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SEPASAL is a database and enquiry service about useful "wild" and semi-domesticated plants of tropical and subtropical drylands, developed and maintained at the Royal Botanic Gardens, Kew. "Useful" includes plants which humans eat, use as medicine, feed to animals, make things from, use as fuel, and many other uses.

Since 2004, there has been a Namibian SEPASAL team, based at the National Botanical Research Institute of the Ministry of Agriculture which has been updating the information on Namibian species from Namibian and southern African literature and unpublished sources. By August 2007, over 700 Namibian species had been updated.

Work on updating species information, and adding new species to the database, is ongoing. It may be worth visiting the web site and querying the database to obtain the latest information for this species.

## Internet SEPASAL

New query

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 *Display help*In names list include:  synonyms  vernacular names and display: All  names per page*Your query found 5 taxa***Ximenia caffra Sond. var. natalensis Sond. [1362]**

Family: OLACACEAE

**Synonyms**

None recorded

**Vernacular names**

(Mozambique)	m'pindjipindgi [5480], tunduluca [5480]
Afrikaans (Namibia)	suur pruim [1304], wildepruim [1304]
English (Namibia)	Natal plum [1304], wild plum [1304]
Kwanyama (Namibia)	oshipeke oshinenepeke [1304]
Kwanyama (Namibia) [plural]	oipeke oinenepeke [1304]

**Partial distribution**

Plant origin	Continent	Region	Botanical country
Native	Africa	East Tropical Africa	Kenya, Tanzania
		Northeast Tropical Africa	Ethiopia
		South Tropical Africa	Angola, Malawi, Mozambique [5480], Zambia [5481], Zimbabwe [5419]
		Southern Africa	Botswana [5700], Namibia [5121] [5149], Natal [5104], Swaziland [5104] [5452], Transvaal [5104]
		West-Central Tropical Africa	Burundi, Zaire

ISO countries: South Africa [5104]

**Descriptors**

Category	Descriptors and states
DESCRIPTION	Erect; Terrestrial; Shrub [5104] [5121]; Tree [5104] [5121]; Perennial [5104]; Plant Height 1-6 m [5104]
SOILS	Dry
HABITAT	Non-Permanent Watercourses [5121]; Plains [5121]; Altitude 35-2895 m a.s.l. [5104]

CONSERVATION	IUCN Status - Lower Risk, Least Concern (LC) [ <a href="#">5400</a> ]
FURTHER DATA SOURCES	Botanical Illustration [ <a href="#">5121</a> ]; Additional References [ <a href="#">5333</a> ] [ <a href="#">5395</a> ] [ <a href="#">5919</a> ] [ <a href="#">5923</a> ]; Databases [ <a href="#">5123</a> ] [ <a href="#">5327</a> ]; Grid Map [ <a href="#">5121</a> ] [ <a href="#">5123</a> ]
SEPASAL DATASHEET STATUS	Nomenclature Checked [ <a href="#">2963</a> ]
CHEMICAL ANALYSES	Unspecified Lipids - infructescences [ <a href="#">1340</a> ]; Unspecified Lipids - seeds [ <a href="#">1340</a> ] [ <a href="#">5092</a> ]; Tannins - leaves [ <a href="#">5092</a> ]

## Uses

Major use	Use group	Specific uses
FOOD	Infructescences	fruits, raw; fruits, dessert fruits; potable water; fruits [ <a href="#">1340</a> ]
MATERIALS	Tannins/Dyestuffs	kernels, tannins [ <a href="#">1340</a> ]
	Lipids	seeds, oils, lubricants; seeds, non-drying oils, lubricants
SOCIAL USES	'Religious' Uses	roots, ritual/religion/magic [ <a href="#">1340</a> ]
MEDICINES	Unspecified Medicinal Disorders	humans; roots, humans, inhalers [ <a href="#">5092</a> ]; roots, humans, oral ingestion [ <a href="#">5092</a> ]
	Digestive System Disorders	roots, humans, intestine, diarrhoea, oral ingestion [ <a href="#">5092</a> ]
	Genitourinary System Disorders	cattle [ <a href="#">1340</a> ]; leaves, humans, other genitourinary system disorders/effects [ <a href="#">5092</a> ]; roots, humans, haematuria, oral ingestion [ <a href="#">5092</a> ]; roots, humans, aphrodisiac, oral ingestion [ <a href="#">5092</a> ]; cattle, impotence, oral ingestion [ <a href="#">5092</a> ]
	Infections/Infestations	leaves, humans, hookworm infection (Old World) [ <a href="#">1340</a> ]; leaves, humans, syphilis [ <a href="#">1340</a> ]; roots, humans, schistosomiasis [ <a href="#">5092</a> ]; roots, humans, venereal diseases (non-specified), oral ingestion [ <a href="#">5092</a> ]; roots, humans, pelvis [ <a href="#">5092</a> ]; leaves, humans, fever [ <a href="#">5092</a> ]
	Inflammation	leaves, humans, eyes, inflammation [ <a href="#">1340</a> ]
	Injuries	leaves, humans, wounds, external applications [ <a href="#">5092</a> ]; roots, humans, mouth, haemostatic, inhalers [ <a href="#">1340</a> ]; roots, humans, nose, haemostatic, inhalers [ <a href="#">1340</a> ]
	Pain	roots, humans, abdomen, anodyne, oral ingestion [ <a href="#">5092</a> ]; leaves, humans, eyes, anodyne, eye drops [ <a href="#">5092</a> ]
	Skin/Subcutaneous Cellular Tissue Disorders	kernels, humans, skin of specific areas, external applications [ <a href="#">5092</a> ]

## Picture

None recorded

## Notes

## NOMENCLATURE/TAXONOMY

See also the SEPASAL species account for *Ximenia caffra* Sond. and *Ximenia caffra* Sond. var. *caffra* .

## DISTRIBUTION

*Mozambique:*

Occurs in the Manica, Maputo, Niassa, Sofala, Tete and Zambezia Provinces [[5480](#)] .

*Namibia:*

Generally uncommon to rare in a few localities in the northwest and Cuvelai; locally common in a small area in the central-north [5121] .

*South Africa:*

From KwaZulu-Natal through to eastern Mpumalanga and Limpopo Province [5082] .

*Zambia:*

Occurs in the North-western and Northern Provinces [5481] .

*Zimbabwe:*

Occurs in the South floristic region [5419] .

*Botswana:*

Possibly occurs but no voucher specimens located [5093] .

## **RARITY/CONSERVATION**

*Namibia:*

Near endemic [5400] .

## **DESCRIPTION**

*Height:*

1 - 6 m [5104] .

*Leaf fall:*

Usually some leaves, but with highest records of bare trees in September; leaf buds in August and September and young leaves October to December [5121] .

*Lifeform:*

In Namibia predominantly a shrub, but more often tree-like than var. *caffra* [5121] .

## **FOOD - INFRUCTESCENCES**

*Fruits:*

Edible (Verdoorn 1938) [1340] .

*Fruits:*

In Tanganyika (Tanzania) the fruit is reported to be somewhat bitter, except in the rainy season when it becomes sweeter (Ferreira 1952) [1340] .

## **MATERIALS - TANNINS/DYESTUFFS**

*Tannins, kernels:*

The Zulu use the oil extracted from the kernel to soften women's leather skirts (Ferreira 1952) [1340] .

## **SOCIAL USES - 'RELIGIOUS' USES**

*Roots, ritual/religion/magic:*

The Ndebele grind the root and mix it with cow dung for smearing the floors of huts to keep witches away (Ferreira 1952) [1340] .

## **MEDICINES - UNSPECIFIED MEDICINAL DISORDERS**

*Roots, humans, inhalers:*

The Venda smoke the powdered root, together with horn shavings, in a maize-cob pipe to stop bleeding from the mouth and nose [5092] .

*Roots, humans, oral ingestion:*

The Mankoya tribe of Zambia use a decoction of the roots to cure 'Liyaya', a disease characterised by a hard, swollen abdomen, loss of appetite, nausea and a weak feeling in the arms and hands. The medicine is prepared by boiling the roots for about a minute. A large spoonful is taken 5 times during the first day whilst a hot fomentation made from the leaves of *Erythrophleum africanum* is applied to the distended stomach [5092] .

## **MEDICINES - DIGESTIVE SYSTEM DISORDERS**

*Roots, humans, intestine, diarrhoea, oral ingestion:*

The Shona take an infusion of the root to cure diarrhoea [5092] .

## **MEDICINES - GENITOURINARY SYSTEM DISORDERS**

*Leaves, humans, other genitourinary disorders:*

The Ndebele use the powdered leaf, which contains tannin, to treat infertility [5092] .

*Roots, humans, aphrodisiac, oral ingestion:*

The powdered root, taken with soup or beer, is said to be an excellent aphrodisiac [5092] .

*Roots, humans, haematuria, oral ingestion:*

A decoction of the root is taken to treat haematuria [5092] .

*Cattle, impotence, oral ingestion:*

The Kgatla believe that a decoction of this plant, mixed with that of *Homeria palliola*, administered orally, has a marked improvement on the potency of their bulls [5092] .

*Cattle:*

The Kgatla use a decoction of the plant in cattle fertility rites (Ferreira 1952) [1340] .

## **MEDICINES - INFECTIONS/INFESTATIONS**

*Leaves, humans, fever:*

The Ndebele use the powdered leaf, which contains tannin, to treat fever [5092] .

*Leaves, humans, syphilis, hookworm infection (Old World):*

In Tanganyika (Tanzania) a decoction of the leaf is one of the remedies for syphilis and hookworm (Ferreira 1952) [1340] .

*Roots, humans, pelvis:*

The Ndebele use an infusion of the root to treat pelvic diseases in women [5092] .

*Roots, humans, schistosomiasis:*

The natives of Malawi use the roots, infused in water for 10 minutes, as a cure for bilharzia [5092] .

*Roots, humans, venereal diseases (unspecified), oral ingestion:*

The Shona take an infusion of the root to cure venereal disease [5092] .

## **MEDICINES - INFLAMMATION**

*Leaves, humans, inflammation, eyes:*

The Zulu apply a cold infusion of the leaf to the eye when inflamed (Ferreira 1952) [1340] .

## **MEDICINES - INJURIES**

*Leaves, humans, wounds, external applications:*

The powdered leaf is applied externally to wounds [5092] .

*Roots, humans, inhalers, mouth, nose:*

The Venda smoke the powdered root with horn shavings in a maize-cob pipe to stop bleeding from the mouth and nose (Ferreira 1952) [1340] .

## **MEDICINES - PAIN**

*Leaves, humans, eyes, anodyne, eye drops:*

An infusion of the leaves is dropped into the eyes to relieve soreness [5092] .

*Roots, humans, abdomen, anodyne, oral ingestion:*

The Shona take an infusion of the root to cure abdominal pains [5092] .

## **MEDICINES - SKIN/SUBCUTANEOUS CELLULAR TISSUE DISORDERS**

*Kernels, humans, skin of specific areas, external applications:*

Some tribes use the oil obtained from the kernel to soothe chapped feet [5092] .

## USES NOTES - MISCELLANEOUS

Probably often used in South Africa in the same way as *Ximenia caffra* Sond. [1340] .  
Uses similar to *Ximenia caffra* var. *caffra* [1304] .

## CHEMICAL ANALYSES - MISCELLANEOUS

*Fruits, kernels, oil:*

The fruit and kernel oil have been the subject of chemical study (Ligthelm et al. 1954, Union of South Africa 1949-50) [1340] .

## CONSTRAINTS - MISCELLANEOUS

It has been reported that the fruit is inedible, unlike that of var. *caffra*, possibly due to the presence of prussic acid [5733] .

## ALTITUDE

35 - 2,895 m [5104] .

## TOPOGRAPHY/SITES

*Namibia:*

Mostly along dry river courses, sometimes on plains [5121] .

## FLOWERING/FRUITING/SEED SET

*Flowering, Namibia:*

Mainly October with single records most months [5121] .

*Fruiting, Namibia:*

Mainly November to February but recorded up to July [5121] .

## CYTOLOGY

For the genus,  $x = 12, 13$  [5150] .

## ACKNOWLEDGEMENTS AND DATASHEET PROGRESS

Updated for southern Africa by A. Jarvis, checked by C. Mannheimer and M. Sinkela; SEPASAL Namibia, National Botanical Research Institute, September 2005 .

Nomenclature checked by Liana May, July 2002 .

## ADDITIONAL DATA SOURCES

See also the SEPASAL species account for *Ximenia caffra* Sond. and *Ximenia caffra* Sond. var. *caffra* .

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