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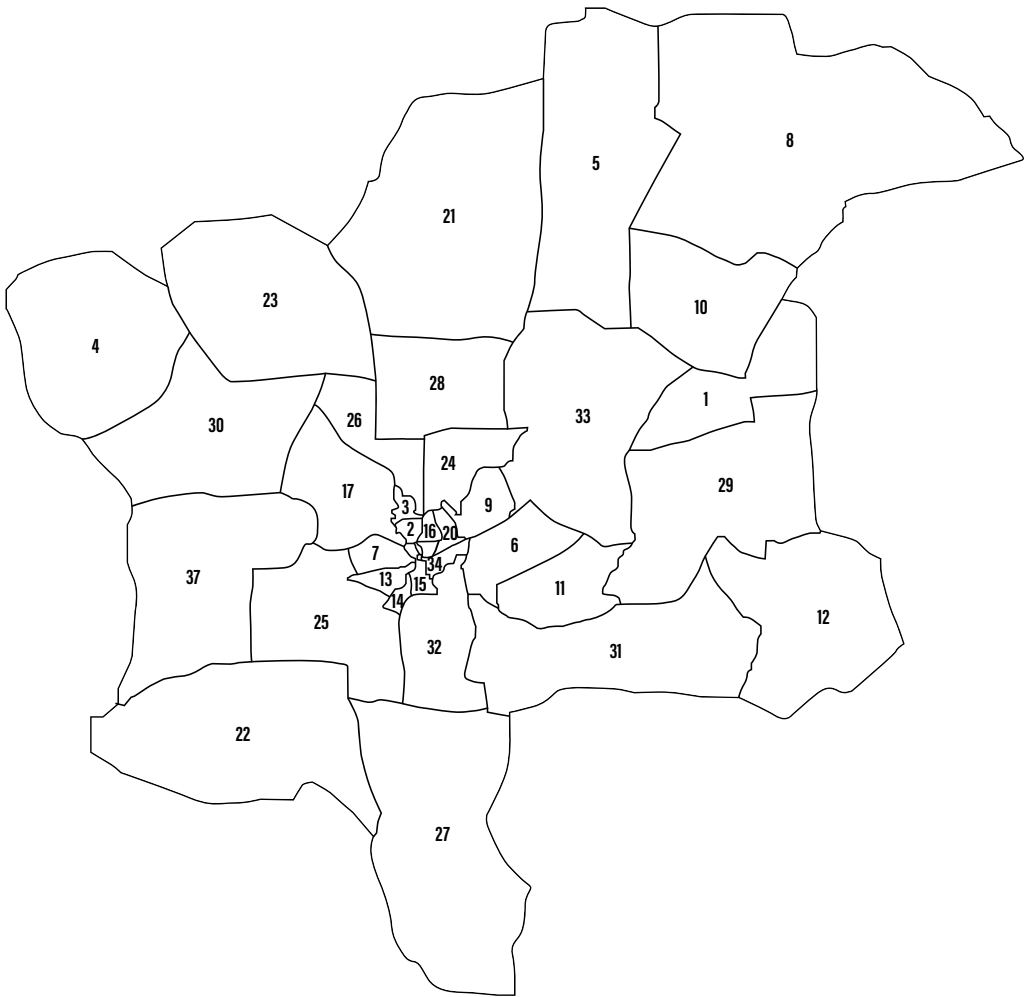
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Map 1: Wards of Dodoma¹¹³



- | | | | |
|--------------|----------------------|---------------|------------------|
| 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 | |

¹¹³ Based on Figure 1 Sumari *et al.* (2025: 2166).

Annex A: Glossary

Swahili	English
Abdalasini	Basil
Afya 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 issues¹¹⁴

Herbs (Miti shamba)

Local name	Translation	Material
<i>Aloe vera</i>	Aloe vera	Plant-based
<i>Babunaji</i> 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 (either Swahili or Gogo name)</i>		Herb
<i>Mapande</i>		Herb
<i>Maremba (local name, not Swahili name)</i>		Avocado plant

¹¹⁴ 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. When becoming pregnant, start drinking
	If someone is possessing spirits (<i>mashetani</i>), the spirits go out It can also chase away spirits in the mine in order for people to start mining	Together with glycerin and <i>tanganite</i> (black powder) on the ground and it catches fire. By adding the yellow powder, the flame gets larger.
	Constipation	
	Cure sores on the tongue	Pick the shells that were already used, an empty match box plus the sugar cane strings which are left after chewing and the core of the maize. Burn these things together to get the ashes and smear it on the tongue
	When parents meet for sex	Wash the child once to keep the child healthy
	Protection for disease (child is too thin (<i>kukonda</i>), diarrhoea, fever)	Wash the child with the herb in order to become fat
	Warm the body	Used with cold water, 1 cup, spread all 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> (Gogo names)		Roots
<i>Mtundi la mwewa</i> (Gogo name)		Roots
<i>Muarubaini</i> Photo 2.1 page 50	Neem	Leaves of a tree
<i>Mvuje</i> Photos 4.5 and 4.6 page 153	Asafoetida	
<i>Ndulele</i> (local name, not Swahili name) Photo 4.7 page 156		Comes from the avocado plant ¹¹⁵
<i>Ndulele</i>		
<i>Omgilirima</i>		Roots of the tree

¹¹⁵ 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>degedege</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, sawn 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> <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> 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

	Purpose	How used
	When a child is sitting on the grass and gets a rash on the body	Smear on the body, or the child needs to bath in it
	For children and adults. 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

	Purpose	How used
	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> Photo 2.17 page 90	Beads	Beads
<i>Shanga</i>	Beads	Beads

Ilizi

Local name	Translation	Material
<i>Kaniki</i> Photo 4.9 page 173	Black wrap worn by women (TUKI 2001: 127)	Black cloth
<i>Ilizi</i> 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

	Purpose	How used
	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

	Purpose	How used
	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</i> or <i>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 stealing, 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.