Nguni worldview, dreams belong to the domain of the ancestors and serve as the medium through which the diviner establishes contact with the ancestors. These ancestors are heavily involved with the realm of the living and can send illness and misfortune to those who disrespect or ignore them. Southern African indigenous healing often runs in families, and ancestors who were healers often call their descendants to the profession through dreams. Given the importance of dreams in the diviners’ lives, they need to find ways to induce them and their methods include the use of certain psychoactive plants.

*Plant preparations used in divination*

Plants used to facilitate divination are prepared and administered in various ways in southern Africa. *Ubulawu* preparations are popular. The term *ubulawu* refers mostly to the roots of varieties of herbs and creepers, but sometimes to the stems or bark of certain plants, for example, the leaves and stems of *Helinus integrifolius* (Lam.) Kuntze. *Ubulawu* species are classified in Xhosa indigenous healing practice according to the locality in which they grow, that is, *ubulawu* of the river, *ubulawu* of the forest and so on (Hirst 1990). The Xhosa method of *ubulawu* preparation is as follows. “A compound of herbs is made, mixed with water in a vessel, and twirled with a stick until white foam froths up. The churning of the mixture to produce white foam is typical of *ubulawu* preparations. Every morning the initiate must drink this concoction until his or her stomach is full and he or she is ready to vomit. With the foam, the whole body is also washed, normally late in the evening” (Lamla 1975: 94). The vomiting of this compound is referred to as *ukugabha* (Lamla 1975: 94).

Another popular *ubulawu* ingredient is *Rhoicissus tridentata* (L.f.) Wild & R.B.Drumm. Watt (1967) reports its use by the Lobedu and the Masai for psychoactive purposes. A reportedly powerful mixture used by diviners in Johannesburg for facilitating communication with the ancestors includes *Hippobromus pauciflorus* (L.f.) Radlk., *Dianthus mooiensis* F.N. Williams. and *H. integrifolius*. Both *H. pauciflorus* and *H. integrifolius* have other psychoactive uses (Appendix 1).
Broster (1981) mentions an interesting combination of *Rubia petiolaris* DC.—a plant used by Xhosa initiate diviners to induce dreams of the ancestors (Broster 1981)—and *Silene*, *Hippobromus* and *Dianthus* species, all of which have oneirogenic and ‘visionary’ uses (pers. observation). It is possible that the combination of particular plants in *ubulawu* mixtures produces synergistic or complementary psychoactive effects. A Sotho diviner, Mrs Maponya (pers. comm.), explained that the use of different species in *ubulawu* mixtures results in “each species lending its power to the other”. Depending on the species used, *ubulawu* preparations have numerous uses. Some can be used therapeutically to heal the body (Hirst 1990: 176) by removing impurities, including “dirt from the chest and healing stomach disorders” (Lamla 1975: 145). Others are used as love charm emetics. However, the species used in *ubulawu* preparations for the initiation of southern African diviners reportedly have psychoactive effects. Some diviners state that these “varieties of *ubulawu* possess a spirit (*umoya*) which has the power (*amandla*) to reveal deep religious truths in the mind through dreams” (Hirst 1990: 176). “Prescribed at a low dosage, and taken on an empty stomach, certain varieties of *ubulawu* have the power to induce profound and lucid dream experiences connected with the spirits and sacred animals” (Hirst 1990: 177).

*Ubulawu* preparations have also been used to improve the memory and develop particular mental faculties, which is further indicative of their psychoactive qualities (Laydevant 1932). Laydevant (1932) describes how individuals exhibiting psychological disturbances similar to hysteria are treated with *ubulawu* preparations for one or two months, after which they are considered cured and able to resume their normal daily lives. The practice of inducing dreams through specific *ubulawu* preparations is often part of the treatment for the *intwaso* illness experienced by initiate diviners (Kohler 1941). The therapeutic mechanism by which this process operates is still unclear, but the use of *ubulawu* appears to encourage and modify the dreaming experienced by the initiates, to positive healing ends (Ashton 1943: 31; Broster 1981). Thus, there appears to be a close relationship between the use of particular plants in *ubulawu* preparations, ASC and physical, spiritual and psychological healing in southern African healing traditions.

Other literature refers to the magical and ‘visionary’ uses of special *ubulawu*. Hoernlé (1937: 21) describes how the process of churning up, eating, vomiting and washing with *ubulawu* is “concentrated upon clearing the inner vision, making the initiate ‘see’, so that he is intent upon listening to his inner voice and to the visions that arise before his mind’s eye”. Hulme (1954) states that *ubulawu* is considered to be one of the most powerful preparations used by Zulu diviners, while Schweitzer (1966: 54) notes that *ubulawu* is used to make contact between people and the ‘shades’ or spirits.

Other methods of administering psychoactive plants in spiritual healing rituals are known and practised in southern Africa. Some of these methods include licking powders off the palm, applying ointments into incisions made on the skin, using snuff, smoking dried leaves, and administering preparations to the eyes (as in the case of the Tsonga Gobo rite).

*The effects of various categories of psychoactive plants*

Some Sotho and Zulu diviners use plants with stimulant or empathogenic (producing elation and euphoria) effects to aid divination. Ingestion of a small amount of *ubulawu*
containing *Myosotis afropalustris* C.H. Wright as the primary ingredient produces elation and stimulation (D. Millard pers. comm.). Similarly, the fresh or dried flowers of *Nymphaea nouchali* Burm.f. have empathogenic effects.

Some South African diviners (Sotho, Tsonga and Zulu) make the distinction between plants that produce hallucinations and those that induce dreaming (oneirogenics). Hallucinogens, such as *B. disticha*, are perceived by some diviners as drugs that yield ‘impure’ and arbitrary visions. Dream-inducing plants, such as *Silene undulata* Aiton and *C. mimosoides*, are believed to produce ‘true visions’ that elicit intuitive powers that normally arise only while sleeping.

The number of established hallucinogens listed in this article is limited. Many more, not yet researched, have reportedly similar qualities and it is my belief that hallucinogenic plant-use in southern Africa has been underestimated.

Junod (1962: 489) mentions two interesting cases of hallucinogenic plant use amongst the Tsonga for the exorcism and treatment of possessed people. In the second stage of exorcism, the rite of the Gobo basin, the patient has his or her face submerged into a basin filled with water in which certain plants are mixed. The patient is made to open his eyes which causes burning and produces a red space with black dots in the field of vision. This is done for a long time, after which the patient is said to have “crossed the sea”. “He has seen everything. It is the drug that makes one see (*muri wa ku bonisa*). Some are said to have learnt divination by this Gobo ablution” (Junod 1962: 489).

Junod (1962: 495) further suggests the visionary nature of the plants used in this rite when he says: “The baptism in the calabash has helped him to cross the sea and to reach the land beyond, the land of miracles and of magic powers!” This is a characteristic description of hallucinogenic experience. The psychoactive ingredient is possibly *Casearia gladiiformis* Mast. (Junod 1962: 501).

Junod’s second example concerns apprentice diviners from central Tsonga. The apprentice first practices in foreign villages to earn an animal. This animal is brought back to the initiating diviner and parts are cooked with a root called *banga*. Once cooked, the master and apprentice suck the broth with their lips and eat the meat without touching it, “‘the same as vultures do, which scent meat from far away.’ The heart of one of these birds has been cooked with the other drugs ‘so that the new diviner will be able to dream of things which are far away and go straight to them.’ He will be able to go and guess anything at once without fear or hesitation” (Junod 1962: 566). I observed something similar in Johannesburg, where an initiate Tsonga diviner who was struggling to divine prepared and drank a decoction of boiled chicken and certain plants. He subsequently experienced lucid dreams that promoted his divinatory powers. The diviner described the plants as having actions on his mind.

Researchers have described their own experiences with southern African psychoactive and hallucinogenic plants. Edith Turner (1992) describes her experiences with what she considered psychoactive plants in the *ihamba* (spirit) exorcism rituals among the Ndembu of Zambia. In this ritual, several plants were taken orally in the form of a cold-water infusion (cf. Appendix 2). These had a “loosening effect” which facilitated the “disinhibition of the psyche” and “triggered and liberated a rarely-used faculty” (Turner 1992: 71, 140, 198). Apart from feeling as if her head was swimming immediately after drinking the leaf medicine, Turner noted other unusual perceptual effects. Ndembu claim that the plants are crucial in that they give the “ability to see spirits” (Turner...
1992: 171), which Turner experienced (Turner 1992: 131, 132, 149). Vangueriopsis lanciflora (Hiern) Robyns and a Canthium species were both ingredients in the leaf medicines. Both are reported to have psychoactive uses elsewhere in southern Africa (Gelfand et al. 1985).

James Hall (1994: 53) described his experience with a vision-facilitating medicine called likhambi, which is administered nasally. The visions elicited were likened to the bhayiskhobho. Hall also mentions an emetic made from a plant resembling a vine (possibly Galium capense Thunb.) with a red root bark that appears to have important ‘visionary’ uses in the Zulu rituals. These medicines were used specifically for eliciting divinatory powers as part of his initiation into divining.

Like some other researchers, I have experienced the psychoactive effects of traditional southern African preparations. While doing fieldwork in the Limpopo Province, I ingested a powder made from unidentified plants. My sleeping pattern was disturbed for two subsequent nights and I experienced a lucid dream containing profound personal symbolism. I believe that the chemicals in the plants interrupted my normal cyclical neurotransmitter activity during sleep, which resulted in enhanced dreaming.

Botany and chemistry of psychoactive plants
Investigation of the chemistry of plants used in divination is well worth while. The psychoactive status of many plants remains unknown and much research is required to understand the effects these plants have on consciousness. Silene undulata Aiton., for instance, is an ubulawu species used in the initiation and practice of Xhosa diviners (Hirst 1997). It is called undlela zimhlophe, “which literally refers to the way or path of white things or symbols” (Hirst 1997: 236). “The root contains toxic saponins which, when ingested at low dosage, only induce dream experience in highly sensitive subjects” (Hirst 1997: 236). Saponins are said to be responsible for the production of froth in ubulawu preparations. These saponins probably account for the reported psychoactive (oneirogenic) effects of ubulawu. If this is the case, it is fascinating that the indigenous healers of southern Africa have found ways of preparing plant medicines that concentrate in the froth the chemicals that elicit dreams. Saponins also irritate the mucosa and are therefore effective emetics. Emetics are used to induce trances needed for divining (Hutchings 1989). Other chemical groups of psychoactive interest include the alkaloids and diterpenoids (Sobiecki 2002).

Multifunctional uses
Many psychoactive plants used in divination have other medicinal uses. Factors influencing the psychoactive effect of a plant include its dosage, and its combination with other plants in a mixture. A psychoactive plant may not always produce a distinct psychoactive experience, unlike most hallucinogenic plants. For example, Catha edulis (Vahl) Forssk. ex Endl. is used in medicines in small doses with no perceptible psychoactive effects, but higher dosages can produce strong sensory alterations, including entoptic phenomena (M. Hirst pers. comm.).

Cross-cultural use
Some species are used in similar ways by southern Africans of different language groups. H. integrifolius, for instance, is used in similar ways by Sotho and Nguni speakers—for
eliciting divinatory powers. It is not yet possible to make generalisations on patterns of plant-use.

CONCLUSION

My intention with this article was to demonstrate that the use of psychoactive plants is indispensable to southern African indigenous healing. The diviners’ plant knowledge and expertise should be part of the greater body of indigenous knowledge systems (IKS), to be preserved, studied and utilised. It is also hoped that these findings will serve to galvanise research into how psychoactive plants influence human consciousness and the potential applications thereof in medicine. Furthermore, I hope that southern African psychoactive plant-use can be placed within the global shamanic plant-use context, which is fast becoming an impetus for plant-based spirituality.

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APPENDIX 1

Plants used in divination in southern Africa

Information is arranged as follows:
Botanical name, exotics*
Specimen voucher
Plant family
Vernacular name/s of ethnic group/s using plantb
Part used
Preparation/route of administration/related usage/informant/referencea

Voucher specimens were identified by staff at the Charles E. Moss Herbarium, Johannesburg.

Groups using the plant: (Af)=Afrikaans: SA; (B)=Tswana: SA; (Cho)=Chopi: Mozambique/Caprivi; (E)=Europeans: SA; (G)=Griqua: SA; (Ka)=Kuanyama Ambo: Namibia; (Kg)=Kgatla (a Tswana dialect): Botswana; (K)=Khoi: SA; (Lob)=Lobedu (a dialect of Northern Sotho): SA; (Nd)=Ndembu: Zambia/Angola/Zaire; (P)=Pedi: SA; (S)=Sotho (This language group includes Northern Sotho, South Sotho and Tswana): SA; (San)=San: SA/Namibia/Angola; (Sh)=Shona: Zimbabwe; (Ts)=Tsonga: SA; (V)=Venda: SA; (X)=Xhosan: SA; (Z)=Zulu: SA.


Adenopodia spicata (E.Mey.) C.Presl
Fabaceae
ibobo (Z)
Root
Infusions are taken orally by diviners as emetics to increase divining powers (Z) [20].

Agapanthus campanulatus F.M. Leight.
Alliaceae
leta-la-phofu (S), ubani (Z)
Root
Ubulawu preparations are used in the initiation of indigenous healers in South Africa (Z) [20], (S) [22]. Also used to treat people “who have the spirit”, a type of psycho-spiritual illness (S) [28]. Used by diviners in South Africa to induce dreams of the ancestors (N. Podile pers. comm.).

Agrostis bergiana Trin.
Poaceae
yoang ba phorora (S)
Parts used unknown
Used when working the divining bones (S) [39].

Albizia sulensis Gerstner
Fabaceae
Common name unknown (X), ingweb’enkulual unyazangoma (Z)
Parts used unknown
A stirred macerate is taken orally by healers to induce trances (Z) [20]. Used for nervous complaint (Z) [40]. An unidentified species called unyazangoma is used to treat fits (X) [43].

Alepidea amatymbica Eckl. & Zeyh. Var. amatymbica
Apiaceae
lesoko (S), ikhathazo (Z)
Aerial parts, root
The dry rhizome and roots are smoked, or powdered and taken as a snuff by South African diviners to assist divination and communication with the ancestors [47]. It is used to help prevent nervousness (Z) [41]. It is used as a lotion to wash the divining bones (S) [22].

Argyrolobium tomentosum (Andrews) Druce
Fabaceae
umadlozana ompofu (Z)
Root
Root infusions are taken by diviners as emetics to sharpen their vision (Z) [19].

Bauhinia bowkeri Harv.
Fabaceae
Voucher specimen: Sobiecki 5 umlandlovu (Z)
Bark
An emetic by unspecified groups in South Africa, and can produce weak hallucinations (L. Maponya pers. comm.). It is used to assist divination (L. Masinga pers. comm.). A powerful muti used by healers in South Africa as a snuff before sleeping to “open the mind” (Z) (C. Mdumo pers. comm.).
Bulb
decoctions, which are toxic, are used in small
amounts as a hallucinogen to aid divination in South
Africa (Z) [44]. Bulbs are also used as narcotics (S),
(X) [49]. Unspecified groups use a weak decoction
of the bulb scales as a sedative for violent, psychotic
patients [47]. Described as “arousing the spirits” in
Zimbabwe [12].

Boscia albitrunca (Burch.) Gilg & Gilg-Ben.
Capparaceae

umvithi (Z)

Bark, root

Roots are used for medical and magical purposes
(Z) [40]. Uses for epilepsy in South Africa have been
recorded [48]. The bark is used in the initiation of
diviners in South Africa as an ubulawu preparation,
the froth of which is eaten, to “see things”, indicating
possible psychoactive effects (hallucinogenic
activity) and enables “the ancestors to speak through
you” (M. Tau pers. comm.).

Brachylaena discolor DC.
Asteraceae

ipathlisisiduli/umphaphla (Z)

Root

Used by diviners to communicate with the ancestral
spirits (Z) [20]. Indigenous healers in South Africa
ingest root infusions for divinatory purposes (D.
Millard pers. comm.). Brachylaena elliptica (Thunb.)
DC has uses in treating hysteria in South Africa [44].

Brunsvigia radulosa Herb.
Amaryllidaceae

lematla (S)

Parts used unknown

The plant is used to wash the divining bones to “give
greater accuracy”. (S) [22].

Cannabis sativa L.*
Cannabaceae
dagga (Afr), marijuana (E), matokwane (S), umya
(X) insangu (Z)

Leaf

In South Africa its use for medicinal, recreational
and spiritual purposes is widespread among healers
and non-healers from various ethnic groups. South
African diviners sometimes smoke the leaf with other
plants to aid divination (L. Masinga pers. comm.).

Cannabis contains a number of substances that
have sedative, depressant, and toxic effects” [9].
Kung Bushmen may use Cannabis species to facilitate
the induction of trance states (that are used for
divining) (San) [50].

Chenopodium ambrosioides L.*
Chenopodiaceae

thlhatlhabadimo (Ts)

Leaf

Used by South African diviners in a mixture that is
burnt to invoke the ancestors (ebaso la madloze) and
can be used as a snuff that has an intoxicating action
(Ts) (M. Tau pers. comm.). Thlhatlhabadimo means ‘to call the ancestors’. Leaves are used as medicines
in Zimbabwe for madness and convulsions [12].
Used in rainmaking rituals together with other
psychoactive plants such as Datura stramonium L.*
and Avonia rhodesica (N.E.Br.) G.D.Rowley (B) [8].

Crabbea acaulis N.E.Br
Acanthaceae

letsoejane (S)

Parts used unknown

Used by diviners when working the divining bones
(S) [22].

Crabbea hirsuta Harv.
Acanthaceae

letsoejane/mereko (S)

Root

This plant is commonly used in conjunction with the
divining bones (S) [49]. Unspecified groups in
Zimbabwe use the roots administered in porridge for
madness [12].

Cynodon dactylon (L.) Pers.
Poaceae

tsangadzi (Sh)

Root

The root is infused with the whole plant of
Diplolophium zambesianum Hiern and other
ingredients and taken orally by diviners in Zimbabwe
to “arouse the spirits” [12].

Cyperus fastigiatus Rottb.
Cyperaceae

mothoto (S)

Whole plant
An ingredient of a special horn-medicine used in the diviners initiation ceremonies (S). [28]. *Cyperus* species are known to contain simple indoles and the species *Cyperus esculentus* L. is used for its psychoactive properties by the Chinese [20]. *Cyperus* species are used in North Africa for nervous troubles and as a sedative [1]. *Cyperus* species are used in South America as hallucinogens by the Jivaro Indians, and as admixtures in other hallucinogenic brews, by the Yagua Indians of the Peruvian Amazon [5]; [15].

*Datura stramonium* L.*
Solanaceae
*iliyolyiliyoye* (Z)
Leaf, root
The powdered roots and leaves are inhaled as snuff to aid divining in South Africa (Z) [20]. Other psychoactive uses are on record [44].

*Dianthus albens* Aiton
Caryophyllaceae
Common names unknown
Root
An infusion of the crushed root is taken orally during the initiation of diviners to induce vivid dreams related to the ancestral spirits or spirit animals (*isilo*) (X) [2].

*Dianthus crenatus* Thunb.
Caryophyllaceae
*umzima/* *isidala* (Z)
Root
Cold water root infusions are taken as emetics by diviners to clear their vision and sharpen their divining faculties (Z) [19]. Used by indigenous healers in South Africa as an *ubulawu* preparation that is taken orally to induce dreams (M. Hirst pers. comm.).

*Dianthus mooiensis* F.N.Williams
Caryophyllaceae
Voucher specimen: Sobiecki 11
Common names unknown (S), (X), *tjanibeswe* (Z)
Root
Sold in the Johannesburg muti markets as a lucky charm potion (pers. observ.). Used by healers in South Africa as an emetic to allow for communication with the ancestors in dreams (Nonkazimlo pers. comm.; Mhlongo pers. comm.). It is used in South Africa as a snuff that opens ones mind to ideas (G. Tau pers. comm.).

*Dioscorea dregeana* (Kunth) T.Durand & Schinz
Dioscoreaceae
*isidakwa/* *ingcolo/* *ilabatheka* (Z)
Bulb
A bulb decoction is combined with the hallucinogen *Boophone disticha* in a mixture that is used to aid divination in South Africa. Decoctions of the tuber have numerous other psychoactive uses, for example, in treating hysteria and insanity (Z) [49]; [3].

*Diplolophium zambesianum* Hiern
Apiaceae
Common names unknown
Whole plant
The whole plant of *D. zambesianum* is infused with the root of *Cynodon dactylon* and other ingredients and taken orally by diviners in Zimbabwe to “arouse the spirits” [12].

*Dolichos pratensis* (E.Meyer) Taubert
Fabaceae
*letomoko* (S)
Parts used unknown
Used by diviners in ‘working’ the divining bones (S) [22].

*Entada rheedii* Spreng.
Fabaceae
*umkhone* (Z)
Seed
Tobacco smoked in a pipe made from the seed has been reported to cause vivid dreaming [47]. Traditionally used by diviners in South Africa to remember dreams (Z) (C. Mudumo pers. comm.).

*Erythrophleum lasianthum* Corbishley
Fabaceae
*umkhwangulumbhemiwe* (Z)
Bark
A snuff made from the bark has a mild drugging action on a person (Z) (M. Tau pers. comm.) and is also used for treating hysteria (Z) [41]. It is used to aid divination (L. Masinga pers. comm.), and in spiritual rituals, including poison ordeals, in Africa. It is used to increase the potency of palm wine in unspecified parts of Africa [38]. Seeds and bark contain erythrophleine that has analgesic and powerful vasoconstriction properties [20].

*Euclea coriacea* A.DC.
Ebenaceae
*balikokotana* (S)
Parts used unknown
Used by diviners to wash the divining bones to give them accuracy (S) [22]; [39].

*Euclea divinorum* Hiern
Ebenaceae
Common names unknown
Parts used unknown
Reported to have uses in African divination practices, hence the species name *divinorum*. Its psychoactive properties are used by unspecified groups in South African indigenous medicine [47], and it is used for psychiatric purposes elsewhere in Africa [21].

*Ferraria glutinosa* (Baker) Rendle
Iridaceae
*gaise noru noru* (San)
Parts used unknown
This plant was reported by Lee [31], and Katz [26] as having psychoactive properties to aid the novice to enter *kia* or the trance state that was used for divining (San) [50]. At present, no psychoactive uses are said to occur by the San groups in the Ghanzi district of Botswana (A. Trail pers. comm.).
Galium capense Thunb. subsp. garipense (Sond.) Puff
Rubiaceae
seharane/mabone (S)
Parts used unknown
Used in an ubulawu preparation, that is taken orally, for those “with the spirit” making the patient dream and curing them of their psychological or spiritual illness (S) [28]. Mabone connotes “to see”, and the plant is said to be used in divination in South Africa (L. Maponya pers. comm.).

Galium mucroniferum Sond. var. dregeanum (Sond.) Puff
Rubiaceae
seharane/mali-a-phalla (S)
Parts used unknown
Unspecified parts are made into a decoction that is drunk by diviners, enabling them to see the meaning of the divining bones clearly (S) [22]. One of the four vines used in the initiation of diviners (S) [22].

Geranium incanum Burm.f
Geraniaceae
hlapi-e-kholo/ tlako (S)
Parts used unknown
Used by diviners when the divining bones are being worked (S) [22].

Haplocarpha scaposa Harv.
Asteraceae
papetloane (S)
Parts used unknown
Used by diviners when consulting the divining bones (S) [22].

Helichrysum decorum DC. and Helichrysum aureonitens Sch.Bip.
Asteraceae
imphethol/impepo (Z)
Aerial parts
H. aureonitens is thought to be used by izangoma to induce trance (Z) [20], while H. decorum is used to induce trance by inhaling smoke from burning plants (Z) [20]. Callaway [4] describes how eating imphetho is considered vital to the proper initiation of a Zulu diviner.

Helinus integrifolius (Lam.) Kuntze
Rhamnaceae
Common name unknown (P), phelotheri (S), ubhubhabhu (Z)
Leaf, stem, root
An infusion is taken orally in the initiation of diviners to “strengthen his memory and give the initiate keen powers of observation” (P) [35] (Z) [3]. Similar uses of an unidentified plant called pelotheri are reported among the Basemola (S) [10]. It is taken orally in ubulawu mixtures, together with Dianthus species, for communicating with the ancestral spirits (Z) (pers. observ.; N. Podile pers. comm.). It has it used for treating hysteria in Zulu medicine [3].

Hermannia depressa N.E.Br.
Sterculiaceae
moleko/setleluyane (S)
Parts used unknown
Used in divination to indicate the illness and treatment required (S) [22].

Heteropyxis dehniae Suess.
Heteropyxidaceae
inkiza wyntaba (Nd), mubanda (Sh)
Leaf
Leaves are chewed and the smoke inhaled by diviners in Zimbabwe to “arouse the spirits” (Nd), (Sh) [12].

Hibiscus pusillus Thunb.
Malvaceae
semamelona se seholo (S)
Parts used unknown
A favourite plant used by diviners (S) [39].

Hippobromus pauciflorus (L.f.) Radlk.
Sapindaceae
naiego (San)
Parts used unknown
Thought to have been used by the !Kung Bushmen to facilitate the induction of trance states [50]. Psychoactive uses are reported for other Indigofera species in southern Africa [44].

Ipomoea alba L.*
Convolvulaceae
Common names unknown
Seed
Unspecified groups in South Africa crush two to four seeds in water and the resulting liquid is taken orally at night to induce vivid dreams, while the seeds of an unknown Convolvulaceae are used to induce dreams and communication with the ancestors [47].
Ipomoea oblongata E.Mey. ex Choisy
Convolvulaceae
mothokho (S),
Parts used unknown
An ingredient of a special horn-medicine used in the diviners initiation ceremonies (S) [28]. The Sotho use the leaves as a snuff mixed with tobacco in Lesotho [22]. Turbina species are culturally important New World hallucinogens [42].

Limosella africana Glück
Scrophulariaceae
pua metsi (S)
Parts used unknown
Used by diviners when working with the divining bones (S) [22], [39].

Lobelia dregeana (C.Presl) A.DC.
Lobeliaceae
napshane ea phiri (S)
Parts used unknown
Popular with diviners who wash their divining bones in a preparation from the plant to make them more accurate (S) [39].

Lobellia erinus
Lobeliaceae
ma-lan’a konyana / tsoinyane (S)
Whole plant
Diviners wash the bones with a lotion prepared from the plant to make them more accurate (S) [22].

Maesa lanceolata Forssk.
Maesaceae
Voucher specimen: Sobiecki 6
unaguqu/isithende/uphophopho (Z)
Bark
Used together with other plants in a special ubulawu mixture that is taken orally for communicating with the ancestral spirits (Z) (Mhlongo pers. comm.). The bark is used as a stimulating beverage by the Masai [20] and it is used in ubulawu preparations in KwaZulu-Natal [6].

Massonia jasminiflora Burch. ex Baker
Hyacinthaceae
lematlana (S)
Parts used unknown
Used in divination to find lost objects (S) [22], [23].

Monadenium lugardiae
Euphorbiaceae
setima mollo (S)
Parts used unknown
An ingredient of a special horn-medicine used in the diviner’s initiation ceremonies (S) [28].

Mundula sericea (Willd.) A.Chev.
Fabaceae
mosilathlou (Kg), mukundandou (V)
Parts used unknown
Unspecified parts of this toxic plant are used as a divining medicine (Kg) [49]. Considered to be a very powerful magical plant by the Venda [33].

Myosotis afropalaustis C.H.Wright
Boraginaceae
lephukuphuku (Z), sethuthu (S)
Whole plant
Preparations are taken orally in the initiation and training of diviners to develop their memory and make initiates mentally fit for their work, as well as to treat “people with the spirit”, a type of psychospiritual illness (S) [28]. Decoctions made from the plant are used to treat hysteria in South Africa [49].

Nemesia pubescens Benth.
Scrophulariaceae
bohome-ba-litaola (S)
Parts used unknown
Used to wash the divining bones to make them more accurate (S) [22].

Nicotiana tabacum L. *
Solanaceae
fodyayechikwarimba (Sh)
Leaf
The leaf is made into a snuff by southern African diviners at the start of divination, and is also made as a traditional offering to the ancestors [47]; (Sh) [12].

Nymphaea nouchali Burm.f.
Nymphaeaceae
izibu (Z)
Flower
Dried flowers or tinctures are used by South African diviners, producing stimulant, aphrodisiac and euphoriant effects in low doses [47]. Sold on the Johannesburg muti markets for inducing visions related to the ancestors (Z) (pers. observ.). Flowers were believed to have been used in ancient Egypt as a narcotic to induce shamanistic trances [11].

Ocimum americanum L. var. americanum
Lamiaceae
amakha (Nd)
Leaf
Leaves are rubbed on the face in Zimbabwe to “arouse the spirits” and are also used with other plants to treat madness and convulsions in Zimbabwe [12].

Pentanisia prunelloides (Klotzsch ex Eecl. & Zeyh.) Walp subsp. latifolia (Hochst.) Verdc.
Rubiacceae
setima mollo (S)
Parts used unknown
An ingredient of a special horn-medicine used in the diviner’s initiation ceremonies (S) [28].

Philenoptera violaceae (Klotzsch) Schrire
Fabaceae
mbhandu (Lob), Common name unknown (Ts)
Parts used unknown
Tsonga diviners make a drink for “trial by ordeal” from the pounded root or leaves of this tree together with the leaf of Datura stramonium*. This plant may
have psychoactive properties, as do the other “trial by ordeal” plants such as *Erythrophleum lasianthum* and *Securidaca longipedunculata* Fresen. that are used in southern Africa. The divining dice of the Lobedu, a Northern Sotho group, were reportedly left overnight in an infusion made from this plant so that divination could occur [27].

*Phragmites australis* (Cav.) Steud.

Poaceae

goboi (S)

Root

An ingredient of a special horn-medicine used in the diviners initiation ceremonies (S) [28].

*Phylegia capensis* E.-Mey. ex Benth.

Scrophulariaceae

mafifi matso

Parts used unknown

It is used as an ingredient of a special horn-medicine used in the diviner’s initiation ceremonies (S) [28]. Medicines made from the plant together with *Ledebouria cooperi* (Hook.-f.) Jessop are used in initiation ceremonies to inebriate Sotho boys usually causing them to appear stunned and stupefied and to go to sleep (S) [20].

*Phyllanthus reticulatus*

Polygalaceae

Root

An emetic is used to conceal secrets from southern African diviners [38]. The root bark together with other ingredients is prepared as an *ubulawu* to give clear and penetrating vision (Z) [20].

*Pittosporum viridiflorum* Sims

Pittosporaceae

intaba yengwelunyuswane (Z)

Rootbark

An emetic is used to conceal secrets from southern African diviners [38]. The root bark together with other ingredients is prepared as an *ubulawu* to give clear and penetrating vision (Z) [20].

*Pittosporum viridiflorum* Sims

Pittosporaceae

kgalagangwelmosettlela (S)

Root

Root infusions are taken orally for accuracy in divining (S) [20], [39]. Unspecified groups use root decoctions that are reported to ease pain and produce restfulness, while the bark is reported to produce a powerful action if taken in excess [49].

*Polygala gymnoclada* MacOwan

Polygalaceae

lehlokoana la balimolmohlabo o moholo (S)

Parts used unknown

Used when working the divining bones. Most *Polygala* species are said to be used in this way (S) [39]. The vernacular names mean “the piece of grass of the ancestors” and “the strong stimulant” (S) [39].

*Psoralea pinnata* L.

Fabaceae

umhlongani (Z)

Root

Cold water infusions from roots, mixed with roots of *Helinus integrifolius*, are made into *ubulawu* preparations, and taken as emetics by diviners as part of their initiation [3].


Vitaceae

Voucher specimen: *Sobiecki-* 2

morara o moholo (S)

Parts used unknown

Used by diviners with *Myosotis afropalustris* C.H.Wright in *ubulawu* preparations that are taken orally to treat a psycho-spiritual illness termed “having the spirit” (S) [28], [29]. It is one of the four vines used in the initiation of diviners (S) [22], [23], [30]. Unspecified parts are used by the Lobedu, a Northern Sotho group, for epilepsy and by the Masai as a nerve stimulant [48].

*Rubia cordifolia* L. subsp. *conotricha* (Gand.) Verdc.

Rubiacaeae

seharane (S)

Parts used unknown

Decoctions of unspecified parts are traditionally taken by diviners to facilitate divining by giving them insight into the messages of the divining bones (S) [22], while the plant is reputed to have analgesic effects [49].

*Rubia petiolaris* DC.

Rubiacaeae

*Ubulawu ububomvuliimpendulo* (X)

Root

*Ubulawu* preparations using the roots are taken orally by initiate diviners to induce dreams of the ancestors (X) [2]. Other admixtures used include: *Silene*, *Hippobromus* and *Dianthus* species all having literature indicating similar oniogenic (dream inducing) uses.

*Sclerocarya birrea* (A.Rich.) Hochst. subsp. *caffra* (Sond.) Kokwaro

Anacardiaceae

umganu (Nd), mupfura (Sh)

Root

An infusion made with the root, mixed with twigs of *Loranthus* species, is taken orally by diviners to “arouse the spirits” in Zimbabwe [12].

*Securidaca longipedunculata* Fresen.

Polygalaceae

mudla-ndlopfu (Cho), Common name unknown (Sh)

Voucher specimen: *Sobiecki* 3

Root

Used with *Sphedamnocarpus pruriens* (A.Juss.) Szyszyl. subsp. *pruriens* for treating people believed to be possessed by evil spirits (Cho) [49]. The tree was used in southern Africa as an ordeal poison in the same manner as *Datura* species [25]. The powdered root is mixed in porridge that is eaten for epilepsy and convulsions, and is washed with to “arouse the spirits” in Zimbabwe [12]. The roots are used for mental disorders by the Venda [33]. Sedative, tranquillising and anti-convulsant properties have been described [37]. Thought to have been used by the !Kung for trance induction (that was used for divining) [50].

*Silene bellidioides* Sond.

Caryophyllaceae
Voucher specimen: Sobiecki 10
gwayana (Z)
Root
Root infusions are taken as an emetic or taken orally in small quantities in South Africa to induce “true” dreams related to the ancestors (Z) (C. Mudumo pers. comm.). Used as love charm emetics (Z) [20].

Silene pilosellifolia Cham. & Schltldl.
Caryophyllaceae
popoma (Z)
Root
Roots are used as an ubulawu preparation, taken orally to produce dreams relating to the ancestral spirits in South Africa (Z) (G. Tau pers. comm.). Used as love charm emetics (Z) [20].

Silene undulata Aiton
Caryophyllaceae
undela zinhlophe (X), (S)
Root
Roots are used in ubulawu preparations, taken orally, in the initiation of diviners, producing lucid dreams related to the ancestral spirits (X) [17], [18]. The plant is used as a medicine in treating many diseases particularly fevers and delirium (S) [49].

Siphonochilus aethiopicus (Schweinf.) B.L. Burtt.
Zingiberaceae
khirugulu (Lob), isiphephetho (Z)
Rhizome
A Siphonochilus species is chewed by diviners before divining and is said to impart insight and power to the novice diviner (Lob) [27]. A number of psychoactive uses have been reported for this plant including treating hysteria (Z), [13], epilepsy and insomnia [47]. South African diviners use a powder of the rhizome, which is sprinkled onto the divining bones to increase the accuracy of divination (B. Sebushi pers. comm.). There are reports that Kaempferia galanga L. (Zingiberaceae) is used as a hallucinogen and medicine in New Guinea [42].

Sisyranthus huttoniae (S.Moore) S.Moore.
Apocynaceae
umfanozocile omhlophe (Z)
Parts used unknown
Uses related to the ancestral spirits are recorded (Z) [20].

Stachys aethiopicus L.
Lamiaceae
bolao ba litaolla/bokhatha (S)
Aerial parts
It is burnt in the hut of a person suffering with feverish delirium and is soothing (S) [39]. Used in divination rituals.

Stephania abyssinica (Quart. Dill. & A.Rich.) Walp. var. tomentella (Oliv.) Diels
Menispermaceae
lesibo (S)
Parts used unknown
Used in divination to discover lost things or secret matters (S) [39]. S. abyssinica is known to have psychoactive properties and tranquilising effects, but its psychoactive use in southern Africa is unknown [20]. Other species are used in East Africa as sedatives, and isoquinoline and aporphine alkaloids have been shown to have narcotic properties [37].

Strychnos henningsii Gilg
Strychanaceae
manono (Z)
Bark
Small pieces of bark are chewed by initiate healers to produce dreams related to the ancestral spirits in South Africa (L. Maponya pers. comm.). This plant is used together with Turraea floribunda Hochst. for various pains (Z) [20].

Synaptoplepis kirkii Oliv.
Thymelaeaceae
uvuma-ombholpe (Z)
Root
Root infusions are used for epilepsy by the Karanga in east Africa [49] and as ritual emetics and body washes to assist diviners in South Africa to ‘see’ in a metaphysical sense (Z) [47].

Tulbaghia capensis L.
Alliaceae
Voucher specimen: Sobiecki 1
umwelela (X)
Clove
Reportedly used as an admixture with the hallucinogen Boophone disticha for divination in South Africa (G. Tau pers. comm.). Other Tulbaghia species are used for fits and restlessness in Transkei in South Africa (X) [20], as well as reported uses for madness [12]. T. capensis may have similar sedative properties or uses that may mitigate unpleasant side-effects such as anxiety or panic experienced with Boophone disticha hallucinations.

Turracea floribunda Hochst.
Meliaceae
umadlozana (Z)
Root
Root preparations are taken orally by diviners to enter the ‘neurotic’ state needed for divining dances (Z) [20].

Typha capensis (Rohrb.) N.E.Br.
Typhaceae
mositla (S)
Parts used unknown
An ingredient of a special horn-medicine used in the diviners initiation ceremonies (S) [28].

Xysmalobium undulatum (L.) Aiton f.
Apocynaceae
leshokhoa (S)
Parts used unknown
An ingredient of a special horn-medicine used in the diviner’s initiation ceremonies (S) [28]. Used to treat hysteria in South Africa [44].
## APPENDIX 2

Plants used in indigenous healing rituals in southern Africa and their psychoactive effects

*Information is arranged as follows:*

<table>
<thead>
<tr>
<th>Botanical name, exotics *</th>
<th>Specimen voucher</th>
<th>Plant family</th>
<th>Vernacular name/s of ethnic group/s using plantb</th>
<th>Part used</th>
<th>Preparation/route of administration/related usage/informant/referenced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albizia adianthifolia (Schumach.) W. Wright var. adianthifolia Fabaceae</td>
<td>Voucher specimen: Sobiecki 4</td>
<td>(V)</td>
<td>Voucher specimens were identified by staff at the Charles E. Moss Herbarium, Johannesburg.</td>
<td>Parts unknown</td>
<td>Unidentified parts are taken orally to induce dreams and improve the memory (V) [33].</td>
</tr>
<tr>
<td>Avonia rhodesica (N.E.Br.) G.D.Rowley. Portulacaceae</td>
<td>Common name unknown (B), tirika (Sh)</td>
<td></td>
<td></td>
<td>Parts used unknown</td>
<td>A beer additive in Zimbabwe, and is reported to have hallucinogenic and narcotic activity [12], [47]. Used in rainmaking rituals together with other psychoactive plants such as Datura stramonium* and Chenopodium ambrosioides (B) [8].</td>
</tr>
<tr>
<td>Anisophylea boehnii Engl. Anisophylleaceae</td>
<td>mufungu (Nd)</td>
<td>Leaf, bark</td>
<td>The bark is boiled and the leaves are made into a cold-water infusion that is taken orally together with other plants as a drinking medicine in the Ihamba (spirit) exorcism ritual (Nd) [45]. Psychoactive effects were experienced after the infusion was taken [45].</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canthium inerme (L.f.) Kuntze Rubiaceae</td>
<td>muhotuhotu (Nd)</td>
<td>Leaf</td>
<td>Unspecified parts are prepared into a cold-water infusion that is taken orally with other plants as a drinking medicine in the Ihamba (spirit) exorcism ritual (Nd) [45]. Psychoactive effects were experienced after the infusion was taken [45].</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Commiphora africana (A.Rich.) Engl. var. africana Burseraceae</td>
<td>Common name unknown (San)</td>
<td>Leaf</td>
<td>The Diamphidia vittatipennis beetle larvae eat the leaves of this tree, and produce diamphidia toxin which is used as an arrow poison. However, ingested or smoked, it is non-toxic to mammals and it is reported that the dried and powdered larvae are smoked together with tobacco by the San causing them to fall into a state of drunkenness and hallucination [36]. This plant may have had uses in aiding trance among the San.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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*Ethnic groups using the plant: (Af)=Afrikaans: SA; (B)=Tswana: SA; (Cho)=Chopi: Mozambique/Caprivi; (E)=Europeans: SA; (G)=Griqua: SA; (Ka)=Kuanyama Ambo: SW Africa; (Kg)=Kotla (a Tswana dialect): Botswana; (K)=Khoi: SA; (L)=Lobedu (a dailect of Northern Sotho): SA; (Nd)=Ndembu: Zambia/Angola/Zaire; (P)=Pedi: SA; (S)=Sotho (This language group includes Northern Sotho, South Sotho and Tswana); (San)=San: SA/Namibia/Angola; (Sh)=Shona: Zimbabwe; (Ts)=Tsonga: SA; (V)=Venda: SA; (X)=Xhosa: SA; (Z)=Zulu: SA. SA=South Africa.

are believed to aid spiritual contact [24]. Mondzo = ‘to see’.

Eleutherine bulbosa-*(Miller) Urban
Iridaceae
abangongosi/ababomvu (Z)
Bulb
The plant is believed to be used by indigenous healers for its magical and hallucinatory properties (Z) [20].

Ipomoea tricolor Cav.
Convolvulaceae
Common names unknown
Seed
In Zimbabwe unspecified groups chew 200 to 500 seeds to induce hallucinations [12].

Justicia flava (Vahl) Vahl.
Acanthaceae
impela (Z)
Root
Roots are used in magic ceremonies in South Africa (Z) [20]. Justicia species are added to a hallucinogenic snuff in Colombia and Brazil and may contain N.N-dimethyltryptamine.

Ochna pulchra Hook. f.
Ochnaceae
musengu (Nd)
Bark, leaf
A bark decoction is made into drinking medicine, and leaves are used as a wash for patients bodies in the Ihamba (spirit) exorcism ritual (Nd) [45]. Psychoactive effects were experienced after the infusion was taken [45].

Sceletium tortuosum (L.) N.E.Br.
Mesembryanthemaceae
kanna (K)
Aerial parts
The prepared plant material is chewed, with numerous psychoactive uses on record for this plant notably as a mood enhancer and anxiolytic (K) [47]. Its role in San trance induction has been convincingly demonstrated in a recent paper by Mitchell and Hudson (2004).

Spherdinocarpus pruriens (A.Juss.) Szyszyl. subsp. pruriens
Malpighiaceae
pupuma (Cho)
Parts used unknown
Unspecified parts are used by the Chopi with Securidaca longepedunculata for people believed to be possessed by evil spirits (Cho) [49]. Roots are used for mental disorders by the Venda [33].

Vangueriopsis lanciflora (Hiern) Robyns.
Rubiaceae
musoli (Nd)
Bark, leaf
The tree of revelation. The bark is boiled and the leaves are made into a coldwater infusion, that is taken orally, together with other plants as a drinking medicine in the Ihamba (spirit) exorcism rituals (Nd) [45]. Roots are used to treat madness in Malawi [12].

Xylopia odoratissima Welw. ex Oliv.
Annonaceae
mututambulolu (Nd)
Root
Scraped roots are boiled and the juice is taken orally with other ingredients in the Ihamba (spirit) exorcism rituals (Nd) [45]. Psychoactive effects were experienced after the infusion was taken [45].

Xylopia aethiopica (Dunal) A.Rich is said to contain the alkaloid anonaceine that resembles morphine in action [49].

Ziziphus mucronata Willd. . subsp. mucronata
Rhamnaceae
chikwata (Nd)
Root
Used with other plants as a drinking medicine in the Ihamba (spirit) exorcism rituals [45]. It has analgesic effects [20].

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