



## **Unbefitting healing objects? Relations to health and protection among young middle class adults, indigenous healers and religious leaders in Dodoma, Tanzania**

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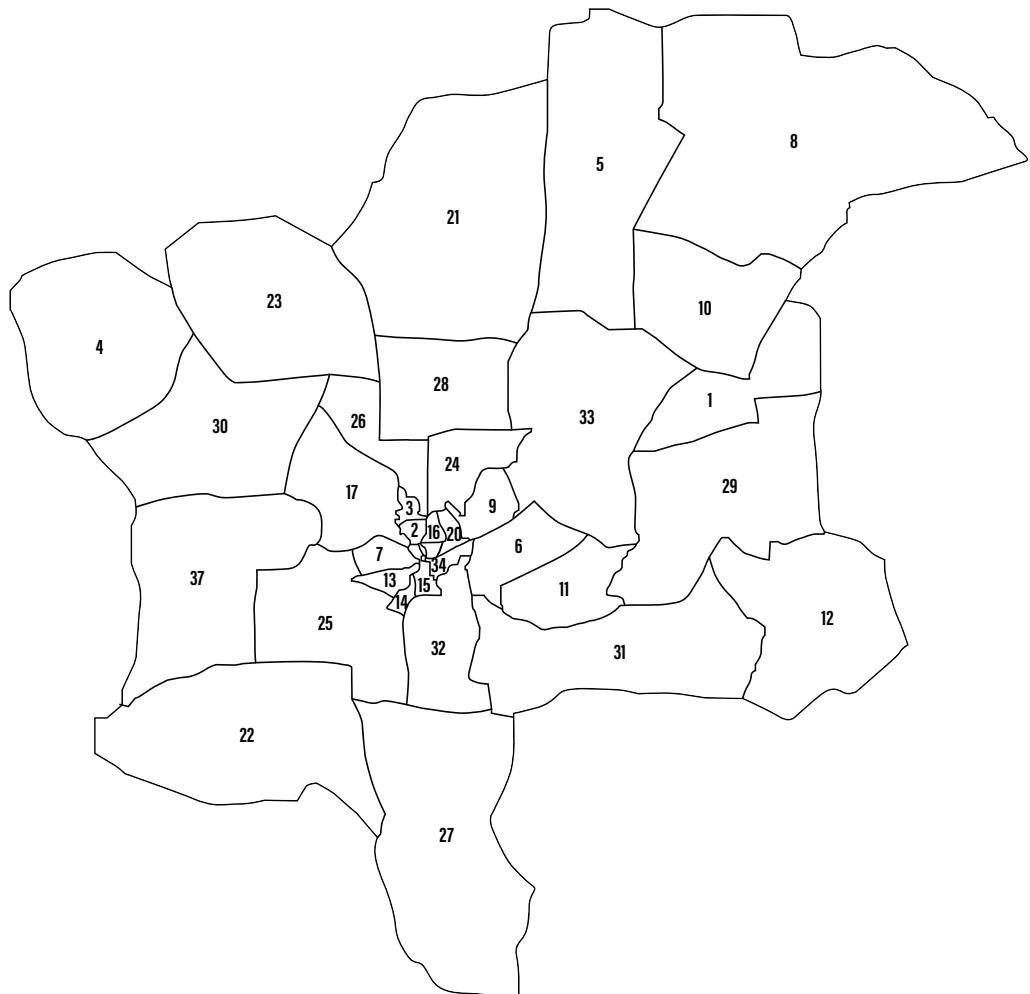
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# Map 1: Wards of Dodoma<sup>113</sup>



|    |            |    |                   |    |            |    |               |
|----|------------|----|-------------------|----|------------|----|---------------|
| 1  | Chahwa     | 11 | Iyumbu            | 21 | Makutupora | 31 | Ng'hong'honha |
| 2  | Chamwino   | 12 | Kikombo           | 22 | Mbabala    | 32 | Ntyuka        |
| 3  | Chang'ombe | 13 | Kikuyu Kaskazini  | 23 | Mbalawala  | 33 | Nzuguni       |
| 4  | Chigongwe  | 14 | Kikuyu Kusini     | 24 | Miyuji     | 34 | Tambukareli   |
| 5  | Chihanga   | 15 | Kilimani          | 25 | Mkonze     | 35 | Uhuru         |
| 6  | Dom-Makulu | 16 | Kiwanja cha ndege | 26 | Mnadani    | 36 | Viwandani     |
| 7  | Hazina     | 17 | Kizota            | 27 | Mpunguzi   | 37 | Zuzu          |
| 8  | Hombolo    | 18 | Madukani          | 28 | Msalato    |    |               |
| 9  | Ipagala    | 19 | Majengo           | 29 | Mtumba     |    |               |
| 10 | Ipala      | 20 | Makole            | 30 | Nala       |    |               |

<sup>113</sup> Based on Figure 1 Sumari *et al.* (2025: 2166).

# Annex A: Glossary

| Swahili               | English   |
|-----------------------|---|
| Abdalasini            | Basil   |
| Afyu nzuri            | Good health   |
| Babunaji              | Chamomile leaves  |
| Biashara              | Business  |
| Bodaboda              | Motor cycle taxi  |
| Chango                | Stomach problems  |
| Choo cha kijani       | Green poo   |
| Dala dala             | Minibus share taxis   |
| Dawa                  | Medicine  |
| Dawa za uzazi         | Literally: medicine of birth  |
| Dawa ya mitishamba    | Herbal medicine   |
| Dodoma mjini          | Dodoma urban  |
| Duka la dawa          | Pharmacy  |
| Duka la dawa za asili | Literally: “shop of traditional medicine”; shop with indigenous herbs |
| Fifiza moyo           | Suffocates the heart  |
| Har mali              | Bihidana or quince seeds  |
| Hurusi                | Paralysis   |
| Hirizi (Ilizi)        | Charm, amulet, talisman   |
| Jini (pl. majini)     | Spirit (pl. spirits)  |
| Kakakuona             | Armadillo   |
| Kamon aswad           | Black seed sunflower  |
| Kaniki                | Black cloth   |
| Kanisa la Mungu       | A church of God   |
| Kanisa la Biblia      | A church of the Bible   |
| Kifaduro              | Whooping cough  |
| Kifafa                | Epilepsy  |
| Kinga                 | Protection  |
| Kubiliti upele        | Cover the rash  |
| Kukanda               | Massage   |
| Kuondoa mikosi        | To remove bad omen  |

|                         |   |
|-------------------------|---|
| Kuroga                  | To bewitch                                    |
| Madini                  | Minerals                                      |
| Madukani                | In the shops                                  |
| Mafuta ya mkunazi       | Coconut oil                                   |
| Mafuta ya karafuu       | Clove oil and is used as massage oil          |
| Maganda ya kakakuona    | Armadillo shells                              |
| Maganga karanga         | Roasted groundnuts                            |
| Maji ya baraka          | Holy water                                    |
| Mama mdogo              | Mother's younger sister                       |
| Mashetani               | Spirits or demons                             |
| Mashetani ya ukoo       | Clan spirits                                  |
| Mchawi (pl. wachawi)    | Witch (pl. witches)                           |
| Mganga (pl. waganga)    | Healer (pl. healers)                          |
| Mganga wa kienyeji      | Indigenous healer                             |
| Mganga wa tiba za asili | Herbal healer                                 |
| Miti shamba             | Herbs (literally: trees of the field)         |
| Mizimi ya nyumbani      | Family spirits                                |
| Mizizi ya tulatula      | Roots of the tulatula plant                   |
| Mizizi ya mbaazi        | Pea roots                                     |
| Mji mpya                | New city                                      |
| Mkaa                    | Charcoal                                      |
| Mkunga                  | Midwife                                       |
| Mpapara                 | Green leaves of mparara tree                  |
| Mti Ulaya               | European tree                                 |
| Muarubaini              | Neem tree                                     |
| Mvuje                   | Asafoetida                                    |
| Mzee                    | Older man                                     |
| Ndulele                 | Local name for a certain plant                |
| Ngozi ya ng'ombe        | Cow skin                                      |
| Nia                     | Intention, aim, or purpose                    |
| Pepopunda               | Tetanus (when the eyes go from left to right) |
| Pumu                    | Asthma  |
| Shamba                  | Field or farm                                 |
| Shehe                   | Muslim religious leader                       |
| Sindano                 | Injection                                     |
| Surua                   | Measles                                       |

|                   |   |
|-------------------|---|
| Tangawizi ya unga | Powdered ginger                                 |
| Tende na maziwa   | Dates with milk                                 |
| Tumbo la wazazi   | Literally: stomach of the parents               |
| Ubuyu             | Baobab nut/pith                                 |
| Uchawi            | Witchcraft                                      |
| Udongo            | Soil  |
| Ugali             | Type of corn meal made from maize or corn flour |
| Unga wa sufa      | Almond flour                                    |
| Ungo              | Winno-wing basket/sieve                         |
| Ushituka          | Trembling                                       |
| Utomvu            | Plant sap                                       |
| Wanapata mimba    | To become pregnant                              |

## Annex B: Overview objects used in health-related issues<sup>114</sup>

### Herbs (Miti shamba)

| Local name                                    | Translation        | Material   |
|---|--------------------|--|
| <i>Aloe vera</i>                              | Aloe vera          | Plant-based  |
| <i>Babunaji</i><br>Photo 2.16 page 84         | Chamomile leaves   | Leaves   |
| <i>Kubiliti upele</i>                         | Cover the rash     | Yellow powder, from the flowers of small avocado trees |
| <i>Mafuta ya kondoo</i>                       | Fat from the sheep | White substance  |
| <i>Maganga karanga</i>                        | Groundnuts         | Shell  |
| <i>Mapande</i> (either Swahili or Gogo name)  |                    | Herb   |
| <i>Mapande</i>                                |                    | Herb   |
| <i>Marembo</i> (local name, not Swahili name) |                    | Avocado plant  |

<sup>114</sup> Some of the names are noted phonetically, and some may not be Swahili names. It is indicated when known from which ethnic group the name is.

| Purpose   | How used   |
|---|--|
| Malaria   | Drink with cold water  |
| To keep the baby inside   | Half a cup, twice a day, every day.<br>When becoming pregnant, start drinking  |
| If someone is possessing spirits ( <i>mashetani</i> ),<br>the spirits go out<br><br>It can also chase away spirits in the mine in<br>order for people to start mining | Together with glycerin and <i>tanganite</i><br>(black powder) on the ground and<br>it catches fire. By adding the yellow<br>powder, the flame gets larger.   |
| Constipation  |  |
| Cure sores on the tongue  | Pick the shells that were already<br>used, an empty match box plus the<br>sugar cane strings which are left after<br>chewing and the core of the maize.<br>Burn these things together to get the<br>ashes and smear it on the tongue |
| When parents meet for sex   | Wash the child once to keep the child<br>healthy   |
| Protection for disease (child is too thin<br>( <i>kukonda</i> ), diarrhoea, fever)  | Wash the child with the herb in order<br>to become fat   |
| Warm the body   | Used with cold water, 1 cup, spread all<br>over the day  |

| Local name  | Translation | Material  |
|---|-------------|---|
| <i>Mpapara</i>  |             | Leaves which cannot be found in Dodoma, but in Geita region |
| <i>Mtulu and mweze</i><br>(Gogo names)                              |             | Roots   |
| <i>Mtundi la mwewa</i><br>(Gogo name)                               |             | Roots   |
| <i>Muarubaini</i><br>Photo 2.1 page 50                              | Neem        | Leaves of a tree  |
| <i>Mvuje</i><br>Photos 4.5 and 4.6 page 153                         | Asafoetida  |   |
| <i>Ndulele</i> (local name, not Swahili name)<br>Photo 4.7 page 156 |             | Comes from the avocado plant <sup>115</sup>                 |
| <i>Ndulele</i>  |             |   |
| <i>Omgilirima</i>   |             | Roots of the tree   |

<sup>115</sup> This might be the bitter-apple (solanum in Latin), and not the avocado plant (see Veldman *et al.* 2019: 24).

| Purpose  | How used  |
|--|---|
| For children under 5 years old when the child is sick.       | Use the pounded leaves in the tea ( <i>chai</i> ) in the morning and evening, for 3 days  |
| To help a person who failed to get a job or who has bad luck | Pound the roots, and put them in water. The person bathes one time in that water.   |
| To help a woman to get pregnant                              | Boil the roots and drink the water. After 5 days, return to the healer with a hen. The healer boils the hen together with the medicine, like soup. The hen has no specific colour. The woman takes the soup once, and eats the meat. She goes back home, and after one month she becomes pregnant |
| Clean unwanted material from the body                        | Heat the leaves, take 3 glasses a day, for 3 days   |
| It helps to protect the child against <i>degegege</i>        | Put the <i>mvuje</i> on the wrist or waist  |
| Warm the body  | Used with cold water, 1 cup, spread all over the day  |
| Help the child grow. Gets it immediately after birth         | Together with <i>mvuje</i> and <i>mafuta nyonyo</i> (sweet custard) tied in a piece of cloth, sown and put on the wrist of the child.   |
| <i>Chango</i> (the child has pain in the stomach)            | The cover of the roots is pounded and put on a teaspoon with some water. When a child sneezes, apply it in the nose, and also do this when the child shows signs of <i>chango</i>   |

| Local name                                   | Translation            | Material   |
|--|------------------------|--|
| <i>Omuyonga</i><br>( <i>Haya name</i> )      |                        | The medicine is made of the grass which gave the child the rash, which is burned, and makes it black |
| <i>Tula tula plant</i><br>Photo 2.14 page 79 | Most likely nightshade | A yellow fruit when its ripe, green when unripe  |
| <i>Tula tula plant</i>                       |                        | Roots  |

## Animals

| Local name       | Translation | Material                  |
|------------------|-------------|---------------------------|
| <i>Kakakuona</i> | Armadillo   | A small part of the scale |
| <i>Kakakuona</i> | Armadillo   | Living animal             |

| <b>Purpose</b>  | <b>How used</b>  |
|---|--|
| When a child is sitting on the grass and gets a rash on the body  | Smeared on the body, or the child needs to bath in it                            |
| For children and adults.<br>To cure stomach pain; to get pregnant | Take as a whole or lick the powder   |
| Hernia in the stomach   | Use the roots of the plant mixed with vinegar. Drink it once a day for two weeks |

| <b>Purpose</b>  | <b>How used</b>  |
|---|--|
| When the eyes go all sides – because they follow a certain bird | Worn around the neck   |
| Predict future  | Put things next to armadillo, people leave the place, whichever the armadillo chooses, there will be more of that in the future. For example, if the armadillo is seen with the crops, the person who sees the animal will get more crops. |

## Objects of other material

| Local name                          | Translation                                 | Material       |
|-------------------------------------|---|----------------|
| <i>Mkaa sana sana</i>               | A lot of charcoal                           | Black charcoal |
| <i>Mkaa sana sana</i>               | A lot of charcoal                           | Black charcoal |
| <i>Shabu</i>                        | Comes from Kilimanjaro, it is from the mine | White stone    |
| <i>Shanga</i><br>Photo 2.17 page 90 | Beads                                       | Beads          |
| <i>Shanga</i>                       | Beads                                       | Beads          |

## *Ilizi*

| Local name  | Translation                               | Material   |
|---|---|--|
| <i>Kaniki</i><br>Photo 4.9 page 173                       | Black wrap worn by women (TUKI 2001: 127) | Black cloth  |
| <i>Ilizi</i><br>Photo 4.3 page 152 and photo 4.7 page 156 |   | It is always in black cloth and it is beating, like the heart. It has always something inside. |
| <i>Ilizi</i>  |   | Black cloth, with different things inside  |

|  | <b>Purpose</b>  | <b>How used</b>                                       |
|--|---|---|
|  | When the child is not feeling well, or is crying a lot  | Put it on forehead, before going to sleep             |
|  | To keep the child safe from thunder and lightning, when the child is part of a twin. It is dangerous to be a twin, because one is positive, the other is negative. Then there will be rain with thunder | Put it on forehead in the middle                      |
|  | If the water is contaminated, the water becomes clean   | Put the medicine in the water                         |
|  | To increase sexuality   | Wear a string of beads around the waste               |
|  | Wear for leisure (by Maasai)  | Wear it at wrist, neck or legs, both by men and women |

|  | <b>Purpose</b>   | <b>How used</b>   |
|--|--|---|
|  | Protection for the child, against disease, the eye of the people (if a bad person looks at you, you can die) | Wear it around hand, neck, waist and always wear it, up to the age of 5 years old   |
|  | Protection for the child against diseases  | The child wears it around the waist for protection against disease <i>degedege or surua</i> (measles), these are common diseases and dangerous. |
|  | Protection for the child against witchcraft  |   |

| Local name   | Translation | Material                                  |
|--------------|-------------|---|
| <i>Ilizi</i> |             | Black cloth, with different things inside |
| <i>Ilizi</i> |             | Black cloth, with different things inside |
| <i>Ilizi</i> |             | Black cloth, with different things inside |
| <i>Ilizi</i> |             | Black cloth, with different things inside |

| Purpose                  | How used  |
|--------------------------|---|
| Protection of thief      | There was a thief with <i>ilizi</i> inside his upper arm. People will not see the thief when steeling, the thief cannot get caught. |
| Protection of house      | A thief tries to break in the house, but the house is protected with <i>ilizi</i> . The thief becomes mad (ill).                    |
| Protection of house      | Put the object in the centre of the house, hidden.  |
| Achieve more in business | <i>Ilizi</i> can also be used in business. People with small business use it to achieve more.                                       |