

ASAP Africa Zimbabwe HERBAL TREATMENT GUIDE

ZITA REMUSHONGA	MADYARIRWO	ZVIRWERE ZVINORAPWA	MARAPIRO	
1	Lemon Grass	Dzinde	1. Kukosora 2. Kuderedza BP 3. Kupfavisanda 4. Kunyaradza kuneta	Vhaidza mumvura wonwa setea
2	Sage	Nhawani	1. Maronda 2. Itsvo nechiropa 3. Manyoka 4. Kudikitira Usiku 5. Kugeza chibereko	Geza maronda nesage tea Puta Sage tea wopfira Imwa 3-4 cups dzesage inopisa kurapa malaria Musashandise midziyo ye aluminium
3	Lavender	Nhawani	1. Kuti munhu ade kudya 2. Musoro 3. Kusvotwa 4. Kushaya hope	Tea yemashizha kana maruva
4	Penny Royal	Nhawani	1. Mazino 2. Mabayo 3. Musoro 4. Maronda mukana 5. Kurumwa netupembenene 6. Kuromwa nenyoka	Tea kaviri pazuva Musape vane pamuviri
5	Garden Rue	Nhawani	1. Kuti munhu ade kudya 2. Chirungurira 3. Kudzinga mamhepo 4. Kugeza zvakanaka (vakadzi)	Tea kaviri pazuva Musape vane pamuviri Ukawanza unokonzera hope
6	Worm Wood	Nhawani	1. Kuti munhu ade kudya 2. Kurutsa 3. Diarrhoea (manyoka) 4. Mawemusi (Worms) 5. Kurapa pasvuuka ganda 6. Kugaya chikafu zvakanaka	Tea Zora mashizha atswanyiwa paronda Musape vane pamuviri

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7	Garlic Chive	Dzinde	1. Kuti munhu ade kudya 2. Kugeza ropa 3. Kusimbisa masoja emuviri	Tea Musape vane pamuviri uye vane makore ari pasi pemashanu
8	Stinging Nettle	Dzinde	1. Kurumwa netupembenene uye nenyoka 2. Kuzvimba kweitsvo 3. Inodzinga maworms (mawemusi) 4. Manyoka, manyoka eropa, hemorrhoids 5. Inobvisa matombo mudundira	Tea yemashizha Tea yemidzi Vidza mashizha woisa pachironda kumisa ropa
9	Rosemary	Nhawani	1. Kukosora 2. Kunyaradza kurwadza nekuwedzera ropa 3. Kugaya mafuta mumuviri 4. Kurwadza kwemajoini 5. Maronda mukanwa	Tea yemashizha kana maruva 1 - 2 cups mazuva ese
10	Russian Compfrey	Dzinde	1. Kuderedza asthma 2. Kukosora 3. Maronda 4. Kuzvimba mapapu 5. Maronda eitsvo 6. Ropa muweti 7. Kuderedza B.P 8. Manyoka 9. Maronda pamazamu	Tea kurapa manyoka Mashizha akatswanyiwa Kurapa maronda
11	Oregano	Nhawani	1. Kukosora 2. Mudumbu 3. Musoro nekusagadzikana 4. Kuneta muviri 5. Marwadzo epakutevera 6. Mazvimbiswa	Tea yemaruva

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12	Bulbum Bulbinella	Dzinde	1. Herpes 2. Marwadzo emudumbu 3. Maronda 4. Kutsva	Tsukutira mashizha pamaronda Zora muto kuherpes
13	Aloe Vera	Dzinde	1. Herpes 2. Tsvina yakaomarara 3. Maworms (Pin) 4. Kuti munhu arutse 5. Maronda, Kutsva, hemorrhoids	Isa mumvura womwa Musape vane pamuviri
14	Thyme	Nhawani	1. Kugaya chikafa 2. Maronda pahuro 3. Maronda mukanwa (thrush) 4. Kusimbisa masoja emuviri 5. Asthma 6. Mabayo mudumbu 7. Manyoka 8. Kutadza Kugeza	Tea inopisa kana mukadzi asikugeza (suppressed menstration) Tea yakatonhora - mabayo emudumbu Musamwe yakawandisa
15	Tansy	Mhodzi	1. Makonye mudumbu 2. Kusimbisa tsinga dzeropa 3. Mazino 4. Kurwadza kwemoyo 5. Maziso akazvimba 6. Kurwadza kweitsvo	Tea - kamwe kana katatu pazuva
16	Basic	Mhodzi (Seed)	1. Maronda 2. Kurumwa nenyoka 3. Mabayo emudumbu 4. Kuneta mupfungwa 5. Kurumwa netupukanana	Tea Kufema mweya wacho - Kupedza kuneta mupfungwa Kwizira mashizha parumwa netupukanana

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17	Mint	Nhawani	1. Kunyaradza marwadzo 2. Manyoka 3. Nhetemwa 4. Kusvotwa nekurutsa 5. Kuderedza ropa pakugeza (vakadzi) 6. Musoro 7. Mudumbu	Tea 2 - 3 makapu pazuva(musoro)
18	Yarrow	Mhodzi	1. Nzeve 2. Maronda 3. Chicken pox 4. Zino 5. Kuzvimba matadza 6. Kuti wete ibude 7. Kubuda ropa mumapapu 8. Kugeza ropa	Tea
19	Geranium	Mhodzi	1. Kusagadzikana 2. Kurwadza mudundundu 3. Kusimbisa masoja emuviri	Tea, makapu maviri pazuva
20	Garlic	Dzinde	1. Kusimbisa masoja emuviri 2. Mawemusi 3. Maronda mukanwa kana panhengo yamai 4. Diabetes 5. Cholera 6. Gonorrhoea 7. Cancer pazamu 8. Asthma 9. Musoro 10. Maronda pahuro	Tsenga mushure memaawa mashoma wochukucha mukanwa nemvura ine munyu kana soda Isa kاپisi mumafuta woisa kunhengo yamai manheru ega ega (Usadye mukaka, uchi, shuga)
21	Sour Fig	Dzinde	Tumapundu (Rash)	Zora muto wacho parash