

Purgative Plants Used by the Residents of Muledani Village in Thohoyandou, South Africa

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Abstract : Traditional medicine continued to play a pivotal role in treating various diseases affecting VhaVenda people. The Venda region is rich with different types of medicinal plants that are used to treat quite a variety of illnesses. This includes plants that are used as laxative. Laxative can be defined as a food composed of a combination of drugs that help to relieve constipation. The study was conducted in the Muledani Village of the Thulamela Municipality. The study investigated all plant forms that are used by Muledani residents as laxative. The semi-structured questionnaire was used to gather information from the respondents aged forty years and above. The households of the respondents were sampled randomly by visiting every tenth homestead in each street. Total of thirteen different plants was given by all respondents participated in the current research. Different parts of plants like Aloe arborences, Erythrina lysistemon, Terminalia sericea and others are used as laxative. Amongst all the plant parts, roots and barks are used by the respondents. They are either ground or boiled first before consumption. Furthermore, the study indicated that the plants can be used by people of all age groups only when the dosage of the medicine is taken into account. The use of traditional medicine as laxative is recommended as no side effects are experienced if the correct dosage is given to the relevant age group.

Keywords : medicinal plants, Muledani, Venda region, questionnaire

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