

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Knotgrass <i>Polygonum aviculare</i>		Incontinence, stone formation, weeping eczema, mucus & bloody discharge from urinary & reproductive organs, diarrhea, dysentery.	
Kola Nuts <i>Kola vera (schum)</i>	Central nervous system stimulant, antidepressant, astringent, diuretic	Energy Booster, stimulant of human consciousness. Can be used during depression associated with weakness as a stimulant. Helpful in anorexia	It contains caffeine. Decoction 1-2 tsp of powdered nuts in cup of water bring to the boil and simmer for 10 – 15 min. Drink when needed. Tincture 1-2 ml 3x/day.

NB This information is not intended to substitute a competent Health Care professionals advice or treatment.