

**LIGALELO LEMITSI YESINTFU EKUTFUTFUKISENI SILULUMAGAMA SESISWATI:
UMKHAKHA WELWATIMAGAMA**

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**Lucwaningo lwekwenelisa ticu tebuDokotela beNjulalwati yeSiswati
Sikhungo i-MER Mathivha Setilwimi Temdzabu, Buciko Nemasiko Inyuvesi
yaseVenda**

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Sifungo

Ngiyafunga ngiyacinisa kwekutsi umsebenti lonesihloko lesitsi: **Ligalelo Lemitsi Yesintfu Ekutfufukiseni Silulumagama SeSiswati: Umkhakha Welwatimagama**, ngumsebenti wami matfupha futsi akekho loke wawumikisa esikhungweni semfundvo lephakeme ngaphambilini ngenhloso yekutfolela ticu. Yonkhe imitfombo yelwati lesetjentisiwe ikhonjiswe ngalokuphelele.

Shongwe P.V

Lusuku

EMAVI EKUBONGA

Ecinisweni ngitsandza kubonga uMdali longisitile kakhulu ekubhaleni lolucwaningo. Ngibonga uMvelinchanti ngekungisekela nekutsi lolucwaningo ngilente kalula nanoma bekumetima laphanalapha. Lokunye ngibonga inyuvesi yaseVenda leyente kwekutsi ngibhale ngetifo letihlukumeta sive sonkhe. Lokunye uMdali kimi ufane nesibani lebesingikhanyisela ngasosonkhe sikhatsi kute lolucwaningo lube yimphumelelo.

Ngindlulisa emavi ekubonga bacwaninginchanti belulwimi lwesiswati boDokotela J J Thwala naDokotela P M Lubisi lababambe indzima lenkhulu emphilweni yami ngekutsi ngicwaninge ngetihlahla letelapha tifo letehlukahlukene. Ngceshe naShivakati ngiyanibonga kakhulu ngoba kube akusini ngabe angisilutfo emhlabeni nginguloko lengingiko ngenca yenu.

Angibonge tinyanga, tingedla, babholofithi kanye netangoma letingimukele ngetandla letimhlophe ekwenteni lolucwaningo. Lokunye lokwenta kwekutsi bangemukele kalula kungoba nami ngingulomunye lotatiko tihlahla letehlukahlukene nekutsi tilaphani futsi atisetjentiswa sinoma kanjani.

Ngitsandza kubonga kakhulu labantfu labalandzelako Mamba Mandlenkhosi, Gumedze Dudu, Gumedze Matobhi, Shabangu Geletfu, Ntuli Zamekile, Mavimbela Lambuso, Mabuza Guduva kanye nalabanye lengingakababali. Laba lengibabalile lapha ngenhla ngibo lebente lolucwaningo kutsi lube yimphumelelo.

Ngitawube ngenta liphutsa uma ngingashiya Purushothaman Anish, Mthawa Ahmed, Krisnadas Das, Gerden Yao, Fawole Awofolaju, Garife Michael labangisitile ngemitsi lesetjentiswa ngemave angesheya kanye nemave ase Afrika. Lokunye bangisite kakhulu ngemitsi yaseNdiya lokufaka ekhatsi imitsi yemaNdiya, titselo kanye netibhidvo.

Ngitawube ngenta liphutsa uma ngingakhohlwa umkami Hlatjwayo Sithabile, kanye nebantfwabami Shongwe Thapelo, Shongwe Sethu, Shongwe Lindelwa kanye naShongwe Siyanda. Bebangikhutsata ngaso sonkhe sikhatsi kutsi ngichubeke ngalolucwaningo ngoba lutawusita sive kusasa.

Lugcogco

Lolucwaningo lutsintsa kusetjentiswa kwemitsi yesintfu lesuselwa etimileni nekubaluleka kwato ngeluhlelomagama ekutfufukisweni kwelululwimi lweSiswati. Loku kungumhlahlandlela loletsa kukhanya ngekusetjentiswa kwelikhono nebuhlakani base Afrika ekwelapheni tifo. Sitfombe lesakhekako salabo labasebentisa imitsi yesintfu ekwelapheni senta kutsi bacatsaniseke kahle nalabo labasebentisa lwati lwaseNshonalanga labodokotela. Lolucwaningo lubalulekile ngobe lungasetjentiswa njengelwatisichasiso lwetempilo lesisekelo yekwelapha tifo. Umcwaningi ugcizelela kutsi tihlahla letinyenti letitfolakala emakhaya etfu tibalulekile ekusetjentisweni njengemitsi yekwelapha. Lolucwaningo luveta kutsi lulwimi lweSiswati lunotsa kangakanani ngekusetjentiswa kwalamagama lachazako lacanjwe ngetihlahla letasetjentiswa belaphi bendzabuko. Lolucwaningo kulindzeleke kutsi liletse bunye kubodokotela besilungu nebalaphi bendzabuko. Luyokuba ngumnotfo welulwimi lweSiswati nembhalosisekelo lobalulekile kulomkhakha.

Emagamagcogca: inhlakanipho yase-Afrika, inchazomagama, belaphi bendzabuko, incwadzisichasiso, bodokotela.

Abstract

This study focuses with the medicinal use of plants and also highlights the significant contribution that their nomenclature has made in the development of Siswati. It is groundbreaking in that it sheds light on the application of African wisdom to the healing of diseases. The image of traditional healing practice compares favourably with the surgeries of medical practioners. This study is invaluable in that it can be used as a primary healthcare manual in healing of common diseases. The researcher reiterates the fact that many of the plants to be found around homes are also suitable for medical purposes. The study also shows how the Siswati language is enriched by the descriptive names given to the plants as well as by the the general terminology used by traditional healers. The study shows promise in being of benefit to the recently formed partnerships between traditional healers and medical practitioners and its enrichment of Siswati should also increase the corpus of this field of study significantly.

Keywords: African wisdom, descriptive names, traditional healers, manual medical practioners.

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SEHLUKO SEKUCALA SETFULO SELUCWANINGO

1.1. Singeniso

Kusukela ekudzabukeni kwemhlaba, bebakhona bantfu labaphila imphilo yesintfu. Kugula nobe tifo letehlukene tativele tikhona kadzeni. Bantfu bebavele bagula, belashwe ngaso sintfu sakubo lesisebentisa imvelo. Bebahlala baphilile bangakavamisi kubanjwa nayimikhuhlane ngobe nekudla lebebakudla kwendzabuko kwakucinisa umtimba kuwente ungangenwa tifo melula. Kufa bekungasiyo intfo leyetayelekile njengobe sekunjalo namuhla. Umuntfu abefa ngobe emalanga akhe ekuphila sekaphelile nobe-ke boyisemkhulu sebambitile njengobe injalo inkholelo yesintfu. Belungu bafika netibhedlela nje bavele bakhandza bantfu bayaphila, belashwa tinyanga tabo tesintfu letisebentisa imitsi leminyenti leyehlukene leyakhiwa ngetimila kanye netilwane letehlukene. Yayikhona-ke leminyenti imitsi lengadzingi kutsi umuntfu aze ayitfole enyangeni, njengemitsi yemikhuhlane, inhloko, sisu, nalokunye.

Kufika kwebelumbe kwente kutsi bantfu labamnyama babese babukela phasi imitsi yesintfu, sekutsatseka kungatsi inebusathane ngobe umuntfu loyofuna Lusito besekubangatsi ukhonta emadloti kantsi cha, umuntfu uya enyangeni ayofuna kwelashwa. Kute umuntfu lokhonta emadloti, wonkhe umuntfu ukhonta Mvelinchanti. Uyafakaza Hall (1998:23) nakachaza kwekutsi inyanga nayo ingudokotela, nebantfu labaya kuyo basuke bagula, bayofuna kwelashwa, hhayi kuyothantaza. Akesimuve nakabeka atsi:

A sangoma is not a priest. He or she is a doctor. A sangoma has patients not worshipers. People come to indumba not to pray but to be treated.

Sangoma akusuye umpristi. Singudokotela. Sangoma sinetigulane hhayi tikhonti. Bantfu baya endumbeni ngobe batokwelashwa hhayi kutsi basuke bayothantaza.

Uchubeka achaze kutsi lomoya wekunyembenya indlela yekwelapha ngesintfu ikakhulu kunaba benkholo yebuKrestu labatsi bangamukela inkhola lefika nebelumbi babese babukela phasi tinyanga tesintfu nayo yonkhe imitsi yendzabuko labaphila ngayo. Lokubhulungu kutsi imitsi bekuphilwa ngayo ayisatiwa, kungulapho nalabantfu labadzala sebayaphela, bahamba nalolwati lwabo lolungakabhalwa ndzawo.

Imphilo yintfo lebalulekile kubantfu, futsi iyahlonishwa. Umntfwana ucala kulashwa asesiswini senina, lapha uvikelwa khona kutsi angatfoli tifo tebantfwana letinjengabomakhatjana, libala, inyoni naletinye. Umfati lotetfwele unatsiwa imbitha yemapuleti letilapha umntfwana timente angabi nayo inkinga nasekufike sikhatsi sakhe sekubeleka. Kutsalwa kwebantfwana sikhatsi singakafiki bekungasiyo intfo levamile njengobe sekunjalo namuhla, lapho sewukhandza bantfwana bagcwele emabhondleleni etibhedlela.

Umntfwana uhlala khona kuze kufike sikhatsi sakhe sekutsi ingabe uyatalwa, kube ngukhona akhishelwa ngaphandle atocala kuphila imphilo yabo bonkhe bantfu. Loluhlobo lwebantfwana labakhulela emabhondleleni selwandzile ngenca yako kutsi bantfu sebafulatsele imitsi yabo yesintfu lebebaphila ngayo endvulo. Matsaba (2005), utsi: kutetfwala bekungasiko kugula kubantfu njengobe sekutsatseka kanjalo, utsi ngenca yekunatsa timbitha letifanele, umfati bekaphila atsi saka. Utsi bekutsi nome sesifikile sikhatsi sakhe sekubeleka, kube melula ngisho ayedvwa emasimini.

Uchubeka atsi, yena nje emphilweni yakhe wabelekisa bafati labatsatfu abakhandza endleleni sebakifelwe sikhatsi sabo sekubeleka. Namuhla akusekho konkhe loku, umntfu sewugula aze ayowubeleka. Ngalesinye sikhatsi akhishwe ngekutsi kuhlindvwe unina, intfo beyingatiwa ebantfwini. Kutsalwa kwemntfwana singakafiki sikhatsi bekungasiyo intfo levamile. Utsi noko bekutsi nakwentekile, umntfwana atalwe sikhatsi singakafiki, bekafakwa embitheni ivalwe bese kushiywa sikhadlana sekuphefumula. Lembitha beyibaselwa kancane kancane kuze umntfwana atohlala afutfumele. Bekakhishwa lapha embitheni nakufanele atomunya, aphindze abuyiselwe. Bekatsi nasekafike esikhatsini labefanelwe kutsalwa ngaso, bese uyakhishwa kulembitha, kube ngulapha satawucala kubhunyiselwa ngetilwane letinkhulu, iphofu.

Umfati-ke utsi nome sekabelekile achubeke atinatse timbita labetitfolo nakasakhulelwe kuze kutohlanteka ingati yakhe, iphindze ingetwe ngayo insiti yelipuleti kanye nalomntfwana kute batohlala baphilile. Umntfwana-ke bese ubhunyelwa ngetinyamatane takubo, lokuyindlela yekumngenisisa emndenini. Leli lisiko lelihlonishwako ngobe kunenkholelo yekutsi umuntfu longazange atfole tonkhe tinyamatane takubo uvamisa kungaphili kahle nome angatsatsi kahle engcondvweni. Uyafakaza Kasenene (1993:50) nakatsi:

Tinyamatane is the special medical concoction which is usually kept in a horn is used in rites of passage rituals. When a baby is introduced to the clan by giving a clan surname, for example, this medicine is burnt for inesting it. If this ritual is not performed, it is believed that the baby will grow sickly child or deviant in society.

Tinyamatane ngumutsi lotsite loyinhlanganisela logcinwa eluphondvweni, usetjentiswa kugcina emasiko latsite. Kubekisa nje, nangabe umntfwana angeniswa kubakubo ngekutsi anikwe sibongo sakhe, kushiswa lomutsi abhunyelwe ngawo. Nakungentiwa loko, kukholelwa kutsi angakhula angumntfwana lohlala agula nobe angaphili engcondvweni.

Kwelapha ngesintfu kucondzene nayo yonkhe inhlobo yebantfu. Labadzala nalabancane belashwa ngekwehlukana. Labadvuna nalabasikati balashwa ngalokucondzene nabo. Njengobe kunetifo letehlukene leticondzene nalolo luhlobo lwebantfu. Lamuhla bafati labatitfwele sebaminyana emfolamphilo ngenhloso yekuyogomela tifo tebantfwana letehlukene, nangabe bahlangabetana netinkinga letidzinga imitsi yesintfu, sebaya etinyangeni ngekunyanya ngobe bangafuni kubonwa. Loku kuvame kakhulu kunaba benkholo yebuKrestu labatikhandza basemkhatsini wesintfu nesilumbi.

1.2. Sendlalelo Selucwaningo

Empeleni kuliciniso lelingeke liphikiswe ngumuntfu kutsi imitsi yesintfu iyimphilo esiveni sebantfu lesimnyama kulo lonkhe lase-Afrika. Sive lesimnyama besiphila ngemitsi yesintfu kusukela endvulo. Sive sase-Afrika besihlakaniphile futsi besinelwati ngemitsi lelapha tifo. Inkinga lenkhulu leyabakhona kufika kwebadzeshi labalichamukisa emaveni angesheya. Belungu batsi batseleka kuleli balahlisa bantfu labamnyama onkhe emagugu abo kanye nemasiko labelandzelwa ngaleso sikhatsi. Lokwasilimata kakhulu ngulendlela inkholo leyangena ngakhona kuleli. Bantfu labamnyama kulo lonkhe lase-Afrika batjelwa kwekutsi konkhe labakwentako kubusathane.

Lokunye emagama lebetiwa wona boyisemkhulu kwatsiwa bangasabitwa ngawo baniketwa lamagama latfolakala ebhayibhelini. Lokuvisa buhlungu kulabelumbi labafika kuleli labanye babo bebabuta sive sakitsi imitsi lelusito. Inkinga kutsi bebati kutsi sive sase-Afrika sinelwati lolunyenti mayelana netifo kanye nangemitsi lelapha tifo. Lokunye lebebakwenta batsatsa lemitsi bayihlole kutsi iyasebenta noma iyatelapha letifo. Labadzeshi babona kutsi bahlanganise emakhambi abo kanye nalemitsi yesintfu sebenta imitsi yesilumbi kanye nemaphilisi. Empheleni kwacala lapho kulahlekelwa kwesive lesimphisholo. Sive sakitsi satjelwa kwekutsi imitsi yesintfu ayikalungi kufanele bantfu labamnyama banganatsi imitsi lephekwe ngibo.

Labelumbi bagcugcutela sive lesimphisholo kutsi kufanele silashwe bodokotela, kungako sive sakitsi silahlekelwe ngaloluhlobo. Empheleni kuvisana buhlungu kutsi belumbi basebentise lemitsi yetfu kulapha imikhuhlane njengemsutane kanye nemhlonyane. Loku kuyasikhombisa kutsi bona batsatsa lolwati kuphela futsi banebucili lobutsite kutfolala lwati lwesive lesimnyama. Empheleni kuliciniso uma ungabuka kahle utawutfola kutsi letifo letihlupha tsine namuhla njengesifo sashukela nekukhuphuka kwengati kanye naletinye belumbi basebentisa yona imitsi yesintfu njengenhlabane kanye naletinye letibabako. Sive seMaswati sona besingahlupheki kangako ngobe nekudla bebakudla bekulwa nato letifo. Emaswati bekakhona bebakhona kulapha nobe kuvala umsheko, sive lesimnyama besihlushwa timbuzulwane kodvwa besisindza ngekusebentisa tihlahla.

Sive sakitsi sihlakaniphile kantsi nakudzala besinelwati. Imitsi besiyigandza emagovini leminyane besiyisila ngematje. Sive sakitsi besisebentisa umhlanga kucatseka kukhomba kona kutsi besinelwati. Imitsi leminyane bebayihosha ngeluhlanga leminyane bayicaphe etindzengelweni. Lokunye kutsi kudla kwesintfu lokunyenti kungumutsi kuyalapha lokunye kwenta sisu sihlale sihlambulukile. Singasho kutsi belumbi bafika kuleli bangati lutfo. Loku sikubona lapho batfola khona bantfu bafise kwati kudla labakudlako. Kungashiwo kutsi bantfu bebaphila ngetimphandze kanye nemacembe etihlahla kuze bahlale baphilile.

1.3. Sitatimende Senkinga

Ecinisweni imitsi iyimphilo esiveni lesimnyama. Sive lesimnyama besiphila ngemitsi yesintfu kusukela endvulo. Shongwe (2017) utsi sive lesimphisholo besinelwati mayelana netifo kanye nekutsi tingalashwa kanjani. Inkinga yacala ngalesikhatsi kufika badzeshi bavela emaveni asenshonalanga. Loku kuanatelwa ngLubisi (2017) uma atsi bantfu labamnyama batjelwa kwekutsi abalahle konkhe lokungekwabo lokufaka ekhatsi imihambo, emasiko, emagugu kanye nalokunye lokunyenti.

Lapha kutsiwa emagama lebetsiwa wona bomkhulu wabo anebusathane baniketwa kabusha emagama lasebhayibhelini. Lokumangalisako bona babese babuta tinyanga takitsi imitsi lelapha tifo letehlukahlukene. Kutsiwa sive lesimnyama besingayi kuletibhedlela tabo kepha besitelapha ngesintfu Belumbi babese bayabona kutsi lemitsi iyelapha benta lichinga lekutfola lemitsi batoyisebentisa ngendlela yabo. Mavimbela (2017) utsi sive lesimnyama besiyelapha imikhuhlane ngaletihlahla letilandzelako indlulamitsi, imisutane, imihlonyane kanye naletinye letinyenti. Kutsiwa bebaticatseka ngetimphondvo kanye nangemhlanga nangabe bafuna kukhipha umoya loshisako eswini, inyongo njalo njalo. Loku kuanatelwa nguHutchings nalabanye (1996:263) nabo bayangeta uma babeka kanje:

*Weak leaf and stem infusions are taken for coughs, colds,
most frequently as inhalants but also taken orally.*

*Silobekelo lesentiwe ngemacembe lalula kanye
nangesicu siyanatfwa ngenhloso yekwelapha*

*kukhwehlela, umkhuhlane, baphindze bawuhogele
kangingi. Lomutsi uyanatfwa futsi.*

Belumbi bebahlakaniphile bebayihlola lemitsi yalabamnyama bakhandze kwekutsi iyasebenta sebakha imitsi yabo kanye nemaphilisi. Kutsiwa babese batjela labantfu kutsi kuncono banatse lemitsi yesilumbi hhayi leyesintfu ingcolile. Emvakwaloko belumbi babese bagcugcutela sive lesimnyama kwekutsi selashwe bodokotela. Belungu babese basebentisa lemitsi yesive lesimnyama kwelapha imikhuhlane, emanceba, tifo tesikhumba kanye naletinye tifo. Lokunye bebanebucili bekutfo la lwati lwetfu ngoba inhlaba beyisetjentiswa sive lesimnyama kupheka ligusha kanye nekwelapha tifo letinyenti. Mandlenkhosi Mamba (2017) utsi sive lesimnyama besisebentisa emahlungu kulwa netimbuzulwane kanye netinhlungu tesisu. Kunengi kudla lobekusetjentiswa kulwa netifo taboshukela lokufaka ekhatsi inkhaka, inshubaba kanye nalokunye lokunyenti. Kutsiwa bekhukhona netihlala lebetilwa nemkhuhlane, kukhwehlela lokungapheli kanye nekwelapha umuntfu losheka ingati. Loku kunanatelwa nguVenter nalabanye (1996:142) uma babeka kanje:

*A decoction of the root is used for a chronic cough and
taken orally for the relief of headaches.*

*Imbita lephekwe ngetimphandze iyasetjentiswa kwelapha
umkhuhlane longapheli. Lomutsi uyanatfwa ngenhloso
yekwelapha lophetfwe yinhloko.*

Kutsiwa sive lesimnyama besigandza imitsi yaso emagovini kanye nasematjeni lokukhombisa kona kwekutsi besihlakaniphile kakhulu. Shabangu naMamba (2017) batsi leminyane imitsi bebayihosha kute balwe netindzaka kantsi leminyane bebayicapha etidzengelweni bentele kutsi itohlangana kalula nengati. Sive lesimnyama besiyati imitsi yekubelekisa kanye neyekwelapha emanceba. Lokunye kudla lokuhlambulula sisu bebakwati lokufaka ekhatsi tindlube, ummbila, imbasha kanye nalokunye. Sive lesimnyama satjelwa kwekutsi sikholwe siyekele emandla ebumnyama sitinikele enkhosini. Loku ngiko lokwenta sive lesimnyama kutsi silahle emagugu aso sicabange kutsi sisebumnyameni kantsi saba sekukhanyeni kusukela endvulo. Thwala (2010) utsi

lokufakazela loku bokhokho bebalwa nebelumbi basebentisa imphikayibonwa babuye bagcobise imitsi letsite kuletikhali tabo. Bantfu labamnyama bafa ngebunyenti babulawa likhubalo, umklwebho kanye nesifulane. Letifo atilashwa ngesilumbi tidzinga imitsi yesintfu. Emaphilisi adzambisa tinhlungu akaselaphi sifo. Tinyanga tiyelapha nanoma titsatseka njenga bosathane. Singwane (2015) utsi lokumangalisako baholi belivangeli baya ebusuku etinyangeni. Labanye bahamba baye kulamanye emave bayofuna emandla, babuye nemanti, emafutsa, tinyoka nalokunye lokunyenti. Lokunye emakholwa alashwa khashane futsi akagatwa ngensingo asebentisa inyalitsi. Lokunye emakholwa ativakashela ebusuku tinyanga. Ecinisweni imitsi yesintfu yimvelo leyadalwa nguSimakadze kutsi bantfu badle yona futsi batelaphe ngayo kute lapho kusho khona kutsi babulalane ngayo. Mabuza (2006) utsi batali bakhe bebangaguli ngoba bebadla titselo tasendle, imibhidvo, baphila ngemitsi yesintfu kanye nangekudla kwesintfu. Loku sikutfole ebhayibhelini encwadzini yaGenesisi (1:29) lapho itsi khona:

Nkulunkulu watsi: "Ase nibuke la, ngininike tonkhe tibhidvo letisemhlabeni wonkhe letimilisa inhlanyelo, nato tonkhe tihlahla letinenhlanyelo etitselweni tato, kutsi kube kudla kwenu.

Lemitsi beyibasita kwekutsi bangaguli kantsi netifo betiyindlala tingadlaleli kubo. UMdali wadala titselo lebetidliwa ngato tonkhe tikhatsi kungako betibavikela tikwetifo. Loku kunanatelwa nguKloos (2009:61) uma abeka kanje:

This is what my parents and many others did were never had to call a doctor. If we would only return to God, original design for the human family, sickness would be rare instead of common.

Loku ngulokunye lokwentiswa batali bakhe kanye nalabanye bantfu labanyenti kwekutsi abazange babite dokotela. Uma singabuyela kuMdali lowadala bantfu tifo tingaba yindlala kunekutsi tandze.

Kungako hulumente wentsandvo yelinyenti agcugcutela bonkhe bantfu kutsi babuyele emuva basebentise imitsi yesintfu. Hulumente ufuna tinyanga kutsi tisebentisane nabodokotela ekwelapheni tifo. Loku kwenta tinyanga tibonakale tilusito hhayi bosathane.

Mtshali (2010) utsi tinyanga tiyelapha ngoba kunetifo longeke utelaphe ngesilumbi. Loku kubonakala nangabe umuntfu lomdvuna alele nemuntfu lomsikati lokhiphe sisu bangamphutfumisa esibhedlela uyashona kepha kudzingeka kwekutsi alashwe ngemitsi yesintfu. Lesifo silashwa yintfo lengasho lutfo kepha kudzingeka batfole sishubelo semuntfu lomsikati losenyangeni bambhunyisele ngaso uyaphila. Loku kuyamncedza kutsi ayofika lapho angatfola lusito khona. Lokunye umuntfu lophetfwe tinsila kudzingeka atfole imitsi yekuhosha, yekucapha kanye nembita. Loku kufakazela kona kutsi sintfu singetulu kunesibhedlela. Gumedze (2017) utsi tinyanga tiyafundza kabanti ngetifo kanye nangemitsi lengatelapha. Bodokotela bona bafundziswa kwelapha kodvwa abati kutsi lemitsi yabo nalamaphilisi kwakhiwe ngani. Makhubela (2017) yena utsi bodokotela bona bafundziswa kwekutsi umuntfu uma agulwa sifo lesinje kumele atfole umutsi lonje kungenteka angasaphili kubese kuba yinkinga. Esintfwini lidloti liyasho kanye netinhloa tiyafakaza kutsi logulako angaphila kanjani uyavuka nobe cha.

Dlamini (2008) utsi tinyanga tiyayintjintjantjintja lemitsi tiyakhe ngalenywe indlela ngekusitwa lidloti kungako logulako umkhandze sekaphilile. Bodokotela badzingeka lapho sekufanele logulako afakwe ingati nemanti. Loku kufakazela kona kutsi kufanele bodokotela netinyanga kubekhona kusebentisana. Lesinye sikhatsi kuyenteka umuntfu agule kametima bodokotela batsi ababoni lutfo babe bacinisile. Utsi uya etinyangeni ukhandze kwekutsi babona umgadlo, tilwane, sifulane, umtsebulo lokungeke bakubone bodokotela. Lokunye lufefenyane bodokotela abalukhoni kulwelapha kodvwa kudzingeka tinyanga tingenelele.

Kudzingeka sibuyele esintfwini setfu ngoba bodokotela abaselaphi sifo siphele nya bayasihuhhwata. Lokunye sifo sagcunsula bodokotela naso abaselaphi siphele nya ngoba ungadla bilibili siyavuka kudzingeka utfole imbita ikhiphe lelicandza kanye nalamanyela akhona. Mamba (2017) naye uyangeta uma abeka kanje:

Bantfwana kumele babhunyiselwe ngetinyamatane babayise enyonini bayobacatsekela khona. Utsi bantfwana kumele bakhule banatsa imbita kute itokhipha lamangcoliso asebuswaneni kanye nalolokuluhlata lapha enhloko.

Mabuza (2004) uyananatela naye utsi ecinisweni imitsi yesintfu iyasebenta ngoba ikhipha konkhe lokungcola ngisho nakunina wemntfwana. Lengubo lesalako uma acedza kubeleka iyaphuma. Imitsi yesintfu ibalulekile ngoba iyatfombisa, ivula intalo, ivikela litulu, iletsa inhlanhla, ikhipha litfunti, ikhipha umnyama kanye nalokunye lokunyenti. Singwane (Locashuniwe 2018) utsi sive seMaswati besingantjontjelwa ngoba besinemitsi yekubuyisa lokwebiwe. Kutsiwa lesive besikhona kubiyela emasimu kute lotontjontja angaphumi nalutfo.

1.4. Lokubhaliwe NgeSiswati

Ecinisweni sive seMaswati sinemlandvo lomuhle kusukela emandvulo. Msindvo Singwane kanye naKubheka (2017) batsi lokubhulungu kutsi lokubhaliwe ngeMaswati kuncane kabi. Lokunye kute nemabhuku labhaliwe lakhuluma ngemitsi yesintfu. Gumedze (2016) utsi umlandvo wesive lesimnyama bebawundlulisela kulabanye ngemlomo ngoba bebangawubhali phasi, bewuginwa enhloko. Kulolucwaningo kufundvwe tincwadzi letehlukahlukene letikhuluma ngesive seMaswati kutsi besiphila kanjani kungakefiki badzeshi. Gumedze (Locashuniwe 2013) utsi kunyenti lebekwatiwa sive lesimnyama lokufaka ekhatsi kubelekiswa kwemfati. Lokunye kufundvwe tincwadzi letimayelana nemitsi lesetjentiswako ekwelapheni. Kubuye kwafundvwa kabanti ngetilwane letisetjentiswako ekwakheni imitsi yesintfu. Lokunye kufundvwe tincwadzi letikhuluma ngetinhlobo tetinyanga nangendlela umutsi betiwusebentisa ngayo, kusengakafiki badzeshi.

Lokunye kufundvwe nangendlela sive seMaswati lebesiphila ngayo lokufaka ekhatsi kudla, tibhidvo, lokulinywako kanye netintfo lebebatilibatisa ngato. Lokunye kufundvwe tincwadzi letiphatselene netimila letisetjentiswako ekwakheni imitsi yesintfu. Lokunye kufundvwe tincwadzi letitsintsa tihlahla letisetjentiswako ekwakheni imitsi yesintfu. Kufundvwe kabanti tincwadzi letikhuluma ngetjani lobobusetjentiswa ngeMaswati

ngetindlela letehlukahlukene. Lokunye kufundvwe tincwadzi letikhuluma ngekutfwasa kwenyanga noma umngoma nekutsi usebenta kanjani. Kufundvwe nemaphephandzaba lokufaka ekhatsi tikhatsi lelikhuluma ngekudla, tangoma imitsi kanye nalokunye lokunyenti. Kunene (2017) utsi lokumele sikwati atisitinyenti tincwadzi letikhuluma ngetinyanga kanye nangemimoya lemibi.

Kubuta imibuto tikwebantfu labadzala labanelwati lokwelapha kanye netinyanga letelaphako.

- Ubaluleke ngani umutsi wesintfu?
- Usetjentswa kanjani umutsi wesintfu?
- Wakhiwa kanjani umutsi wesintfu?
- Tilwane tidlala yiphi indzima uma kwakhiwa imitsi yesintfu?

Shabangu (2016) naShabangu (Locashuniwe 2017) batsi sive seMaswati besivele siphila ngemitsi yesintfu kusukela kungakefiki belumbi kulelive. Lokumele sikwati kutsi uMdali umuntfu wamdala waphelela wabuye wamniketa konkhe lokumele atisite ngako kanye nalatakudzinga. Loku kushiwo ngoba tinyenti kabi tifo lebetelashwa ngeMaswati njengobe kwatiwa kutsi bekute tibhedlela kanye nemitfolamphilo. Sabelo Kunene (Locashuniwe :2017) naye uyangeta utsi lesive besikwati nekuvikela umntfwana tikwemimoya lemibi kusukela ebuswaneni adzimate akhule. Loku kufakazelwa nguKasenene (1993:49) uma abeka kanje:

Lucotfo is a strap of cloth which is usually tied around the waist of a baby or small child. Some 'medicines' are sewn in this cloth to protect the child from 'bad air' and diseases in the atmosphere.

Lucotfo libhande lemphahla lelivamise kuboshwa elukhalo lwemntfwana noma tikweluswane. Kutsiwa kunemutsi lotfungelwa kulesicephu ngenhloso yekuvikela lomntfwana tikwemimoya lemibi kanye natikwetifo letikhona lapha emoyeni.

Lokubuhlungu konkhe loku bekungabhalwa phasi ngobe sive lesimnyama besingakafundzi futsi besingakwati kubhala. Lwati belugcinwa etinhloko tabo kute lendluliselwe kulabanye. Lokunye tinyanga letinelwati tinemona atifuni kunika nobe ngangubani lwati kodvwa kudzingeka kwekutsi ukhokhe imali letsite ngoba kufanana nekutsi tiyakutfwasisa.

Gumedze (2017) naMamba (2017) batsi letinye tinyanga tiyakhona kulendlulisa lwati kulabanye bantfu ngoba tinenkholelo yekutsi titawusita bantfwana bato nangabe setindlulile emhlabeni. Lapha kubutwe tinyanga ngekwehlukahlukana kwato ngoba lwati letinalo alufanani. Letinye tinyanga tati kuphengula kuphela bese tibuka kwekutsi sigulane singasitakala kuyiphi inyanga. Letinye tatfwaswa emantini tinelwati lolungetulu mayelana nekwelapha. Letinye tiffwaswa umnyaka munye kuphela kantsi letinye tiffwaswa iminyaka leminyenti tifundza ngemitsi kanye nangetifo letihlupha bantfu.

Lapha kutawubutwa tinyanga letehlukahlukene nekutsi titelapha njani tifo. Singwane (2013) naSingwane (Locashuniwe 2017) batsi tinyanga letinyenti tinalo lwati ngoba tiyahlangana tifundzisane mayelana nekwelapha kantsi letinye atifuni kushiyelana lwati. Lokunye kutawusetjentiswa bocwephesha betinyanga letitawubuka kwekutsi lwati lolutfolakele lungilo nobe cha. Lokunye letinyanga letitawubuka lolucwaningo nato titawungeta lapho kushoda khona kute bantfu bakhone kuphila.

Lokunye kutawubutwa tingedla ngobe nato tinelwati lekuloya kanye nelwati lekwelapha tifo letehlukahlukene. Shabangu (2016) utsi tingedla nato tifundzile mayelana nekusetjentiswa kwemitsi. Lolwati lolutawutfolakala etingendleni nalo lundluliselwa kubocwephesha betingedla kute nato tingete lapho kushoda khona tiphindze tilubukisise nekutsi lolucwaningo luliciniso kangakanani. Lokunye kutawubutwa bantfu labadzala mayelana nemphilo lebeyiphilwa ngeMaswati kungakefiki belumbi. Lokunye kutfola kwekutsi bebadlani, bagcokani, balalaphi, kudla bebakulondvolota kanjani, tintfo lebebatilibatisa ngato kanye nalokunye lokunyenti.

1.5. Tinhloso Telucwaningo

Lapha kubukwa tinhloso talolucwaningo letehlukaniswe kabili ngekutsi kubekhona inhlosonchanti (aim) kanye netinhlosomachakela (objectives). Inhlosonchanti

yalolucwaningo kucwaninga ngalokujulile ngekusetjentiswa kwemitsi yekwelapha kwesintfu. Letinye tinhloso telucwaningo ngunati letilandzelako:

- Kuvetwa kwemibono leyehlukene lemacondzana nemitsi yesintfu kanye nekusetjentiswa kwayo ekwelapheni.
- Kuvetwe tinhlobo letehlukene tebalaphi kanye netindlela letisetjentiswako ekwelapheni tifo letinhlobonhlobo.
- Kubukwe tinhlobo letehlukene tetimila lokwakhiwa ngato imitsi yesintfu kanye neligalela lato ekwelapheni nasemphilweni yemuntfu jikelele.
- Kubukwe kubaluleka kwetimila letehlukene kanye nemtselela wato ekwelapheni ngesintfu. Kubukwa naleto letinabo bungoti lobutsite natingakasetjentiswa ngendlela lefanele.

1.6. Imibuto Yelucwaningo

- Ngabe nguyiphi imibono levetwe bacwaningi ngemitsi yesintfu nekusetjentiswa kwayo ekwelapheni?
- Ngabe ngutiphi tinhlobo tebalaphi kanye netindlela letisetjentiswako ekwelapheni tifo letinhlobonhlobo?
- Ngutiphi tinhlobo tetimila lokwakhiwa ngato imitsi yesintfu kanye neligalelo lato ekwelapheni nasemphilweni yemuntfu jikelele?
- Ngutiphi tinhlobo tetimila letibukiwe kanye nemtselela wato ekwelapheni ngesintfu nebungoti letinabo natingakasetjentiswa ngendlela lefanele?

1.7. Kubaluleka kwelucwaningo

Lolucwaningo lubaluleke kakhulu ngendlela lemangalisako ngobe kwekucala nje lugcamisa imphilo yesintfu lengakayami nakancane emitsini yesilumbi. Bantfu bebavela baphila ngemitsi yemvelo labatigubhela yona noma-ke bayitfole etinyangeni. Ngiyo lemitsi bebayisebentisa ekugomeni umntfwana asesiswini, kwelashwe nenina angetukuba nenkinga ekutfoleni umntfwana futsi nalomntfwana angatukuba nenkinga ekutalweni kwakhe. Lolucwaningo luvete tinhlobo letehlukene tetinyanga, kuhlukana

kwato kanye nekubaluleka kwato emphilweni yemuntfu, kusukela asesiswini senina aze andlule emhlabeni.

Luveta nekwekutsi kukhona imitsi leylapha umntfwana asengakatalwa, bese kuba khona leyo lakayitfolo nakavela emhlabeni, lefaka ekhatsi tinyamatane leticondzene nesibongo ngasinye. Lubuye lwaveta kutsi lapha emhlabeni sekwandza tinhlanya nje ngobe bakhona bantfu labanyenti labangakabhunyiseleki kahle kwasekutsalweni kwabo. Imvamisa yesikhatsi-ke loku kubangwa kungati imihambo yebantfu nome kufika kwenkholo yebachamuki.

Lolucwaningo luvete tinhlobo temitsi yemvelo leyehlukene nekusetjentiswa kwayo. Loku kufaka ekhatsi imitsi leyentiwe ngetimila, leyentiwe ngetilwane, tinyoni kanye netinyoka. Lucacisile futsi kutsi ngiyiphi incenye yesihlahla nobe silwane lesisetjentiswako ekwelapheni. Lolucwaningo lubaluleke kakhulu ngobe luveta kahle tonkhe tindlela letisentjentiswako ekulweni netifo. Tifo atifani njengobe nje netindlela letingena ngato atifani. Lolucwaningo-ke luvete kahle kutsi ngutiphi tifo letilapheka ngekugata, ngekucapha, ngekuhlanta, ngekufemba nome ngayiphi lenye indlela lesetjentiswa nguleyo nyanga. Kwekugcina, lolucwaningo luvete tinhlobo tetifo letimbalwa letivamisa kuphatsa bantfu nekutsi tingancotjwa kanjani ngekwehlukana kwato.

Lolucwaningo lubalulekile kakhulu ngoba luveta kubaluleka kwemitsi yesintfu kuneyesilumbi. Lolucwaningo lutawusita wonkhe umuntfu lophilako kute sive sisitakale. Loku kutawusita sive seMaswati kwekutsi sitati tihlahla letibalulekile kanye nemagama ato. Loku kutawusita sive seMaswati ngoba kusete tibhedlela besivele siphila ngemitsi yesintfu lokufaka ekhatsi kukhuliswa kwemntfwana asesiswini senina. Lokunye kuvikela unina kanye nekuvikela lesisu kutsi singaphumi kalula.

Lokunye lolucwaningo luveta tifo letehlukahlukene nekutsi tingalashwa kanjani. Loku kutawusita nalabanye labagulako nalabagulelwako bakhone kusitakala kanye nekusitana. Lokunye lolucwaningo luveta kwekutsi imihambo, emagugu kanye nemasiko etfu kufuneka agcineke kahle. Lolucwaningo lutawugcugcutela nebantfwana lebatlwa tinyanga bakubone kubaluleka kwemitsi yesintfu, kanye nekufundza kabanti kutsi ingasetjentiswa kanjani. Lolucwaningo lutawuveta nekutsi umntfwana sekatelwe kumele

entiwe emasiko latsite. Kudzingeka anatsiswe imbita, abhunyiselwe bese ugatjiswa tinyamatane takulelo khaya.

Lokunye lolucwaningo lukuveta kahle kwekutsi imitsi yesintfu ibalulekile kodwa akufuneki baloyane ngayo noma bagadle labanye bantfu. Loko kusono kuNkulunkulu ngoba wonkhe umuntfu wenkhosi unelilungelo lekuphila. Lokunye lolucwaningo lutawusita kabanti bantfu bamukele kutsi tihlahla tadakwa nguMvelinchanti njengobe libhayibheli lichaza encwadzini yaGenesisi. Intfo leyawamisa kabi eMaswati kufika kwenkholo yebelungu abese alahla lokwabo kwatsiwa imitsi sono. Lolucwaningo lubalulekile ngoba lutsintsa tilwane, timila, tinyoni, tinyoka, tibantsa, tihlahla kanye nalokunye lokuyimvelo lokwadakwa nguMvelinchanti. Loku kukhombisa kona kwekutsi wakudala kutsi kudliwe, sive sikusebentise ngendlela lefanele. Kungako labanye belapha ngato letihlahla kanye nangetilwane letitsintsiwe lapha ngenhla. Kuphindze kwabukwa tifo letihlupha bantfu nekutsi tingelashwa kanjani. Kulolucwaningo kuvetwe kwekutsi tifo tingelashwa ngekufutsa, kugeza, kucapha, kuhlanta, kucatseka njalonzalo. Loku lokungenhla kuchaza kwekutsi tifo telashwa ngetindlela letingefani.

Lolucwaningo luveta tinhlobo tetinyanga nekutsi imitsi yesintfu atiyisebentisi ngalokufanako.

1.8. Kusatjalaliswa Kwelwati Lolutfolakele

Lolucwaningo lubalulekile kakhulu kuwo wonkhe umuntfu lophilako emhlabeni. Lolucwaningo lutawusita sive sonkhe kutsi sati kabanti ngetihlahla letilaphako kanye naletiyingoti emhlabeni. Lolucwaningo lutawusita tinyanga kute tititfolele lwati letingenalo. Lokunye lutawusita bafundzi besikole kute batitfolele lwati futsi bakhone nekuncedza labanye uma bahlangabetana netifo letehlukahlukene. Lolucwaningo lutawusita nebafundzi basemanyuvesi kanye nabasemakolishi kute batitfolele lwati.

Lolucwaningo lutawusetjentiswa nangabe kunemihlangano letsite. Kutsiwa lungasetjentiswa kufundzisa tinyanga kutetititfolele lwati lokwelapha. Lokunye lungagcinwa ngisho nasemabhukwini kanye nasemaphapheni lofuna lwati atifundzele. Lolucwaningo lungagcinwa nasemitatjeni yemabhuku kute lusite nobe ngangubani lolufunako. Lutawusita nesive kute sati tinhlobonhlobo tetifo nekutsi tingelashwa kanjani.

Lokunye kungabasita kutsi bati kutsi tihlahla tibaluleke kakhulu emhlabeni wonkhe jikelele. Loku kungenta kwekutsi sive sikhone kunakekela tihlahla kute tingashabalali. Lokunye lolucwaningo lungasita sive nangabe kunemigubho letsite. Kulemigubho kufundziswe sive kanye netinyanga mayelana nekusetjentiswa kwemitsi. Lokunye kungafundziswa sive nangabe kunemimemo mayelana nemitsi yendzabuko. Kutsiwa sive kumele sifundze kunakekela imvelo.

Lolucwaningo lutawusita nangabe kunemincintiswano kute sive sitsekelelane ngelwati. Kutsiwa lolucwaningo lutawulondvolotwa emaphephandzabeni kanye nasemabhukwini lahlukahlukene.

1.9. Inchazelo Yemagama

Lapha kuchazwa kabanti ngemagama lalandzelako: imitsi yesintfu nebelaphi bendzabuko.

1.9.1. Imitsi Yesintfu

Imitsi yesintfu yakhiwa ngetihlahla netilwane letikhetsekile. Imitsi yesintfu ayentiwa nome ngubani. Yakhiwa banftu labakhetsekile futsi labanelwati lolwanele ngetihlahla netilwane. Lapha kuye kuhlangukane tihlahla netilwane ndzawonye bese kufakwa emantini kubiliswe. Umuntfu lowenta imitsi yesintfu imitsi yekwelapha uyetsa emabhodloleni kuze ihlukaniseke kahle.

Rupert (2001:78) ubeka utsi:

Is the combination of information expertise and practice created on ideas, opinions and views native to different values that are used to preserve health as well as to advert, identify, increase or treat physical and emotional well-being? Herbal medicines include herbs, herbal materials, herbal preparation and finished herbal products that contain parts of plants or other plant material, such as active ingredients.

Pooley (1999:105) ubeka utsi:

Refers to the knowledge systems embedded in the cultural traditions of regional, indigenous, or local communities. Traditional knowledge includes types of knowledge about traditional technologies of subsistence. For an example, tools and techniques for hunting or agriculture, midwifery ethno-botany and ecological knowledge.

1.9.2. Belaphi Bendzabuko (Traditional Healers)

Lapha kukhulunywa ngebantfu labanesiphiwo sekukhulumisana nebantfu labaphasi. Laba bantfu labababitiwe. Abenti umsebenti wekwelapha ngobe batifunela. Inyanga ngumuntfu lowetfwasile. Kwetfwaswa kutsatsa sikhatsi lesidze. Kuvame kuba minyaka lemine kuya kulesitfupha. Inyanga itsi ingetfwaswa bese seyenta umsebenti wekusita sive siphile.

Moagi (2009:78) utsi:

In the South African context, a traditional healer is someone who possesses the gift of receiving spiritual guidance from the ancestral world, it is assumed that the individual who has this power, is someone selected by the ancestors from historical family background that has a powerful ancestral lineage.

Bob (2004:108) uyena utsi:

Are people who are recognized in the communities due to their use of herbal medicine and therapies in healing? Many traditional medicine practitioners are people without education, who have rather received knowledge of medical plants and their effects on the human body from their forebears. They have deep and

personal involvement in the healing process and protect the therapeutic knowledge by keeping it a secrete.

Lokuphawulekako ngemibono yebacwaningi kutsi lidloti alikhetsi umuntfu. Lingena kunome ngubani emndenini. Akukhatsalekile kutsi ufundzile nome awukafundzi. Umuntfu lobitiwe ulindzeleke kutsi alandzele lubito lwakhe. Lapha emalunga emndeni aye atsetse lowo muntfu aye ekutfwaseni. Bentela kutsi atochuba umsebenti wekwelapha ngendlela lefanele. Ekutfwaseni kulapho tinyanga tifundza ngekusetjentiswa kwemitsi.

1.10. Tindlela Tekucwaninga

Bacwaningi basebentisa tindlela letinyenti tekucwaninga. Lapha kulolucwaningo kusetjentiswa tindlela tekucwaninga letimbili kuphela. Kufundvwa kwetincwadzi neyekubuta imibuto.

1.10.1. Kufundvwa Kweticwadzi

Kufundvwa tincwadzi letinyenti letehlukene letikhuluma ngemitsi yekwelapha kwesintfu kuze kutfolakale lwati lolubanti ngemitsi yesintfu nemandla ayo ekwelapheni tifo. Kufundvwe kakhulu ngetincwadzi letiphatselene netimila letingutona tisetjentiswa ekwakheni imitsi yesintfu. Kubuye kwafundvwa tincwadzi letikhuluma kabanti ngetinhlobo tetinyanga kanye netindlela letehlukene tekwelapha letingutona tisetjentiswa. Kufundvwe naletinye tincwadzi, emaphephabhuku nemaphephandzaba lapho kuvetwe khona kushayisana kwemibono ngemitsi yesintfu nekutsi tinyanga tona tikubuka ngaliphi liso loko. Etincwadzini kutfolakala lwati sisekelo (Secondary knowledge) ngekusetjentiswa nekwelapha ngesintfu.

1.10.2. Indlela Yemibuto

Lapha kubutwe bantfu laba-59 labanelwati lolwanele ngekusetjentiswa kwemitsi yekwelapha ngesintfu kanye nebantfu labalungele kwenta umsebenti wekwelapha. Kubutwe imibuto lelandzelako:

- Besiphila njani sive seMaswati endvulo?

- Babaluleke ngani belaphi bendzabuko esiveni?
- Yini imitsi yesintfu futsi ibaluleke ngani esiveni?
- Mtselela muni longaba khona uma sive silahla imitsi yesintfu?

Lapha kubukwe kusetjentiswa kwemitsi yekwelapha yesintfu ngenhloso yekufundzisa sive kutsi eMaswati abephila ngaphandle kwetibhedlela nemitfolamphilo. Kucanjwa nekubhalwa tincwadzi ngemitsi yekwelapha yesintfu kwesekele kakhulu etinyangeni, tingedla, kubosotilwimi, bacwaningi, bosolwati nalabanye. Lapha kulendlela kutfolakele lwatisisekelo (Primary knowledge) ngekusebenta kwemitsi yekwelapha yesintfu.

1.11. Umkhawulo Welucwaningo

Lolucwaningo lugcila kakhulu etinhlotjeni temitsi yesintfu lengiyona isetjentiswa tinyanga ekulweni netifo letikhungetse umhlaba. Kubukwe kakhulu leyo mitsi leyentiwe ngetihlahla letihlukene, kubuye kwachazwa nekutsi nguyiphi incenye yaleso naleso sihlahla lesisetjentiswako. Kuphindze kwabukwa imitsi leyentiwe ngetilwane letehlukene nekutsi ihlanganiswe njani nemitsi leyentiwe ngetihlahla. Ibukiwe futsi leyo mitsi leyentiwe ngetinyoka kanye netinyoni letehlukene. Kuphindze kwabukwa tinhlobo tetinyanga letehlukene kanye netindlela labatisebentisako ekwelapheni tifo letehlukene. Kugcine ngekubukwa tifo letimbalwa letivamile kubantfu nekutsi tingancobeka ngayiphi indlela.

Lolucwaningo lutsintsa kakhulu tinhlobo temitsi yesintfu ngekwehlukahlukana kwayo. Lapha kubukwa indlela sive seMaswati lebesiphila ngayo kungakefiki badzeshi. Lapha kubukwa imitsi leyentiwe ngetihlahla letehlukahlukene. Lokunye kubukwa tihlahla letitfolakala eveni laseSwatini kanye nasetifundzeni taseNingizimu Afrika. Loku kusekelwa nguGumedze (2017) kutsi kuliciniso ngoba tifundza ngetifundza imitsi yakhona ayifanani. Lokunye kutawubukwa indlela tihlahla lebetisetjentiswa ngayo kulamanye emave ase-Afrika kanye nakulamanye emave angesheya kwetilwandle. Kuphindze kwabukwa kabanti imitsi leyentiwe ngetinyamatane nekutsi ingahlanganiswa kanjani kanye nemitsi yetihlahla lokufaka ekhatsi emacembe, timphandze, emagcolo kanye netimbali. Lapha kuphindwe kwabukwa tinhlobo tetinyanga ngekwehlukahlukana kwato kanye nangendlela letisebentisa ngayo imitsi yesintfu. Kuphindze kwabukwa tifo letehlukahlukene letihlukumeta sive seMaswati nekutsi tingelapheka kanjani.

Loku kushiwo ngoba tifo tinyenti kabi nitsi nisabuke lesi kuvele lesinye ningakalindzeli selashwe. Lesinye sikhatsi kuye kuvele lesinye sifo lesitanishikilisa kube lukhuni kuselapha njenge ngculazi.

1.12. Kuhleleka Kwetehluko

Sehluko sekucala: Setfulo selucwaningo: setfula lucwaningo ngekuchaza kabanti ngekusetjentiswa kwemitsi yekwelapha kwendzabuko, kuhlukana kwetinyanga, kwetfwaswa netimila. Setfula tinhloso imibuto, tindlela, kubaluleka, umkhawulo, kuchazwa kwemagama luhlaka lwelucwaningo nesiphetho.

Sehluko sesibili: Kuhlolisiswa kwembhalo: setfula imibono yebacwaningi leyehlukene ngekusetjentiswa kwemitsi yendzabuko, lukugcamile ngemibono yebacwaningi kanye nesiphetho.

Sehluko sesitsatfu: Sibuka kusetjentiswa kwemitsi lelaphako ngekwehlukahlukana kwayo. Siphindze sigcamise tifo nekwehlukana kwato njengemdlopha, yekuhlanta, yekucatseka, kuhosha, yetindlebe njalonjalo.

Sehluko sesine: Sibuka kusetjentiswa kwetitjalo, tilwane, netitfombo tetitjalo letelaphako.

Sehluko sesihlanu: Lokutfolakele elucwaningweni kanye netiphakamiso letingalekelela ekwenteni lolunye locwaningo lolujulile loluphatselene nekusetjentiswa kwemitsi yekwelapha.

1.13. Siphetho

Sehluko sekucala besicondzene nekwendlalela lucwaningo ngekutsi sitfule tinhloso telucwaningo kanye nekuveta tonkhe tindlela letisetjentiswe kutfola lwati loluphatselene nalolucwaningo kwafundvwa tincwadzi kanye nekubuta bantfu labahlukene labanelwati ngekusetjentiswa kwemitsi yesintfu ekwelapheni tifo letehlukene. Kuphindze kwavetwa umkhawulo welucwaningo kanye nekubaluleka kwalo, kwase kugcina ngekuchazwa kwemagama langakatayeledi.

SEHLUKO SESIBILI KUBUYEKETWA KWEMIBHALO

2.1. Singeniso

Imibono yebahluti lecondzene nalolucwaningo ibaluleke kakhulu. Kubalulekile kutsi kucalwa kuhlatiywe imibono yebahluti kucala embi kwekubuka kusebenta kwemitsi nekwelapha kwesintfu. Imphilo yebantfu labamnyama yesekele kakhulu emitsini yesintfu. Kubalulekile kutsi sive sati kabanti ngetinhlobo tetimila. Imibono yebacwaningi ibaluleke kakhulu ngobe itawenta lolucwaningo kutsi lube nesisekelo lesicinile.

2.2. Imibono YaHoff (1985)

Imitsi yesintfu ibalulekile kantsi vele beyibalulekile esiveni seMaswati kusukela endvulo. Loku kwenteka imihla nemihla uma ngabe kunesifo sematfumba, labadzala bebati kutsi kunemitsi lokufuna yenanyekwe kulamatfumba. Lokunye uma babhobotene noma bagwazana kuba nemitsi yekuwasha lamanceba kanye nemitsi yekubhandisha lawo manceba. Sive seMaswati besihlakaniphile ngobe uma akhona lophukile bamnatsisa mahlanganisa lomunye amkhatse kuze litsambo lihlangane. Lokunye bebakwati kubelekisa laba labakhulelwe kanye nalabo labaphunyelwe tisu.

Emaswati bekasebentisa imitsi yekutsi umfati abeleke kahle ngaphandle kwekutsi asikwe. Lomunye bekakhona kukhipha yonkhe lensila leba semlonyeni wemntfwana uma acedza kumbelekisa. Loku kwentiwa Maswati besusezingeni leliphakeme kwendlula silumba. Intfo lengasitfokotisi kahle kutsi belumbi banyembeya lemihambo yetfu kanye nemasiko etfu. Lentfo ingene ngisho nesive sakitsi abasafuni kusebentisa imitsi yesintfu. Leningakusho kutsi imitsi yesintfu ibalulekile loku sikubona lapha. Emaswati kudzala bekakhula acinile, anemdlandla futsi akhule adzimate akhokhotele.

Linyenti leMaswati belikhula kakhulu labanye ubatfole bangaseva ngisho nasetindlebeni, nekubona bangasaboni kahle kodvwa ukhadza kutsi basaphila. Labanye ubatfole kutsi sebacutjulwa ngetikhumba bakhishelwe ngaphandle kute batsamele lilanga kodvwa solo basaphila. Emaswati bekaphila andlule ekhulwini lweminyaka ngobe bebadla imitsi yesintfu. Lokubuhlungu kutsi sive sakitsi asisakhuli kwekuyaphi. Linyenti lingandlula

eminyakene lengemashumi lasitfupha sitsi labo sebawadlile emabele. Sive seMaswati besiphila sikhatsi lesidze emhlabeni, loku kushiwo ngobe bewutfole labanye baze babacelele kulabo lesebalala babalandze bayophumula ngobe kuyabonakala kwekutsi baphile impela.

2.3. Imibono YaGumede (1990)

Tangoma letingakavami kantsi nendlela letiphengula ngayo tehluke kakhulu kunaleti letinye. Balozi basebentisa tigušana. Sigujana singaba sebaleni nome sisitsele, kepha kuso kuphuma livi lelisankwela leliviwa sangoma kuphela bese kube ngusona sichazela bantfu lokushiwo lidloti. Gumede (1990:80) yena-ke ubeka kanje:

Amakhosi (the ancestral spirits) speak with a faint non-too-clear voice. The voice unmistakably comes from the roof of the hut. The diviner becomes the channel or a medium to make clear understandable what Amakhosi say. The language of Abalozi from the roof sounds like whistling. The diviner understands the language and relays to the enquiries what is being said.

Emakhosi (imimoya yemadloti) akuluma ngelivi lelincane lelingavakali kahle. Akungabateki kutsi livi lelivela eluphahleni lwendlu. Sangoma siba ngumchumanisi kwenta kucale kahle futsi kuvakale lulwimi lweBalozi luvakale njengemfengwane lechamuka eluphahleni sangoma siyaluva lolulwimi bese sichazela labatophengula loko lokushiwo ngemakhosi.

Gumede (locashuniwe) yena uveta kutsi labatokuva bangeniswa endlini yesintfu ngugucasithantaze. Lapha ekhatsi kulendlu kuba nemnyango ngobe ayinawo emafasitelo. Ngako-ke kute labakubonako, beva lelo livi leliyinkwela lichamuka eluphahleni. Kuba ngiso sangoma naso labangasiboni lesivakala sibatjela kutsi emakhosi

atsini. Dlamini (2008) utsi kuyawuphengula kuleluhlobo lwesangoma kubita sibindzi ngobe kuyesabeka ngendlela lokwenteka ngayo. Utsi yena njengelugedla ubona kutsi loluhlobo lunemandla kwendlula tonkhe tinhlobo tetangoma.

2.4. Imibono YaHogle NaPrins (1991)

Kuneluhlobo lwesangoma ludzinga kushayelwa kuze kutovuka lidloti ahlabelela agidze, kube ngukhona atawucala umsebenzi wekuphengula. Gwebu (2004) utsi loluhlobo lwesangoma luyametfwala umuntfu lotako asengakafiki. Kulesinye sikhatsi nangabe lotako agula, kugula kwakhe kuviwa ngiso sangoma basibone siyaluka, sibhodle sibuye setsimule sikhute nemakhosi. Uyakusekela naGumede (1990:87) nakabeka atsi:

*While the enquiries are still on their way approaching
his homestead. The diviner develops the old thwasa
symptoms-feeling like sneezing headaches,
heaviness on the shoulder, etc.*

*Lesikhatsi labantfu labatophengula basendleleni
lecondza ekhaya lesangoma, sivukwa timphawu
tematfwasa, sive ungatsi siyatsimula kube buhlungu
inhloko kusindze emahlombe njalonjalo.*

Kulapho sivakala sitsimula, sibuye sitelule sihambehambe sitinikina kungatsi sifuna kusuke lokusemahlombe aso lokusisindzako. Nasekufikile lowo logulako nome lonenkinga letsite, sangoma singena endvumbeni sivunule sesilungiselela kucala umsebenzi. Phela kunemahiya akhona lacondzene nebungoma. Nasiphuma siphuma nengoma levusa lidloti, labashaya tingungu basukume beme ngemumo. Akekho lobukelako, kushaywa emantjomane kushaywe netandla kubuye kuhlatjelelwe kwentelwe lidloti litawuvuka masinyane.

2.5. Imibono YaHutching Nalabanye (1996)

Ligedla ngumuntfu lophilako abe angaketfwasi njengobe kuba njalo etinyangeni letehlukene letihlala iminyaka lemitsatfu nobe ngetulu tisekutfwaseni lapho tifundza khona lemitsi, kuphengula kanye nekwelapha ngetindlela letehlukene. Aluvunuli

njengaletinye tangoma letibonakala tichamuka kutsi tangoma. Lugedla lona lwati imitsi kanye netifo leyitilaphako. Hutching (1996) utsi lugedla ngumuntfu lofundze imitsi ekhaya. Kukhona lofundza imitsi ngekutsi bekalihlaka lweyise loyinyanga, afundze kugubha nekusebentisa leyo mitsi ekwelapheni.

Kutakutsi nasekafile uyise achubeke yena abelaphe bantfu ngenhloso yekutakhela imali. Lesinye sikhatsi umuntfu nguyise nome ngumkhulu wakhe nangabe amtsandzile. Akatikhetseli-ke umuntfu kutsi ufuna kutsatsa sikhwama, kodvwa ukhetfwa lidloti ngekutibonakalisa kuye ngetindlela letehlukene. Kulesinye sikhatsi usuke angafuni kuwenta lomsebenti, kodvwa angeke atfole kuphumula aze awutsatse. Lomunye uyagula, kutsi lapho kuyophengulwa kutfolakale kwekutsi kutsiwa awutsatse lowo msebenti. Noko tiba khona taba tekushweleta kulabaphasi. Umuntfu utsenga emahiya lahlukene kanye nemajiva, kodvwa kube tinhlanga temuka nemoya.

2.6. Imibono yaNgubane (1997)

Imitsi leminyenti belapha ngayo emanceba labamatima ngobe bekute tibhedlela. Empeleni siyati sonkhe Malangeni kutsi kudzala bekunetimphi kuliwa kubulawana kungako sisebentisa imitsi yesintfu kubhandisha lawo manceba. Loku kwenta akusho kutsi lemitsi beyisetjentiswa kudzala nyalo ayisebenti. Lemitsi solo iyasebenta futsi angasebentisa yona linceba lihlangana ngekushesha. Imitsi leminyenti beyisebenta uma kuyoliwa noma uma kenetimphi. Bekusetjentiswa imitsi yekutsi nanilwa leniwwa nabo baphelelwe ngemandla, leminyenti inente nibe nesitfunti nesabeke. Leminyenti imitsi beyisetjentiswa kucosha imimoya lemibi. Lemitsi nanyalo isatfolakala futsi isasita kucosha lomoya lemibi.

Intfo lokungashiwo kutsi bantfu labadzala nalabo babati ngemitsi yesintfu sebaya ngekuphela. Lokunye futsi kutsi imitsi yesintfu seyiyaphela kantsi leminyenti seyiyakhohlakala ngobe isetjentiswa njalo njalo. Imitsi yesintfu iyasita kucedza noma kulapha imikhuhlane njengemphilane, uyayidla lemphandze umkhuhlane usheshe uphele. Lomunye umutsi wemkhuhlane ngumsutane, umhlonyane naleminyenti. Lemitsi inukelela kamnandzi kantsi ungawupheka ukhipha yonkhe imikhuhlane emtimbeni ngekwehlukahlukana kwayo. Sitfolele nemitsi lepholisa emanceba

njengenengwane, sinwathi, umhlonyane, lulwimi lwenkhomo, sicalaba, sitfwetfwe kanye naleminyeye imitsi leminyenti. Lemitsi lengenhla ungayigcobisa esilondzeni siphola ngekushesha. Kudzala sive seMaswati besisebentisa lemitsi lengehla kulapha emanceba kanye naleminyeye imitsi.

2.7. Imibono YaVan Wyk (1997)

Kuliciniso lelingeke liphikiswe kwekutsi imitsi yesintfu midzala futsi inemandla ekwelapha nobe ngusiphi sifo lesisemtimbeni wemuntfu ngendlela lefanele. Phela phela ngawo lamandla languwona asekelo imphilo yemuntfu kusukela ekudzabukeni kwalomhlaba. Namuhla lemitsi isenawo lawomandla lebeyinawo itolo njengobe nje miningi imitsi leyakhiwe ngetihlahla temvelo. Van Wyk (1997:8) uyakusekela loku. Asesimuve nakatsi:

Plants were once a primary source of medicine in the world and they still continue to provide mankind with new remedies. Natural directives represent more than 50% of all drugs in clinical use of the world. Higher plants contribute no less than 25% to the total. Well known example of plants derived medicine include quinine, morpheme, codeine, aspirin, atrophine, riserphine and cocaine.

Timila tike taba ngumtfombo lomkhulu wemitsi emhlabeni wonkhe futsi tisachubeka nekunika bantfu emakhambi lamasha. Imitsi levela emvelweni isigamu ekhulwini kwayo yonkhe lemitsi lesetjentiswa emhlabeni. Timila letisezingeni lelisetulu tona tingu 25% wako konkhe. Emakhambi ladvumile afaka ekhatsi ikhwinini, imofine, kodeyi, aspirini, resephani, kanye nekhokheyini.

Uchubeka achaze kutsi letihlahla tisenemandla nanamuhla njengaloko nje kusandza kutfolakala likhambi lekwelapha sifo semdlavuta, empeleni Van Wyk (locashuniwe) utsi liningi lemitsi lesetjentiswa emalanga onkhe eNingizimu Afrika, atfolakala etihlahleni

njengobe nje miningi imitsi letsengiswa endzaweni temabhizinisi emalanga onkhe eNingizimu Afrika, itfolakala etihlahleni ngenca yekubona emandla lenawo.

Lwati lwemitsi yesintfu lubanti futsi lujulile ngendlela lemangalisako. Noko lokwenta kube sengatsi loluhlobo lwemitsi alukadvumi kubo bonkhe bantfu kwekutsi lolu lwati lolungakabhalwa ndzawo. Alufani nemitsi lephatselene nesilumbi, lona lugcwele imiculu ngemiculu. Lwati ngesintfu lusetinhloko nome engcondvweni yemuntfu. Uma afa lowomuntfu, lololwati uhamba nalo nangabe kute lamshiyele lona nome lamfundzisile kubantfwabakhe. Empeleni umuntfu lonelwati lwemitsi yekwelapha usuke anelifa lelikhulu. Kufanele alilondvolote lelifa kuze lingaphumi emndenini. Indlela yekulilondvolota kwekutsi alindlulisele kuloyo losuke akhonjwe ngulabaphasi kutsi amfundzise asaphila.

2.8. Imibono YaGerstiner (1998)

Inyanga ngumuntfu lowetfwasile wangena emantini nanobe kunjalo kodwa kukhona naletinye tinyanga letingamanye tiffwasele emantini. Kwetfwasile-ke kutsatsa iminyaka lemitsatfu kuya kulesihlanu, nakuyo leminyaka usuke angakavutfwa kutsi angatimela, kuyafuneka ehle abuyele kugobela wakhe aze acine ebunyangeni bakhe. Empeleni iminyaka yekwetfwasile ilingana nayo lena yebudokotela besilumbi. Matsaba locashuniwe ufanisa lesangoma lesitsatse iminyaka lemitsatfu kuphela, njengemhlangikati. Utsi lowo muntfu akakulungeli kwelapha bantfu ngobe usete lwati loluphelele lwemitsi lemikhulu, futsi akakulungeli ngisho kugata umuntfu ngobe usengakati ngisho nemuntfu lofanelwe kugatwa. Phela akusibo bonkhe labagulako labafanele kugatwa, lomunye ungatsi uyamgata avele afe nya.

Umuntfu lowetfwasile-ke usuke angenwe lidloti lokuba ngulona limentisa intsandvo yalo. Kuyenteka kutsi umuntfu amsikati angenwe lidloti lelidvuna, lowo muntfu utawubonakala ngekutsi avunule emajoba abuye atiphatsise kwendvodza. Lomunye neligama lakhe alibe lisatiwa ngobe ubitwa ngeligama lalelo dloti lelimngenile. Tangoma ekutfwaseni kwato ngulapho tifundza khona kwelapha ngetindlela letehlukene kuye ngekutsi logobela uluhlobo luni lwesangoma. Loku ngiko lokwenta kwekutsi kube netinhlobo letehlukene tetangoma letisebenta ngetindlela letehlukene kuye ngekutsi lowo muntfu ufundzephi

nekutsi uluhlobo luni lwelidlotti lelamngena futsi lifuna asebantise yiphi indlela ekwelapheni.

2.9. Imibono YaThwala (2005)

Lapha kubukwa kusebenta kwetihlahla. Uma sikhuluma ngetihlahla eSiswatini sikhuluma ngemitsi. Tihlahla tibaluleke kakhulu emphilweni yeMaswati ngobe tenta imisebenti leminyenti leyehlukene. Ngaphandle kwetihlahla sive besiyewushabalala ngenca yetifo letinyenti. Umsumpe nome umsinsi wekutimilela ukholelwa etihlahleni kakhulu ngobe tisisekelo semphilo yalabasemphakatsi nasemmangweni. Sangoma ngumuntfu losebentisa imitsi ngendlela lafundziswe ngayo, ngako-ke asigudluki emfundzisweni yaso. Ngiko nje akusilula kutsi utfole sangoma sisebentisa imitsi ngendlela lehlaneketelwe.

Imitsi ibukwa ngekwetimila letinkhulu naletincane, tintfo temvelo. Kubukwa lesa naleso simila nesilwane ngekuhambelana, ngekusetjentiswa kwaso ekwakheni emakhambi lasetjentiswa sangoma ngenhloso yekuphilisa labagulako, yekuphumelelisa labangaphumeleli, yekukhutsata labadzinga kukhutsatwa. Konkhe loku kubukwa ngekwetimila netilwane nguloko lokungaphambani netindlela, tento netimiso temadloti naMvelinchanti. Tihlahla tisisekelo semphilo yetangoma. Tangoma kuba tangoma ngetihlahla. Tihlahla tingumsuka, luphawu netinkhomba temphilo. Uve eMaswati akhuluma atsi: “Tihlahla talesa sangoma tiyasebenta.” ngemavi latayelekile kusuke kucondvwe kutsi, “imitsi yalesa sangoma iyasebenta.” Mvelinchanti wayidala imitsi kutsi isetjentiswe ngendlela lefanele.

2.10. Dlamini Nalabanye (2008)

Dlamini nalabanye (2008) batsi kukhona tingedla letafundza kubafati bato labatinyanga ngekuhawukela imali letfolwa ngulabafati. Utsi lapho-ke kube nemehluko lomkhulu ekusebenteni kwalowo muntfu. Kuba nalenkhulu inkinga ngobe akazange atfole imiyalo njengaletinye tinyanga letetfwaso. Konkhe lokuhlonishwa tinyanga akakuhloniphi futsi akatili lutfo ngobe vele angasiyo inyanga. Phela Matsaba ugczizelela kutsi inyanga ngumuntfu lowetfwaso, wangena emantini langilona tubuko letibusisako, phela lidloti liyatingenela akacwiliswa lowetfwasako.

Emvakwaloko uhlaliswa phasi, bogobela bamtjele kutsi kufanele asebente njani lapha ebunyangeni. Tingedla-ke atinamtsetfo ngobe kute lowake watihlalisa phasi watiyala. Tisebentisa imitsi ngendlela lengasiyo, tisebentise netintfo letingangeni ekwelapheni kwesintfu. Atisabambisani naletinye tinyanga kantsi phela nato tenta umsebenti wekwelapha. Kungafuni kutihlanganisa naletinye tinyanga kwetingedla, ngiko lokwenta kubukelwa phasi kwelapha kwesintfu. Ingani ngekufuna imali tingedla tenta netintfo letingekho ebunyangeni, tiphatse nemitsi lemikhulu leyingoti kantsi atikafundziswa ngawo.

2.11. Siphetho

Lapha kulesehluko kubukwe imibono yebabhali nome bahluti laphi basichazela kabanti ngekwakhiwa kwemitsi kanye nekusetjentiswa kwawo. Babhali bagcamisa imibono lecishe ifane ngekusetjentiswa kwemitsi yesintfu. Imibono yababhali abaluleke kakhulu ngobe isidvwebela sitfombe lesibanti ngemitsi yesintfu lesisekelo semphilo.

SEHLUKO SESITSATFU

LUCWANINGO NGEMITSI NENCHUBO YEKUSETJENTISWA KWAYO

3.1. Singenisiso

Ecinisweni sive seMaswati siyawatsandza emasiko kusukela endvulo. Emaswati sive lesadvuma kakhulu ngenhlonipho kanye nangekutitsandza. Lesive besiphila ngemitsi yesintfu ngoba ngaletu tikhatsi bekute bodokotela. Loku kufakazela kona kutsi uMdali umuntfu wamdala waphelela. Siyaphi Gumedze (2013) naVelephi Zwane (2014) batsi sive lesimnyama besikhona kwelapha tifo letinyenti lokufaka ekhatsi sihambi, tilondza, ematfumba njalo njalo. Bayachubeka batsi eMaswati bekakwati kubelekisa umfati lotetfwele. Kutsiwa lomfati uma sekaphetfwe ngumhelo bebamtsatsa bamyise endlini kagogo ayobelekela khona. Loku kunanatelwa nguKasenene (1993:54) uma abeka atsi.

When the first labour pains are experienced, she is given more medicine to ensure fast delivery. She is then taken to kagogo where delivery takes place. Old women, who are the midwives of the community, are invited to assist her together with her mother in-Law, if she has one.

Kutsiwa uma lomhelo sewumcalile babese bamnatsisa umutsi lomningi kute asheshise kubeleka. Kutsiwa babese bahamba naye endlini kagogo lapho ayobelekela khona. Bomake labadzala lebabelekisako emmangweni bayacelwa kwekutsi batoncedzisa kanye namaketala walomakoti uma asaphila.

Lokunye ngilelo nalelo khaya belinenyanga yakhona. Emaswati bekalashwa ngemitsi yesintfu kute ahlale aphile saka. Kutsiwa bekasebentisa emahlungu kute ativikeleke tikwetimbuzulwane natikwetinyoka. Geletfu Shabangu (2017) utsi lokunye kutsiwa nangabe kukhona umuntfu losheka ingati bebatsatsa emagcolo emganu bawagandze bese bawafaka emantini lasivuvu sebayamnatsisa. Kutsiwa lomsheko bewuvaleka ngekushesha. Bayangeta batsi emagcolo emganu ayasetjentiswa kwelapha umuntfu

lolimele kanye nalophetfwe sifo sematsambo. Loku kunanatelwa nguDharan (2016:37) uma abeka kanje:

A bark decoction is used to treat diarrhoea, parasitic diseases, injuries, rheumatism and digestive tract problems, mixed with other medicinal plants it is used to treat dysentery.

Imbita leyentiwe ngemagcolo iyasetjentiswa kwelapha umsheko, tifo letibangwa tilo, kulimala, sifo semalunga labuhlungu kanye netinkinga temgudvu wekudla. Lomutsi uhlanganiswa naleminywe imitsi kwelapha umsheko wengati.

Lokunye kutsiwa eMaswati bekusive lebesinemfuyo lenyenti kakhulu. Kutsiwa lesive besiphila ngekulima emabele sidle wona ngoba ummbila bekute ngaletotikhatsi ufike itolo uvela emaveni angesheya. Kutsiwa kwanela kufika ummbila kuleli babese bayawusebentisa nawo kwekutsi ube kudla kwabo. Sive seMaswati sabese silima kakhulu ummbila siwulondvolote etingungwini, tikwetinyango kanye natikwetihlandla bawuhhake etulu etihlahleni letinkhulu. Loku kuchazwa nguGodeffroy (2016:37) uma abeka kanje:

Maize is our staple cereal. Although maize is often listed as one of the many food crops introduced to Africa by the Portuguese, exactly how and when maize was brought to the continent cannot be established with certainty.

Umbila ukudla kwabo lokuvamile. Nanoma esikhatsini lesiningi ummbila ubalwa njengesilimo lesivunwako lesaletfwa sive seMaputukezi eveni laseAfrika. Umbila akwatiwa kwekutsi waletfwa kanjani nini kulelivekati.

Simanga Mamba (2017) utsi lesi sive lebesiphila nangekutingela tinyamatane kute siphile. Lokunye lesive besitakhela tindlu sisebentise lucunga, emakhenya, tigodvo emasoyi, kanye nalokunye lokutsite. Lesive besingafani nalabantfu balomuhla lesebakhalela hulumende bafune tindlu; imithoyi kanye nemanti. Uyachubeka utsi eMaswati bekatigubhela imitfombo kute atfole emanti. Lesive besiphila ngetitselo tasendle, tibhidvo, lokuluhlata, lokufaka ekhatsi imbuya, ligusha, chuchuza kanye nalokunye lokunyenti. Lokunye lebebaphila ngako tintsentse, tinyoni kanye nalokunye lokunyenti. Loku kuchazwa nguGodeffroy (2016:27) uma abeka atsi:

Whether bitter or mild, greens are an important part of the traditional Swazi diet. Ligusha, imbuya, inshubaba, are all indigenous plant growing wild, waiting to be picked and added to meal.

Noma kumunyu noma akubabi, lokuluhlata kubaluleke kakhulu tikwekudla kweMaswati. Ligushwa, imbuya, inshubaba tiffombo temvelo letimila esigangeni letikhiwako setifakwa ekudleni.

3.2. Silulumagama Elulwimini LweSiswati

(i) Umhlabelo

Lona ngumutsi losebenta kuhlanganisa litsambo noma inyama. Lomutsi uhlanganisa ngisho inyama ivitsikile noma ematsambo ephukile. Loku kunanatelwa nguMavuso nalabanye (2003:132) uma babeka kanje:

Umhlabelo ngumutsi wekuhlanganisa lolimele inyama nobe litsambo.

(ii) Indumba

Ngekusho kwaMamba (2016) utsi indumba yindlu lapho inyanga igcina khona imitsi yekwelapha, tingubo temadloti, umtuntu kanye nalokunye lokunyenti lokumayelana nekwelapha. Loku kuchazwa nguNyawo nalabanye (2009:146) uma babeka batsi:

A special hut in the homestead where special medicines are kept for healing purposes.

Indlu lekhethsekile ekhaya lapho kugcinwa khona imitsi yekwelapha.

Sabelo Makhubela (Locashuniwe 2016) naye uyananatela utsi indumba yindlu lebalulekile kakhulu. Uyachubeka utsi inyanga iphengulela kuyo lendlu futsi akulalwa kuyo. Utsi kulendlu umuntfu wesifazane akangeni kuyo nangabe asemalangeneni.

(iii) Lidvumane

Ngekusho kwaSabelo Makhubela (Locashuniwe 2016) asekelwa nguMatobhi Gumedze (Locashuniwe 2015) batsi lidvumane ngumhlabatsi lobovu logcotjiswa tinyanga kanye nematfwasane enhloko nangabe benta siyendle. Mamba (2017) naye uyafakaza utsi lidvumane ngumhlabatsi lobovu logcotjiswa tangoma enhloko nangabe kwentiwa siyendle.

(iv) Libovu

Nsimbini naMavimbela (2016) batsi libovu ngumhlabatsi lobovu losetjentiswa tinyanga kanye nebantfu kwelapha tifo letehlukahlukene lokufaka ekhatsi emahlaba, incubulunjwane, tilondza tebantfwana njalo njalo. Loku kufakazelwa nguShabangu (2017) utsi nangabe umuntfu ahlushwa ngemahlaba utsatsa sigadlana selibovu usifake enkomushini bese utsela emanti. Utsi emvakwaloko ubese utsatsa umukhwa sewutamatisa ngawo lomutsi.

(v) Tihlola

Mamba (2016) utsi tihlola ngematsambo ekuphengula nobe ngabe yini inyanga lephengula ngako. Mtshali (2004:32) utsi izinhloa amathambo okuphengula noma yini ohlola ngayo. Tihlola tihlala endumbeni esikhwameni sato. Mavimbela naMavimbela (2016) bayangeta batsi tihlola akusiwo ematsambo etilwane kuphela kepha emadayizi lamakhulu nalamancane, imali, tingwebevu teminenkhe yaselwandle kanye nalokutsite kuyasetjentiswa. Kasenene (1993:46) uyangeta utsi:

Sea shells, tihlola are used by tinyanga during divination. If, for example, a person is taken to an inyanga to find out the cause of the sickness what treatment is required, the inyanga may use sea shells mixed with bones, in diagnosing the problem.

Emagobolondvo aselwandle, tihlola kuyasetjentiswa uma tinyanga tiphengula Sibonelo umuntfu bayamtsatsa bamyise enyangu bayotfola kwekutsi lesifo lesimphetse sibangwa yini nekutsi nguyiphi imitsi ledzingekako. Inyanga ingasebentisa emagobolondvo aselwandle kanye nematsambo latsite kwelapha lesifo.

Ngekusho kwaThwala (2009) utsi tinyanga tingasebentisa licansi lelincane, ematsambo, tinkhumba teminenke yaselwandle, kanye nalokunye lokutsite. Tinyanga tisebentisa ematsambo kubuka kutsi logulako uphetfwe yini futsi angaphila kanjani. Lokunye basebentisa ematsambo kubuka kwekutsi likusasa libaphatseleni. Loku kunanatelwa nguNyawo nalabanye (2009:6) uma batsi:

Through these bones the diviners can hear, see and foretell the future.

Ngalamatsambo tinyanga tiyeva, tibone futsi tiphindze tipholofite ngetintfo letisetawenteka.

(vi) Silobekelo

Ngekusho kwaNorman Shabangu (Locashuniwe 2016) utsi lona ngumutsi longaphekwa kodwa lofakwa emantini lacandzako nobe lashisako. Lomutsi ungawuyekela lilanga linye nobe emalangana sewuyawunatsa.

(vii) Umtuntu

Dudu Gumedze (Locashuniwe 2016) utsi umtuntu yintfo leyakhiwe lenjenge mantji yaphindze yaba nesimbono. Ngulapho kuhlala khona emahiya enyanga kanye nalokutsite. Mtshali (2004:32) umtuntu uwuchaza kanje:

*Umtuntu ibhokisi lezimpahla lezimqoka
zesangoma.*

(viii) Libaso

Sarah Mongo (2016) utsi libaso ngumutsi lowentiwe ngematsambo etinyamatane, tikhumba, emafutsa kanye nemitsi leyehlukahlukene. Petros Mavimbela naLambuso Mavimbela (Locashuniwe 2015) bayananatela batsi libaso lifakwa emalahleni libhunye kute licoshe tilwane ekhaya noma kumuntfu logulako.

(ix) Kufemba

Frans Matsaba (2004) utsi lena yindlela lesetjentiswa tinyanga kukhipha tilwane, tipoko emtimbeni wemuntfu, logulako nalongaguli lotsi uphile saka. Labantfu bavele batikhulumele kantsi letilwane tivele tikhale. Mtshali (2004:101) yena utsi:

*Besusa omoya ababi abavama ukucindezela isiguli.
Kumunya izicwazi zamalumbo abathakathi.*

(x) Kuphengula

James Thwala naMatobhi Gumedze (Labacashuniwe 2009) batsi lena yindlela lesetjentiswa tinyanga nangabe tifuna kufola kutsi umuntfu uhlushwa yini. Inyanga isebentisa tinhlola kute itfole inkinga lebukene nemuntfu lotsite kungaba ngulogulako nalongaguli. Simelane nalabanye (1992:145) bona batsi:

Kuva esangomeni kutsi logulako ngabe uguliswa yini.

Thwala nalabanye (2005:243) bayananatela nabo batsi:

Kubhula kuyova etangomeni ngetinkinga.

(xi) Insiti

Rheyila Mngobeni (2017) utsi lona ngumutsi lebawufaka eludzengelweni bese bayawushisa. Insiti bangayakha ngetindlela letehlukahlukene lokufaka ekhatsi emagcolo, timphandze, emacembe, tinyamatane, ematsambo, tinyoka kanye nalokunye lokunyenti. Loku kuchazwa nguMavuso nalabanye (2003:132 uma babeka batsi:

Insiti ngumutsi wetinyanga

Thwala nalabanye (2006:127) nabo bayananatela uma babeka kanje:

Emasiti ngumutsi wenyanga loshisiwe wase

uyasilwa ubeyimphuphu lemnyama.

(xii) Tinyamatane

Sibonginkosi Mavimbela (2016) utsi tinyamatane ngumutsi lokubhunyelwa ngawo umntfwana asesemncane kute angahabuli. Loku kwentelwa kwekutsi lomntfwana noma uhamba naye lapho kugcwele bantfu khona angabanjwa kugula kalula. Asesive Msindvo Singwane (Locashuniwe 2012) nabeka kanje:

Tinyamatane ngumutsi lebavamise kuwugcina tikweliphondvo lokubhunyelwa ngawo umntfwana asesemncane kute angahabuli. Lokunye utsi nguleso sibongo sibhunyelwa ngetinyamatane takhona.

Geletfu Shabangu (Locashuniwe 2016) utsi lomntfwana uma angabhunyelwa utawuhlala ngekugula njalo. Kasenene (1993:50) naye uyananatela uma abeka kanje:

When a baby is being introduced into a clan by giving it a clan surname, for example, this medicine is burnt

for incensing it, if this ritual is not performed, it is believed that the baby will grow to be a sickly child or a deviant in society.

Uma untfwana bamefula tikwelisendvo uniketwa sibongo sakhe, sibonelo lomutsi bambhunyesela ngawo. Utsi lomsimeto uma ungeke wentiwe lomntfwana utawuhlala ngekugula noma aphile imphilo lehlukile esiveni.

(xiii) Kuzila

Kuzila kusho kutfwala tintsambo utfwalele loшонile emndenini noma sihlobo sakho. Tintsambo atitfwalwa noma ngangubani kepha titfwalwa bantfu labadzala labatawukhona kutibamba bangayi emacansini kuze kufike sikhatsi sekutikhumula. Kunyenti lokumele ungakwenti uma unetinzilo njenge kutsi awumemeti, awumshayi nemntfwana ngoba kuyatila. Loku kufakazelwa nguZwane (2012) nabeka atsi:

Uma utfwele tintsambo awujayivi kantsi futsi awugidzi nato ngoba kuyatilwa. Lokunye uma nidla ndzawonye noma ndishi yinye kufanele kugcine yena lolotfwele letintsambo kudla kute ningatogula.

(xiv) Kumekeza

Zwane kanye naGumedze (2013) batsi lapha basuke bateka umfati ngelusiko leSiswati. Kuyenteka intfombi ivakashe ekhakhayo iyojuma bese bayibamba sigubhukhwela bayifake esibayeni bayimekezise. Lapha umndeni ucela bafati besigodzi batobancedzisa ekutekeni lomakoti. Shongwe (2008) uyangeta utsi; uyenteka makoti ete nebakubo bangumtsimba bese bamvusa ekuseni kakhulu ngetingweti bamvunulise sidvwaba bamnike nesikhali bamngenise esibayeni bammekezise.

(xv) Kufusa

Fakude (2016) utsi kufusa yindlela yekulondvolota umbhidvo. Lapha batsatsa umbhidvo bawupheke kancane bese bayawuneka. Lomfuso udliwa ebusika uma sekute umshibo. Kunyenti lokufuswako njengenkhaka, emacembe etinhlumayo, chuchuza umbhidvo wetintsanga kanye naletinye tibhidvo. Uyafakaza Ncenekile Tsabetse (2016) nabeka atsi:

*Umfuso ngumbhidvo noma nganguwuphi lowonyisiwe.
Umfuso uyabekwa uphekwe ebusika uma sekute
umshibo. Loku kuyindlela eMaswati lebekagcina
ngayo tibhidvo.*

Dlamini nalabanye (2008:42) batsi ngunoma ngumuphi umbhidvo lowomisiwe kute udliwe nasekuphelile emasimini. Uyabekwa uphekwe ebusika uma tiganga setingenalutfo. Uphekwa njengembhidvo wetintsanga udliwe kanye neliphalishi emini noma entsambama.

(xvi) Kulumula

KushoGumedze (2013) utsi kulumula kusho kuyekelisa umntfwana libele noma kummunyisa. Umntfwana uyekeliswa libele uma sekamunye wandlulelwa sikhatsi. NgeSiswati umntfwana umunyiswa sikhatsi lesitsite. Uma kungenteka andlulelwe sikhatsi babese bayamyekelisa njengobe Dlamini nalabanye (2008:206) baphawula ngekuyekelisa umntfwana libele batsi:

*Umntfwana umunyiswa ate abe nemnyaka nesigamu
noma iminyaka lemibili legcwele. NgeSiswati
nakulunyulwa umntfwana unina wemntfwana utsatsa
licembe lenhlaba lemanti bese ubhoca lengono.*

(xvii) Inyango

Ngekusho kwaGumedze (2017) utsi inyango yindzawo lapho kugcinwa khona ummbila. Inyango yakhiwa ngetingodvo, tiphaca, tintfungo bese kuvundliswa tingodvo kuletiphaca. Inyango beyifulelwa ngetjani bentela kwekutsi lommbila unganetfwa timvula. Singwane

(2017) uyangeta utsi bebawuhloma lapha enyangweni kute ungene ngebunyenti kantsi ngaphasi kwalenyango bebabeka emajoti kanye nematsanga.

(xviii) Kumilisa

Shongwe (2017) utsi kushiwo lesikhatsi umntfwana acala ngca kuvela ematinyo. NgeSiswati umntfwana ucala ngekumilisa ematinyo angaphasi. Uma kungenteka kwekutsi acale ngekumilisa ematinyo angetulu ngeSiswati kuyahlola lomntfwana babese bayamkhipha lapha ekhaya kudzimate kumile lamatinyo angaphasi. Loku kufakazelwa nguKasenene (1993:57) nabeka atsi:

Normally they first appear on the lower jaw. Should teeth start from the upper jaw, the child is quickly taken away from the fathers' homestead until the teeth on the lower jaw appear.

Ngalokutayelekile umntfwana ucala ngekumilisa ematinyo emhlatsi wangaphasi kucala. Uma kungenteka acale ngekumilisa ematinyo emhlatsi wangetulu, lomntfwana bayamsusa lapha ekhaya utawubuya Sekamilise ematinyo emhlatsi wangaphasi

(xix) Ingungu

Gumedze (2017) utsi kulapho kulondvolotwa khona kudla kweMaswati njengembila. Ingungu libhange lapho bekugcinwa khona kudla ngetikhatsi temphi. Lapha kugujwa umgodzi esibayeni bese uyashiswa emvakwaloko kutselwa lommbila kulomgodzi sekuyagcitzelwa. Shabangu (2017) yena ubeka kanje:

Kugujwa umgodzi esibayeni bese kufakwa tjani sebuyashiswa. Lomgodzi emvakwaloko ubese wuba bovu. Emvakwaloko babese batsela lommbila kulomgodzi sekuyavalwa.

(xx) Kufukama

Ngekusho kwaNcenekile Tsabetse (Locashuniwe 2016) utsi kufukama kusho kwekutsi nangabe kufiwe ekhaya labasikati labangemalunga emndeni baya lapho kufiwe khona bafukamele lesidvumbu. Bahlala lapho kuze kuyongcwatjwa. Bayachubeka bahlale emvakwemngcwabo bentele kubatimatisa. NgeSiswati akufukami bafati kuphela kepha nendvodza nangabe ishonelwe nayo iyafukama ilandzele imisimeto yeSiswati. Bomake bemmango bayachubeka nekuletsa kudla lapho kushonwe khona. Kudzala labahluphekile bebangatiphekeli bona kepha kudla bekuletfwa bomake kanye nabo makoti bemmango. Evelinah Nkosi (2017) uyangeta utsi:

*Labasikati labangemalunga emndeni nakufika umbiko
wesifo baya ekhaya lakufiwe khona bafukamele
sidvumbu.*

(xxi) Umhume/ Umgedze

Umhume ngumgodzi lotfolakala etintsabeni lobewusetjentiswa sive seMaswati kulala kuwo kanye nekubhaca kuwo. Lokunye bebawusebentisela kutivikela ngetikhatsi tetimphi. Imfuyo yabo nayo bebayifaka emhumeni kute bangamukwa nguletinye tive. Simelane na labanye (1992:129) bachaza umhume nababeka kanje:

*Umhume ngumgodzi wemvelo lewungena eceleni
kwentsaba.*

(xxii) Sicamelo

Nhlanhla Singwane (Locashuniwe 2016) utsi sicamelo sentiwa ngesigodvo sisetjentiswa kusekela intsamo yemuntfu nakalale, atiphumulele noma acambalele. Kudzala bekute umcamelo lobewentiwe ngetimpontji kepha bekubatwa sigodvo kwentiwe sicamelo. Dlamini nalabanye (2008:67) nabo bayangeta batsi:

*Sicamelo sigodvo lesakhiwe ngesihlahla semvangati
sisetjentiswa kucamela.*

(xxiii) Umgcwembe

Umgcwembe yindishi yemaswati leyentiwa ngesigodvo imvamisa basebentisa umvangati. Fakudze nalabanye (2012:158) batsi umgcwembe sitja lesibatiwe lekuphakelwa kuso inyama. Emaswati asebentisa umgcwembe kuphakela kuwo inyama. Kudzala bekute letitja tesilumbi sive seMaswati besibata imigcwembe kute sidlele kuyo. Loku kufakazelwa nguSimelane (1992:92) nabeka atsi:

*Umgcwembe ubatwa ngesigodvo, indishi yesintfu
yekuphakela inyama.*

(xxiv) Ingcwembe

Ingcwembe sipunu lesikhulu seMaswati lesibatwako lokubondvwa ngaso. Kusetjentiswa tihlahla letinyenti lekwakhiwa ngato tingwembe. Labanye bavamise kusebentisa umbatancwephe. Uyakusekela Twala (2005:80) nabeka atsi:

*Intfo yekubondza kanye nekuphakela kudla lebatwa
ngesihlahla.*

(xxv) Lucwephe

Ngekusho kwaSabelo Kunene (Locashuniwe 2016) lucwephe kushiwo sipunu seMasati lesibatwako. Lapha kungasetjentiswa sigodvo sembatancwephe noma letinye tihlahla. Ngekusho kwaSizane Shongwe (Locashuniwe 2017) lucwephe sipunu sesintfu noma seMaswati lekudliwa ngaso.

(xxvi) Sihliphi

Ngekusho kwaDerick Qwabe (2016) utsi lapha bajuba sihlahla lesinemaphaca lavulekile babese basibata kahle. Phambili sibanengcova babese babhola sikhala kulengcova lapho kutawungena khona umchilo. Liphaca ngalinye bayalibhola libenetikhala lapho kutawungena khona tikhonkwane tasetulu. Kuseni Masilela (2016) utsi babese bafaka tikhonkwane taphasi letivundlako. Uma bafuna kutfwala umtfwalo bayasiphica ngetintfungo letincane.

(xxvii) Lijokwe

Ngekusho kwaShongwe (2016) utsi lijokwe liyabatwa imvamisa kusetjentiswa tihlahla leticinile imphele. Lijokwe lihambisana netikeyi kanye netitlobho. Liyabatwa emvakwaloko sebahola tikhala letine lapho kutawungena khona letikeyi. Letikeyi tiyabatwa sebvula tikhala letimbili noma letintsatfu. Lijokwe ligacwa tinkhabi noma timbongolo. Shabangu (2018) yena uchaza kanje:

*Lijokwe, kuyabatwa kugacwe etintsanyeni tetinkhabi
noma timbongolo kutibophela emsebentini.*

(xxviii) Silulu

Ngekusho kwaShabangu (2016) utsi silulu sitja lesikhulu lekubekwa kuso emantongomane, tindlubu, tinhlumaya kanye nalokunye lokutsite. Ngekusho kwaRobert Shabangu (Locashuniwe 2012) uyafakaza Thwala nalabanye (2005:72) baphindze bangete kwekutsi:

*silulu kushiwo sitja lesikhulu lesentiwa ngetjani
lekubekwa kuso kudla njenge mantongomane.
Uphindze atsi silulu kungaba yindlwana yekutalela
inkhukhu.*

(xxix) Bubendze

Shongwe (2016) utsi batsatsa ingati yesilwane kungaba yingati yenkhomo nobe yesilwane tsite lesihlatjiwe bese kutsatfwa lamaphaphu kanye nalomhlelo. Lamaphaphu ayacotjwa kanye nalomhlelo sekuyaphekwa kanye nalengati kuze kuvutfwe. Simelane nalabanye (1992:211) batsi:

*Bubedze kudla lokwetiwa ngengati uma kuhlatjiwe
kucotjelwa lokwangekhatsi engatini yenkhomo
noma yembuti.*

Mabuza nalabanye (2003:130) naye uyachaza uma babeka kanje:

*Bubendze yingati lephekwe yacotjelwa
ngenyama.*

(xxx) Umkhunsu

Ngekusho Khoza (2016) utsi umkhunsu inyama lete ematsambo lephekwako ifakwe luswayi ize ivutfwe. Lenyama idliwa nangabe seyipholile. Dlamini nalabanye (2008:40) bona babeka kanje:

*Inyama lephekwe yomiswa yafakwa luswayi.
Idliwa ngeliphalishi emini ngetikhatsi tekudla
noma-ke entsambama. Ingadliwa noma ngasiphi
sikhatsi semnyaka.*

Mavuso nalabanye (2003:27) bona bananatela batsi:

*Umkhunsu yinyama ledliwa seyipholile ngemuva
kwekuphekwa.*

(xxxi) Umbenge

Mavimbela (2016) utsi lena inyama lebayisikako ibe timfosi bese bayibhaceka emalahleni yosiwe noma bayihlome etintsini yosiwe. Loku kufakazelwa nguDlamini nalabanye (2008:275) uma babeka batsi:

*Inyama lesikwa ibe timfosi letindze letinkhudlwana
bese ihlonywa etintsini seyiyosiwa emlilweni noma
emalahleni.*

Munro nalabanye (2003:27) bona babeka kanje:

Umbenge yinyama lebekwa elahleni yosiwe

(xxxii) Umncweba

Ngekusho kwaShongwe (2016) utsi lena inyama nayo lesikwa ibe timfosi bese ifakwa luswayi kute ilondvoloteke ibuye ihlale sikhatsi lesidze ingaboli. Fakude nalabanye

(2012:172) batsi umcweba yinyama leyomisiwe yafakwa sawoti ingakaphekwa Dlamini nalabanye (2008:275) batsi:

yinyama lesikwe, yabengwa ibe lufosana, yase ifakwa luswayi seiyomiswa elangeni. Kufuneka inyama lete ematsambo.

Shongwe (2016) utsi lenyama bayomisa elangeni. Loku kufakazelwa nguDlamini nalabanye (2008:40) uma babeka kanje:

Lena yinyama leyomisiwe yafakwa luswayi ingakaphekha Idliwa yodvwa. Imvamisa idliwa ngulabadzala ekuseni, kantsi ingadliwa noma nini. Kulesinye sikhatsi ingabangumshibo idliwe neliphalishi. Umcweba womiswa ehlobo kusetjentiswa lilanga. Kepha ungabekwa udliwe nasebusika.

(xxxiii) Umklwebho

Mamba (2017) utsi umklwebho sifo sesintfu lebakutselela sona kungaba sendleleni, egedeni nobe ngangukuphi. Lesifo singena ngetinyawo sikhuphuke siyohlala elukhalo, emahlombe kanye nasenhloko. Kutsiwa kuyenteka uma sikubambile lesifo ungakhoni nekuhamba. Lesifo siyayitsikameta imisipha yemuntfu ngoba uma sikubambile iba buhlungu ngendlela lecakile. Kutsiwa ingati yalobanjwe ngulesifo iba mnyama khwishi.

(xxxiv) Likhubalo

Ngekusho kwaShabangu (2016) kanye naThwala (2009) batsi Likhubalo sifo lesitfolakala emfatini wemuntfu nangabe bamtsiyile. Batsi likhubalo lihlukeno kaningi futsi lakhiwa ngetindlela letehlukahlukene. Kutsiwa likhona lelikhukhumukisa letikhwama kantsi lelinye lifinyeta letikhwama tiye esiswini. Kutsiwa liphindze lindvonse nalendvuku ishone ekhatsi. Lelinye balitsiya kulomfati kute angakhoni kulala nemuntfu lomdvuna. Kutsiwa lomfati angatsi uyaganga ulala nemuntfu lomdvuna uyatishekela sebayayekelana. Lelinye

lendvodza nangabe ifuna kulala nemfati losetjentiwe lendvuku ayingeni esibayeni sababe. Labanye bayakwecisa lesifo sikubambe ungakalali nemfati wemuntfu.

3.3. Tinhlobo Temitsi Yekwelapha

Ecinisweni kwelapha akufanani futsi kuhlukahlukene kaningi. Tikwesive seMaswati tinyenti tinhlobo tebelaphi letelaphako. Kunalaba lebatiwangekutsi balozi lebasebentisa tigujane letikhulumako. Letigujane ngito letiphengulako tibuye timtjele logulako kutsi uphetfwe yini. Letigujane nato betichaza kutsi sigulane singaphila kanjani. Labanye belaphi kutsiwa tingedla laba kwelapha bakufundza kuletinye tinyanga. Lolu luhlobo lwebelaphi luphindze lugange lwakhe tifo letehlukahlukene emvakwaloko selutjela bantfu kutsi siyatelapha leto tifo. Lapha kuvetwe netinyanga nangendlela letelapha ngayo

Tinyanga takufundzela kwelapha ngoba bekudzingeka kwekutsi tihambe tiye kuletinye tiyotfwaswa. Kutsiwa bekudzingeka tifundzele kwelapha iminyaka lemitsatfu kuya etulu kute tibe nelwati lolwanele. Labanye belaphi bayabitwa kute belaphe tifo letitsite. Kutsiwa labanye babitwa basengakateki kantsi labanye babitwa sebatekile. Loku kufakazelwa nguNyawo nalabanye (2009:142) uma babeka kanje:

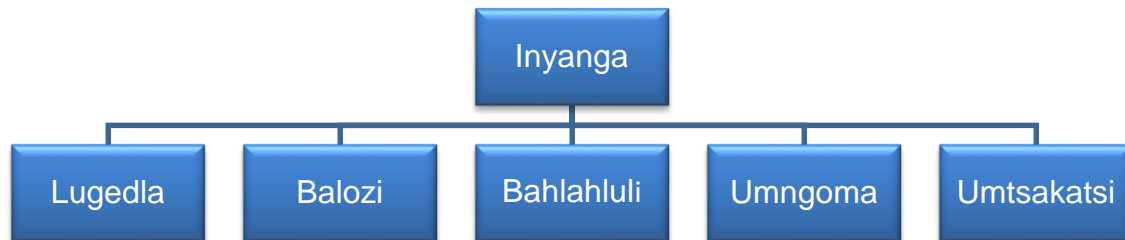
Some are medicine men who are called into the profession while others are trained. Those who are called may experience their calling while they are young and unmarried. Others may already be married when they get called into the profession.

Labanye belaphi ngulababitiwe kulomsebenti kantsi labanye ngulabaceceshwako. Laba kungaba ngulabancane noma labangakateki. Labanye kungaba ngulabashadile lababitelwe kulomsebenti.

Tikhona tinhlobo tebelaphi letitsite letelaphako kanye nangendlela letelapha ngayo. Lokunye kutsintfwe tindlela lebetisetjentiswa belaphi ekwelapheni tifo letahlukene lokufaka ekhatsi kucatseka, kugata, kufemba, kulumeke kanye naletinye tifo letitsite. Kutsiwa kufemba bekuyindlela yekupopola sigulane kantsi kugata yindlela

yekuhlanganisa umutsi kanye nengati. Loku bekusita ngoba sigulane besisheshe siphile kalula.

3.4. Tinhlobo Tebantfu Labelaphako



3.4.1. Inyanga

Inyanga ngumuntfu lotfwasile lonelwati mayelana nekwelapha futsi lokufundzele iminyaka letsite. Simelane nalabanye (1992:24) bachaza batsi:

Inyanga ngumuntfu lowelapha ngekusebentisa sintfu.

Kutfwasa kwetinyanga akufanani ngoba letinye tikufundzela iminyaka lemitsatfu kuya etulu. Inyanga letfwase iminyaka lemincane ayinalo lwati lolwanele mayelana nekwelapha kanye nekusetjentiswa kwemitsi. Loku kufakazelwa nguMakhubela naMamba (2017) uma babeka batsi:

Tinyanga kumele titfwase iminyaka lemitsatfu kuya etulu kute titofundza imitsi, kwelapha, kanye netifo letitsite. Lesikhatsi salomuhla tinyanga titfwasa umnyaka munye kungako tite lwati kantsi letinyenti atelaphi sanhlobo.

Umuntfu lowetfwasile usuke angenwe lidloti lelitsite. Ngilo lelimtjelako kutsi kumele enteni ngoba ngilo lelimentisa intsandvo yalo akatenteli ngekwenyama noma ngengcondvo.

Ekutfwaseni inyanga iniketwa ligama layo nobe ibitwe ngalelidloti lelimngenile. Kuyenteka kutsi lomsikati angenwe lidloti lelidvuna. Loku kubonakala ngekutsi inyanga lensikati uyikhandze ivunule emajobo njenge nyanga lendvuna.

Ekutfwaseni tangoma ngulapho tifundza khona kwelapha tifo letehlukahlukene kanye nemitsi yekwelapha. Tangoma tehlukeno kaningi kantsi kulapha kwato akufani kuya ngekutsi lolomtfwasisile ngumuntfu lonjani. Lokunye lwati lwetangoma alufanani letinye tinelwati lolunyenti. Loku kubangwa kutsi titsatse iminyaka leminyenti tetfwaso futsi kuya ngekutsi uluhlobo luni lwesangoma.

3.4.2. Lugedla

Lugedla ngumuntfu longakatfwaso lolaphako kodvwa alufani nenyanga. Ngekusho kwaMtshali (2004:7) yena utsi:

*Practioners who are not possessed by
ancestral spirit but who can heal.*

*Belaphi labangakangenwa ngumoya
webudloti kodvwa bayelapha.*

Fakude nalabanye (2012:158) batsi lugedla ngumuntfu longakaze atfwase kodvwa lokwati kwelapha ngemitsi yesintfu. Mabuza (2004) naShabangu (2016) bona batsi lugedla ngumuntfu lokwati kumba imitsi alaphe kube angaketfwaso. Mamba (2016) utsi kuyenteka umuntfu ahambe ayofundzela kwelapha bantfu kuletinye tinyanga abe angakatfwaso. Lokunye kuyenteka kwekutsi umuntfu ahambe netinyanga kuyogubha imitsi sikhatsi lesidze agcine sekawutsandza lomsebenti ngoba unemali lenyenti.

Kutsiwa tingedla tiphengula ngetidlela letinyenti. Loku kubangwa ngulokutsi letingedla tiyakutfwalela. Tingedla tisebentisa tive kwelapha kanye nekuphengula. Lugedla lihlukile tikwenyanga ngoba aluvunuli timphahla letitsite njenge tangoma. Tangoma tibonakala kalula ngetambatfo tato. Lomunye ukhandza kwekutsi ekhaya lapho ahlala khona kunetinyanga afundze kancane kancane imitsi leyehlukehlukeno njenge yekubetsela, yemacala, yekuchela kanye nalemitsi. Lugedla imvamisa lusebentisa imitsi lemibi lebulalako lefaka ekhatsi ematsambo ebantfu, emafutsa, titfo tebantfu temtimba, titfo

tetilwane kanye nalokunye lokunyenti. Inyanga ayikusebentisi loku ngoba emadloti anganyamalala nangabe usebentisa tiffo temuntfu.

Shabangu naMavimbela (2016) batsi kuyenteka ukhandze kwekutsi ngulomake lolotfwasile lobabe yena akakatfwasi. Lobabe uhamba nalomake bayogubha imitsi. Lobabe utsi angabona kwekutsi lamadloti alomake angenisa imali lenyenti naye abese uba nesifiso sekwelapha. Lobabe ubese uba lugedla ngoba lemitsi usuke sekayati kwekutsi isetjentiswa kanjani.

Kuba lugedla ucala kancane ugcine sewulapha. Uma ungabukisisa eJozi kunebantfu labalaphako ubakhandza bagcwele etitaladini kodvwa abakatfwasi. Loku kwentiwa kutsandza imali. Tingedla tiwusebentisa kabi umutsi ngobe atizange tiwufundziswe kwekutsi usetjentiswa kanjani. Kungako tingedla ukhandza tidlalisana kabi ngelitulu tishayana ngalo. Tingedla ukhandza titsiya bantfu ngetifulane tiphindze tibelaphe ngoba tifuna kwakha imali. Loku kunanatelwa nguSifundza (2017) nabeka kanje:

Tingedla tisebentisa imitsi lemibi tiloye bantfu bagule tifo letehlukahlukene. Inkinga atikhoni kumelapha loyo letimloyile. Tingedla tiphatsa imitsi lengangeni ekhaya lebulalako. Leminye ungageza ngayo ekhaya kufa lomnumzane welikhaya noma lotsite. Tingedla tiphatsa imitsi lemikhulu leyingoti ngoba atikafundziswa kutsi isetjentiswa kanjani.

3.4.3. Balozi

Thwala (2010) utsi balozi luhlobo lolutsite lwetangoma lolusebentisa tiguwane letikhulumako. Kutsiwa letiguwane tiyakhuluma kantsi tiviwa ngiso sangoma. Lelivi leliphuma lapha kulesiguwane linemsindvo losankhwela. Kubangiso sangoma lesichazela labobantfu kutsi inkinga ngabe yini.

Ntuli (2009) utsi kuyenteka kwekutsi nangabe kunemuntfu longaphili kahle balozi babese bayasho kutsi angaphila kanjani. Loko kuchazwa ngiso sangoma kutsi lidloti lifuna kwentiweni kute logulako aphile. Kuyenteka kwekutsi lendlu labatangingenisa kuyo

imnyama lapha ngekhatsi nicabange kwekutsi akunamuntfu kantsi kuna lesangoma. Kutsiwa emvakwesikhashane nitawuva lesangoma sesikhuluma nalesigujane sibute nekutsi lologulako ngabe utawuphila yini.

3.4.4. Bahlahluli

Bahlahluli lolu luhlobo lwetangoma lolushaya umhlahlo. Lolu luhlobo lolutsite lwetangoma lolunetincwadzi tokwenta lomsebenti futsi alwesabi nekusho kutsi lona logangako ngubani. Umhlahlo bawushaya nangabe kukhona bantfu noma umndeni lonukene. Loku kufakazelwa nguMhlongo (2018) uma atsi:

Bahlahluli luhlobo lwetangoma lolungesabi nekusho kutsi lotsakatsako ngubani ngoba bayatiwa futsi banetincwadzi tekwenta lomsebenti wabo. Utsi lotsakatsako tivele timshaye ebaleni. Lokunye kutsi letangoma atesabi ngoba lomsebenti wato watiwa ngemakhosi kanye nesive sonkhe.

Makhubela (2015) utsi bantfu nangabe bafuna kuya emhlahlweni abatihambeli kudzingeka batfole imvume tikwesikhulu sendzawo. Labantfu lebanukene abahambi bodwa sikhulu naso sikhapha bantfu lebatawuhamba nabo kute bangabulalani endleleni. Lokubanga bantfu baye emhlahlweni kutsi basuke sebanukene noma basuke sebasola lotsite kutsi nguye lobacedzako. Lona letitamshaya ubonakala ngekutsi bamhhule enhloko, bamkhumule abengcunu. Lokunye labakwentako bamgcobisa nelitiyela enhloko.

Umhlahlo uncono kakhulu ngobe kulukhuni kukhomba umuntfu kutsi uyaloya. Labanye bangasho nekusho kutsi ase usho kwekutsi utsakatsaka kanjani. Kutsiwa lowo letimshayile bekacoshwa aniketwe nencwadzi kutsi kumele ayokhonta khashane hhayi dvutane. Loku bebakwentela kwekutsi angaba dvutane utawuba yingoti angatiphindziselela abaloye abacedze. Lencwadzi beyimchaza kwekutsi ungumuntfu lonjani kute nalapho ayakhona bamati.

3.4.5. Umngoma

Umngoma lidloti lelivuka emvakwemndzawe nobe emvakwekufemba selenta umsebenti walo. Mtshali (2004:7) yena bangoma ubachaza kanje:

*Diviners who are possessed by ancestors
so that they can heal.*

*Tinyanga letingenwe ngumoya webudloti
kute telaphe.*

Makhabane (2016) utsi umndzawe ubese ukhumula timphahla tawo bese umngoma ugcoka tawo. Lapha babese bayalishayela kute kuvuke lidloti. Lapha bashaya tigubhu ngetishayo kanye nemagosha. Lidloti lifuna letigubhu tishaywe ngemandla kute litovuka futsi kudzingeka bahlabele kakhulu.

Uma kungenteka bangashayi kahle lingabashaya ngisho nangensilane. Kutsiwa licala ngekugidza bese liphengula logulako. Lapha lisuke ligidza liphetse lishoba lengongoni. Uma seligidza utalibona seligucile ngaleso sikhatsi umlomo uyavevetela kwangatsi bomanyovu. Ulikhandza selihamba kancane livusela bazukulu bonkhe bakulelokhaya.

Umngoma bayawubonisa labadzala nangabe kukhona lapho unгахambisi kahle tintfo khona. Emvakwaloko liphengula logulako limtjele kwekutsi angaphila kanjani futsi ngayiphi imitsi. Uma selicedzile libese liyacocoma livusele labanye uve selibavumisa litsi vumani bo siyavuma.

Shabangu (2016) utsi kuyenteka ukhandze umngoma utamula kametima. Loku kungasho tintfo letinyenti. Kuyenteka kunebantfu lebetako labagulako noma labagula kametima. Uma kungenteka lomuntfu logulako uphetfwe ngemahlaba nalomngoma naye ubanjwa ngemahlaba. Uma kungenteka lomuntfu lapho akhona khona acuma eva letinhlungu nalomngoma naye utawenta njalo.

Kuyenteka lomngoma utivukele wona ulungise imitsi yekumgata, yekumcaphisa, yeliphungulo kanye naleminyane. Lomuntfu utawutsi angafika bese lomngoma uyamgata

sewuyamkhuhlela. Limgata livukile liphindze limcaphise livukile liphindze limphengule ngaphandle kwekushaya tihlola.

3.4.6. Umtsakatsi

Khoza (2016) yena utsi umtsakatsi naye usebentisa tihlahla letisetjentiswa tinyanga letelapha ngato. Kutsiwa letihlahla utakha ngaleny indlela. Lomtsakatsi uyakhona kutifuma ngendlela yakhe yebusathane. Umtsakatsi naye uyaticela letihlahla njengetinyanga. Imvamisa letihlahla utigubha ngelusiko lolutsite. Kutsiwa angatigubha ebusuku angcunu angakagcoki lutfo. Umtsakatsi udvume ngekutsi uyakhona kwakha sifo aphindze aselaphe. Mavuso nalabanye (2003:9) bona babeka kanje:

Umtsakatsi ngulosebentisa imitsi yekubulala.

Tsabetse (2016) utsi imitsi yemtsakatsi uyakha emahlatsini noma esigangeni ayingeni ekhaya. Sikhwama semtsakatsi siba sincane kantsi siyingoti asiveli kalula ebaleni. Loku ukwentela kwekutsi bangamnaki. Labanye baba babholofithi labatsembekile labakhuluma liciniso lokwenteke kuwe. Loku bakwentela kwekutsi ubatsembe. Kutsiwa kukhona batsakatsi labanetihlangano tabo tangasese, labanye bagibela timfene, labanye bahamba ngemitsanyelo, tinkhanyeti, emakheshi, tindiza njalonjalo. Loku kufakazelwa nguThwala naMavundla (2007:28) uma babeka kanje:

Umtsakatsi is a wicked wizard who rides a baboon at night. During the day he puts it in a pot and buries it in the floor of the hut. If you see the baboon, you must not say anything, otherwise you will never be able to speak again.

Umtsakatsi ngumuntfu lomubi loloyako logibela imfene ebusuku. Kutsiwa emini ihlala embiteni endlini yetjani. Kutsiwa ungabona imfene kufanele ungakhulumi ngoba ungakhuluma kungenteka ungasakhulumi umbhi.

Thwala nalabanye (2005:244) bayagcizelela nabo uma babeka kanje:

Umtsakatsi ngumuntfu lobulala labanye ngemitsi.

3.5. Tindlela Letisetjentiswa Belaphi Ekwelapheni

3.5.1. Kucatseka

Ngekusho kwaMakhubela (2018) utsi kucatseka indlela letsite yekwelapha tifo letehlukahlukene. Lendlela isetjentiswa sive lesimnyama kukhipha umoya logcwele esiswini. Lapha basuke bawasha ematfumbu langcolile kanye netibilini. Lokunye nangabe ufuna kukhipha ematseketsike kanye nekuwasha imitsambo levuvukile nekukhipha bovu elukhalo.

Matsaba (2017) yena uyangeta utsi sipeyiti siyasita kwelapha tifo letitsintsana netifo temigogodla. Umutsi kudzingeka uwusebentise ngesilinganiso lesitsite kungaba ngumntfwana noma ngumuntfu lomdzala. Kusetjentiswa imitsi leyehhlukahlukene, kuneyebantfwana kanye neyebantfu labadzala. Lapha kungasetjentiswa emagcolo, timphandze, emacembe kanye nalokunye lokutsite.

Lomutsi uyawugandza ube yimphuphu bese ucupha kancane sewuwufaka emantini lashisako uwuyekele utiye emvakwaloko sewungawusebentisa. Lapha kusetjentiswa sipedi kungaba ngulesi losiputsutako noma lesi lesisikhwama lebasihhaka esihlahleni. Labanye basebentisa luphondvo lwenkhomo. Lelesinye sineliphayiphane lelidze uma usisebentisa uputjuta lesikhwama sakhona sidvonse lomutsi uphindze usiputjute singenise lomutsi esiswini.

Lesipetiti kute singalimati lomntfwana kudzingeka usigcobise emafutsa, insipho noma khilimu. Lomutsi uyawukala ngesilinganiso lesitsite kantsi futsi kuyangekutsi unemandla langakanani. Kudzala bekute letipeyiti tesimanjemanje kepha bekunendlela letsite lebeyisetjentiswa nangabe bafuna kucatseka umntfwana. Loku kufakazelwa nguShabangu (20117) nabeka atsi:

Kudzala bekusetjentiswa luphondvo kanye nemhlanga nangabe bafuna kucatseka. Kutsiwa unina wemntfwana, ngugogo, ngumkhulu noma ngangubani bekamumatsa lomutsi sewuwutsela

kulomhlanga sewuyawuphuphutsa kute utongena esiswini.

Kutsiwa uma sekacedzile kumcatseka bekabese uhlukuhla ngemanti kute kuphume konkhe lokungcola emlonyeni.

3.5.2. Kuphalaza

Mavimbela (2017) utsi kuphalaza kusetjentiswa sive lesimnyama kute sihlale sihlantekile esifubeni naseswini. Lapha kusetjentiswa imitsi letsite kute unyakuleke bese uyahlanta. Kutsiwa nangabe ufuna kuhlanta usebentisa imitsi lenyakulanako njengamanyongwane. Lomutsi uwunatsa ngemlomo bese uwukhipha ngemlomo. Lapha uma sewunatse lomutsi ubese unatsa emanti ngenkhomishi agcwale lesisu sewuyahlanta. Kulabanye lamanti ayatiphumela kantsi ngalesinye sikhatsi kudzingeka baze bafake tingalo emlonyeni tiyontsintsa lamalakanya selamanti ayaphuma. Loku kufakazelwa nguMavimbela (2017) nabeka atsi:

Nangabe uphalaza ufaka tingalo letine nobe letimbili tiyotsintsa lamalakanya sewuyanyakuleka sekuphuma lamanti.

Bantfu bahlanta nangabe bafuna kukhipha inyongo, tindzendze kanye nekungcola lokutsite esifubeni naseswini. Lokunye uhlanta nangabe ufuna kukhipha lamanti lamunyu lokufaka ekhatsi nesilungulela. Ngesilumbi batsi akukalungi kuphalaza ngoba kukhona lokutsite lokutsikametekako emtimbeni. Uma ufuna kuphalaza basuke basebentise imitsi letsite kantsi kuya ngesifo kutsi kudzingeka basebentise imitsi lenjani. Lokunye kudzingeka uyophalaza emfuleni, esidvulwini, endleleni, uphalazele emlilweni njalonjalo. Geletfu Shabangu (Locashuniwe 2016) uyananatela utsi kudzingeka lomutsi bawukale ngoba nakhona kubakhona sikalo lesitsite nendlela losetjentiswa ngayo.

3.5.3. Kugata

Mandlenkhosi Mamba asekelwa nguLambuso Mavimbela (Labacashuniwe 2016) batsi kugata kuyindlela lelula leyenta kwekutsi umutsi usheshe ungene emtimbeni futsi

uhlangane kalula nengati. Loku kuyafanana naloku lokwentiwa bodokotela nangabe bajova umuntfu logulako ngenalithi. Loku nako kwenta kwekutsi lomjovo usheshise kuhlangana nengati. Pujol (2001:36) yena ubeka kanje:

The Zulus use this technique to introduce the muti rapidly into the blood stream.

Emazulu asebentisa lelisu kuhlanganisa umutsi nengati ngekushesha.

Kugata umuntfu kusetjentiswa insingo pheceleti ilezane noma umukhwa lokhaliphile Matobhi Gumedze (Locashuniwe 2016) uyangeta naye utsi kuya ngekutsi kufanele basebentise imitsi lenjani ngoba nato tifo tehluhluhlu. Loku kuchazwa nguNyawo nalabanye (2009:143) uma babeka batsi:

Medicine men have different ways of healing people The healer may cut a section of the patient's skin and put medicine into the cut.

Belaphi banetindlela letinyenti tekwelapha bantfu. Umelaphi ngasika kancane sigulane sewusikhuhlela ngemutsi.

Bantfu ungabagata ngemutsi munye nangabe bagulwa sifo sinye. Lokunye nangabe kwelashwa umndeni lotsite njenge kutsi labantfu bahlushwa ngumfukwa ekhaya. Uma bafuna kugata umuntfu babeka sigabhashi lapho batawutsela lensiti khona. Baphindze babeke lesinye lapho batawutsela khona emafutsa latsite lebacala ngawo bashikishe wona nangabe basengakakukhuhleli ngalensiti. Lapha babese bayamgata lomuntfu umtimba wonkhe kusukela etulu enhloko baze bayofika etinyaweni. Simelane nalabanye (1992:145) kanye naTwala nalabanye (2005:97) bona bakuchaza kanje:

Kugata kusika indzawo letsite emtimbeni bese ukhuhlela ngemutsi.

Uma seabacedzile kumgata babese bashikisha lomutsi longemafutsa emvakwaloko sebayamkhuhlela. Uma seabacedzile babese bayamelula etinyaweni, etingalweni intsamo kanye nasenhloko. Lapha bahlanganisa lemitsi ledzingekako kumuntfu ngamunye. Lapha bahlanganisa imitsi yetihlahla, tinyamatane, emafutsa nalokunye lokudzingekako. Kutsiwa leminyeye imitsi iyashiswa leminyeye ayishiswa kepha babese bayayihlanganisa. Lomutsi bawukhuhlela ngendvukwane, tandla noma ngelusiba.

3.5.4. Kucapha

Thwala (2010) utsi kucapha yindlela lesetjentiswako kucosha kugula lokutsite emtimbeni wemuntfu. Lapha kuya ngalemitsi loyisebentisako nangabe ufuna kubuyele kumnikati wako usebentisa lecondzene nako ikubuyisele emva kuyoshaya yena. Umutsi uyakhulunyiswa wente loko lokushoko awutenteli ungakawutjeli. Nangabe ufuna kucapha ucala ngekubasa umlilo kucala. Lapha usebentisa ludzengelo noma simbonyo selibhodo kanye nalokunye lokutsite. Utsatsa leludzengelo uliwashe bese ulibeka emlilweni lushise.

Ungabona kwekutsi seluyashisa ubese udida lomutsi ngekwehlukahlukana kwawo sewutsela emanti lapha enkhomishini sewuyawutamatisa uhlangane kahle. Emvakwaloko ubese utsela lomutsi kuloludzengelo sewuyawulidza uze ubile noma ushise sewuyacapha. Lapha uyacapha wece loludzengelo uwukhiva emphumalanga kucala. Emvakwaloko ungabese uyawukhiva emagumbi omane omhlaba solo weca loludzengelo enshonalanga, enyakatho kanye naseningizimu. Lomutsi usuke uwucapha ngetingalo uwufake emlonyeni. Dlamini (2013) uyangeta utsi:

Lomutsi uhlangana nalamatse uhambe kalula uye esiswini bese udvonswa yingati. Lapha kuye kusetjentiswe imitsi letsite kucima kugula lokutsite lokufaka kushisa, tinhlungu kanye nalokunye.

Simelane nalabanye (1992:144) bayanatela nabo babeka kanje:

Kucapha kufaka imino eludzengelweni lolushisako kudliwa umutsi.

3.5.5. Kutfoba

Ngekusho kwaNsimbini (2017) utsi kutfoba yindlela letsite lesetjentiswako nangabe kulimele umuntfu avuvukile, enyele, anetilondza letivuvukile, anematfumba kanye nalokunye lokunyenti. Loku kutsikameta nengati kwekutsi ingasahambi kahle emtimbeni wemuntfu. Pujol (2001:36) utsi:

This is similar to poultices or herbal compresses. which are known techniques to improve circulation to relieve pain or to remove cists from skin lesions. The Zulus use tuoba mainly to treat internal sores and tumours

Loku kuyefanana sitfobo noma kutfoba ngemakhambi lokuyidlela leyenta kutsi ingati igijime emtimbeni. nekucedza emahlaba noma kususa sikhumba nangabe ulimele. Emazulu asebentisa sitfobo kwelapha tilondzatangekhatsi kanye netimila.

Lapha kusetjentiswa emanti lashisako kanye nemanti lacandzako. Kutsiwa basebentisa emacembe lehlukahlukene kanye nemanti lashisako batfobe ngawo lomutsi. Kuyenteka lomutsi bawugandze ube yimphuphu bese bacupha kancane sebawutsela emantini lashisako sebayatfoba lapho balimale khona.

Sabelo Makhubela naMavimbela (2016) batsi lomutsi ungawufaka tikwendvwangu noma tikwesicephu sewunyeta emantini sewubeka lapho kudvumbe khona uhle ususa. Khoza (2016) uyananatela naye utsi nangabe ulunywe libululu utfoba ngemhhungu loshisako uhhudle lapho kuvuvuke khona lamatinyo alo ayaphuma. Libululu lingakuluma lamatinyo ayasalela lapha enyameni. Lokunye kuyenteka ugulwe ngemehlo avuvuke nakhona kudzingeka imitsi letsite lotawutfoba ngayo kute uphile.

3.5.6. Kuhogela

Mtshali (2010) utsi kuhogela lena yindlela lesetjentiswako nangabe unenkinga yekuphefumula. Lokunye kuyenteka nangabe ugulwa yinhloko uhogele imitsi lefaka ekhatsi umhlonyane siphela lesifo. Lokunye nangabe unenkinga letsite emaphashini ungakhoni kuphefumula nakhona uhogela imitsi letsite uphile saka. Lapha kusetjentiswa emagcolo, timphandze, emacembe kanye nalokutsite. Uyakugandza kube yimphuphu bese ucupha kancane sewufaka emantini lashisako noma labilako sewuyawuhogela lesifo siyaphela. Lesimoko singena emaphashini silwe naletifo

Makhubela (2016) uyangeta utsi lapha uyatigubetela umtimba wonkhe ngengubo nobe utimbonye inhloko kuphela. Kuyenteka nangabe ugulwa ngemehlo nakhona utigubetela ngalengubo uhogele lomutsi uvule lemitsambo lengekhatshi. Ngalesinye sikhatsi nangabe bafuna kucosha tilwane batsatsa libaso balifake emalahleni batimbonye ngengubo bahogele lentfutfu ingene ngemlomo kanye nangetimphumulo.

3.5.7. Kugeza

Nsimbini (2016) utsi kugeza lena yindlela lesetjentiswako kugeza umtimba wonkhe. Uma ugeza usuke usebentisa imitsi letsite ngekwehlukahlukana kwayo. Lesinye sikhatsi lomutsi uyasetjentiswa njengobe unjalo ungene esikhumbeni ngetimbotjane letisemtimbeni. Lomutsi ugeza ngawo ngaphandle hhayi endlini.

Leminye imitsi idzinga lilanga kantsi leminyeye ayikalungi ugeza ngayo ngaphandle kwelikhaya ngoba kungenteka ikhiphe sidvumbu. Lomutsi ugeza ngawo utikhaphatele wonkhe umtimba. Shabangu (2017) utsi uma ugeza ungasebentisa lithawula nangabe utsandza. Lomutsi ungena emtimbeni nawo ugcine sewuhlangene nengati kute ihlanteki futsi isebente ngendlela lefanele. Leminye imitsi ugeza ngayo nangabe ufuna kucedza kukhatsala kwemtimba.

Mtshali (2010) utsi leminyeye imitsi bageza ngayo nangabe bafuna kucosha tilwane kanye nemabhadi lamabi lasemtimbeni. Lemiyeye bageza ngayo nangabe bafuna tinhlanhla tekutsi bacashwe emsebenzini nekutsi baganwe. Leminye bageza ngayo nangabe bafuna

tikhundla emsebentini noma nangabe bahlushwa ticitfo. Loku kufakazelwa nguNyawo nalabanye (2009:143) batsi:

A family may experience a lot of misfortune, including the death of family members. Family elders may invite a medicine man to help. The medicine man could advice the family to perform certain rituals to cleanse them from problems caused by a family enemy. He may also give them medicine that will stop the misfortune from happening again.

Umndeni ungahlangabetane nemashwa, lokufaka ekhatsi kufa kwemalunga emndeni. Emalunga lamadzala emndeni angacela inyanga ite itobasita. Inyanga ingaluleka lomndeni kwekutsi wente emasiko latsite kuwugeza kuto tonkhe tinkinga letibangwe titsa tabo. Ingabaniketa umutsi longacedza lamashwa kutsi angaphindzi enteke futsi.

3.5.8. Kukhotsa

Singwane naNSingwane (2013) batsi lapha kusetjentiswa umutsi logandziwe waba yimphuphu loshisiwe nalo ngakashiswa. Lapha ucupha kancane lomutsi sewuwutsela esandleni sewuyawukhotsa. Ungawutsela ngetulu kwesandla noma ngekhotsi kwaso. Lomutsi nangabe sewuwukhotsile ubese uhlangana nematse emlonyeni sewuba manti kute ukhone kuwugwinya uye esiswini. Lesinye sikhatsi unganatsa kancane emanti kute wehle. Kutsiwa lena yindlela leyenta kwekutsi lomutsi uhlangane kalula nengati.

3.5.9. Kuhosha Ngemhlanga

Mamba naTsabetse (2016) batsi kuhosha ngulenywe indlela lesetjentiswako nangabe uhlushwa tinsila kanye netindzaka. Lokunye bayalusebentisa lihosho nangabe bahlushwa lidliso. Kuyenteka ukhandze kwekutsi lesidliso sesinetimphandze kumele utfole lelihosho kuze kubole letimphandze.

Lokunye nangabe sifuba sakho singalungi kahle unгахosha imitsi lecondzene naso siyaphola. Lesinye sikhatsi nangabe uphetfwe ngemahlaba unгахosha imitsi yakhona ayaphela. Lapha babasa umlilo sebatsatsa ludzengelo sebalufaka etiko lushise. Emvakwaloko babese bafaka lomutsi eludzengelweni. Ungacala kubhunya babese bayawuhosha badvonse lentfutfu bayiminte iyongena esiswini lenye iphume ngetimphumulo.

3.5.10. Kufutsa

Lambuso Mavimbela kanye naMandlenkhosi Mamba (Labacashuniwe 2016) batsi kufutsa yindlela lesetjentiswa sive lesimnyama kucosha tilwane emtimbeni. Lapha kuyangekutsi ufutsela ini ngoba kukhona lokutsi ukhipha ematfunti, tifo, ingati ayisahambi kahle emtimbeni njalonjalo. Liphungulo lisebenta umsebenti lomkhulu ngoba lenta umtimba uhlale ushayelwa ngumoya.

Lapha kusetjentiswa emacembe, emagcolo timphandze kanye nalokunye. Lemitsi ungayigandza ibeyimphuphu ngekuhlukahlukana kwayo. Lapha utsatsa libhodo noma ngabe yini longayisebentisa sewutsela emanti ufaka etiko aze abile. Emvakwaloko ubese ucupha kancane lomutsi kulowo nalowo uwufake ebhodweni sewuyafutsa. Shabangu (2017) uyangeta lapha utsi kusetjentiswa lemitsi lecondzene nalowo logulako ngekulandzela timphengu kutsi kufanele alapheke kanjani. Labanye batsela emanti ebhodweni abile sebayawaphula sebaфaka lomutsi sebayatigubetela ngengubo bayafutsa batamatise ngendvuku. Lapha emaceleni baye bavale ngelicasi lelibhodo sebalibeka emkhatsini nendzawo. Labanye babasela ematje noma tinsimbi tishise tibe bovu eceleni kwalomlilo babeke libhodo. Lingabila lelibhodo babese bafaka lomutsi kulamanti sebayafutsa. Bafaka litje ngalinye noma ngamabili bafutse.

Uma sekacedzile lokufutsa babese batsatsa lomutsi bamtfobe ngawo loku kwenta nengati ikhone kuhamba kahle. Emvakwekufutsa kumele anatse emanti kute lomtimba unगतowoma kwangatsi lukhuni. Kufutsa kuvula letimbotjane letisemtimbeni walomuntfu logulako. Kufutsa kucosha tifo letisemtimbeni wemuntfu kancane kancane lokufaka tifo tesikhumba, ticitfo naletinye letinyenti.

3.5.11. Kumunya

Kumunya indlela lesetjentsiswa tinyanga kukhipha lokutsite emtimbeni wemuntfu. Emtimbeni wemuntfu kunetindza lapho kuvakala khona buhlungu imvamisa kulapho lakunekufa khona. Uma bamunya umuntfu logulako batsatsa insingo bamgate lapho kubuhlungu khona sebayamunya.

Bakhipha loko lokugulisa lomuntfu kungaba ngematsambo, tilwane letivako nalokunye lokutsite. Lokunye lokusetjentsiwako kungaba luphondvo noma ngumlomo. Kulapha ngemlomo loku akusiso singuni kepha sindzawe. Lamadloti emandzawe akusiwo onkhe lamunyako.

Umndzawe nangabe sekamunya umuntfu kuvuka lelidloti likucoshe wonkhe lomtimba ligcine likubambile likukhiphele ngaphandle. Limunya ngemlomo lihlukuhle ngemanti likhafune liphindze lichubeke limmunye nangabe kukhona lokusasele. Umndzawe akafundziswa ngumuntfu uyatentela wona utisebentele. Loku kunanatelwa nguMtshali (2004:100) nabeka kanje:

Ukwelapha ngokumunya lokhu akusiso isinguni isindawe. Kusetshenzwa idlozi lomndawe okungumsebenzi walo. Hhayi onke futhi. Umndawe yena akafundiswa umuntu noma imuphi umsebenzi.

Thwala nalabanye (2006:97) nabo bayafakaza uma bakubeka nje:

Kumunya kukhipha sifo ngekusika bese sikhishwa ngekumunywa ngulokwatiko.

3.5.12. Kulumeke

Ngekusho kwaPetros Mtshali (Locashuniwe 2010) utsi kulumeke kusetjentsiswa luphondvo kumunya lendzawo levuvukile. Simelane nalabanye (1992:145) naThwala nalabanye (2006:97) bona bakuchaza kanje:

*Kukhipha ingati ngeluphondvo endzaweni
levuvukile.*

Labanye basebentisa libhodlela bacale bakugate kucala bese balayitha umetjiso bafaka lapha kulelibhodlela sebabeka lapho basike khona sekuyatidvonsela lengati lemnyama lengemahlwili. Labanye basebentisa ithenisi nayo kanjalo bayayiputjuta bayibeke lapho bagate khona seliyatidvonsela lengati lengcolile. Loku kwentiwa nangabe ulimele wavuvuka.

3.5.13. Imbita

Ngekusho kwaNorman Shabangu naBerlinah Nsimbini (Labacashuniwe 2016) batsi imbita ngumutsi lophekiwe nalongakaphekwa. Lomutsi wentiwa ngetihlahla letehlukahlukene lokufaka ekhatsi emacembe, ematsanga, emagcolo, timphandze kanye nalokunye lokunyenti. Lona longakaphekwa kutsiwa silobekelo. Lomutsi uyagatjelwa ufakwe emantini lacandzako noma lasivuvu lashisa kancane. Imbita ilusito ngoba ivikela umntfwana uma aseseswini senina iphindze incedze kutsi lomtfwalo ungonakali. Lokunye isita make wemntwana kukhipha kungcola lokusesibeletfweni. Ibuye incedze umntfwana kukhipha kungcola lokuseswini. Umntfwana uyinatsa aze akhule andlule esigabeni sebuswane.

Kunene (2016) uyangeta utsi imbita inatfwa nguwonkhe umuntfu kungaba ngumntfwana noma lomdzala kute avikeleke tikwe tifo. Imbita nangabe uyipheka kudzingeka kube nemutsi lokhipha lesifo. Lomunye kudzingeka kube ngulona lopholisa lamanceba langekhatsi emtimbeni.

3.5.14. Kufemba

Ngekusho kwaMavimbela (2016) utsi kufemba indlela letsite lesetjentiswa tinyanga kutsanyela tipoko, tilwane, imimoya lemibi kanye nalokunye lokusemtimbeni wemuntfu. Letintfo tonkhe leti tifunyelwa ngebatsakatsi. Tipoko tikhishwa emtimbeni wemuntfu longaguli noma logulako. Kufemba kuhlukene kabili. Kuyenteka umuntfu aphaatfwe kugula noma sifo lesitsite. Lapha kudzingeka kwekutsi kutfolakale likhambi lekutsi lomuntfu

angalapheka kanjani nekutsi sifo sini lelesimphetse. Loku kunanatelwa nguMtshali (2004:88) nabeka atsi:

*Esigabeni sokuqala kuthintithwa omoya ababi,
abathunyelwa abathakathi ngezidliso, ngezilwane,
nangamaphupho ulele, nangemibhulelo esigulini
hhayi ekhaya.*

Lenyanga leyenta lomsebenti longenhla ngulena lefwase singuni nesindzawe. Kuyenteka kwekutsi umndeni ungagula, ungahlupheka, ungafa ngekugwazwa, ungabulawa ngemahlaba, yinhloko, umdlavuzwa njalonzalo. Loku kuye kubangwe kutsi laba labadzala lesebalala babulala bantfu betive lebangabulawa. Kute baphile kudzingeka bahlangane bonkhe sebayafenjwa sekuphuma lomuntfu atikhulumele yena matfupha kwekutsi kufanele bamentele ini. Labanye baye bafune likhaya, bamtekele umfati, netinkhomo takhe. Lesinye sikhatsi angafuna nobe ngabe yini lebekanako. Lomunye angafuna kutsi bamentele lokutsite atobacolela kantsi lomunye angabaniketa indlela yekuhlwa ayophumula nakabatsandzile. Lona lofemba akhone kubamba lomuntfu atikhulumele kutsiwa ngunyamsolo lobamba umfukwa nemdliwa. Khoza (2017) yena ubeka utsi:

*Kuyenteka labantfu babemuka imfuyo yabo nebafati
babo babagwaza bababulala kungako
batiphindziselela. Nangabe nifuna kuphila kudzingeka
nimncenge.*

3.5.15. Kuphengula

Ngekusho kwaNsimbini (2017) utsi lena yindlela lesetjentiswa belaphi nangabe bafuna kutfola kutsi logulako uphetfwe yini. Lapha usuke ubuta longakuboni ngemehlo, longakwati, lokusemtimbeni, engatini yalowo logulako. Lapha usuke ubuta lowo lowakupha lesikhwama kutsi alaphe labantfu. Loku kufakazelwa nguMandlenkhosi Mamba (Locashuniwe 2018) uma abeka atsi:

*Nangabe ufuna kwelapha umuntfu ucala
ngekuhlola kucala. Inyanga ayilaphi ngengcondvo
iyafana na bodokotela ngoba nabo abamelaphi
umuntfu logulako bangakampopoli.*

Thwala nalabanye (2006:97) bona bayananatela uma bakubeka kanje:

*Kuva esangomeni kutsi logulako ngabe ugulwa
yini.*

Belaphi basebentisa tindlela letinyenti nangabe baphengula. Lapha ukhandza kwekutsi lona lowanikela ngalesikhwama nguye lokhulumako kepha usebentisa lenyanga kutsi ikhulume. Lomunye uyasho kutsi sigulane singelashwa kanjani nemitsi lokumele sisentjetwe ngayo ngulenjani. Dlamini (2013) utsi labanye bayakutfwalela kuphengula kantsi labanye bayakufundzela. Ngelisiko leMaswati lophengulako ungaphengula tikwe tinyanga letimbili kuya etulu. Loku bakwentela kwekutsi banetiseke kahle kutsi ngubani lona lokumele alaphe lesigulane.

3.5.16. Kubhunyisela

Ngekusho kwa Gmedze (2017) utsi lapha kusetjentiswa tinyamatane letehlukahlukene nangabe ufuna kubhunyisela umuntfu. Umuntfu uyambhunyisela nangabe agula noma aphile saka. Umntfwana lomncane bayambhunyisela ngetinyamatane letitsite kute angatohabula. Kuyenteka umntfwana bambhunyisele ngenyamatane yaleso sibongo ngoba ngilowo nalowo mndeni unenyamatane yakhona. Lomutsi bambhunyisela ngawo akagatwa ngawo kungenasidzingo. Lomutsi bangakugata ngawo wenta kwekutsi wesabeke noma ube nesitfunti lesibi. Lapha kusetjentiswa emafutsa etilwane, tikhumba kantsi kuyenteka badibanise naleminyane imitsi.

Shabangu naGumedze (2016) basekelana batsi imvamisa umntfwana lomncane bambhunyisela ngenyamatane lekutsiwa imphofu nangabe sekuwe inongwane. Lenyamatane iyasita kuvikela umntfwana kute angahlaselwa imimoya lemibi. Uma sekabhunyiselwe ngalenyamatane bangabese bayatisebentisa letinye tinyamatane bambhunyisele ngato. Lenyamatane ibalulekile ebantfwaneni ngoba isetjentiswa

kubobonkhe bantfwana. Lenyamatane yenta kwekutsi umntfwana akhule kahle angabi nenkinga emphilweni yakhe. Kubhunyelwa kulusito ngoba kuvikela umntfwana aze akhule futsi avikeleke tikwemimoya lemibi. Akubhunyelwa bantfu kuphela nelikhaya liyabhunyelwa kucosha imimoya leyenta kwekutsi lingabi nesitfunti lesesabekako. Lokunye nangabe kudvuma litulu batsatsa bantfwana bemvongotsi bababhunyelwa lapha ekhaya kute umbani ungangeni ekhaya.

3.5.17. Umbhemiso

Ngekusho kwaGuduva Mabuza (Locashunwe 2006) utsi lona ngumutsi losetjentiswako nangabe kukhona loshaywa yinhloko. Kungenteka lenhloko lemshayako yesipoliyane, uphetfwe yinyongo noma ibangwa kugula lokutsite. Uma kungenteka kwekutsi inhloko yesipoliyane babese bambhemisa lomutsi. Lombhemiso ukhipha yonkhe lengati lecinile lapha enhloko bese uyaphila. Gumedze (2016) yena uyangeta utsi kungenteka ushaywe yinhloko kantsi ugulwa sinye njengemuntfu wesifazane. Uyachubeka utsi inhloko iyakushaya nangabe ucitsekelle yinyongo. Pujol (2001:37) yena uchaza kanje:

This technique is used by the Zulus to sniff or draw powdered muti up the nostrils to treat sinusitis and headaches, or any other chronic discharges from the nose, as a result of influenza and the infection of the nasalmucous membrane.

Lelisu lisetjentiswa ngeMazulu kubhema noma kuwubeka lomutsi etimphumulweni nangabe welapha umuntfu longakhoni kuphefemula, inhloko kanye naletinye tifo letenta ahlale akhiphe lokutsite etimphumulweni lokungabangwa ngumkhuhlane kanye netifo letitsatselanako temafonkholo.

Lapha kulesehluko kuphawulwe kabanti ngetinhlobonhlobo tebelaphi. Lokunye lesehluko sivete nekutsi labelaphi ubabona ngani, babuye bachazwa nekutsi behlukene kanjani. Kubuye kwaphawulwa kabanti ngetindlela letisetjentiswa tinyanga ekwelapheni tifo letehlukahlukene. Loku lokungenhla kumcoka ngoba belaphi abayisebentisi imitsi

ngendlela lefanako. Lokunye belaphi abaphenguli ngalokufanako. Kungako kuvetwe labatfwasi nekutsi batfwasa sikhatsi lesinganani. Lapha baphawule batsi labanye belaphi abakatfwasi kepha bafundziswa ngulabanye kute belaphe. Labanye bahamba netinyanga nangabe tiyogubha imitsi bayifundze kanjalo. Labanye bafundziswa bokhokho babo kute belaphe.

3.6. Imphilo YeMaswati Ngembikwekufika Kwebelungu

Makhube Kunene (Locashuniwe 2016) utsi sive seMaswati sihlala dvutane nelive laseSwatini. Kutsiwa emasiko alesive asalandzelwa etindzaweni tasemaphandleni. Loku kufakazelwa nguThwala nalabanye (2006:14) uma babeka batsi:

South African Siswati speakers mainly live close to the independent kingdom of Swaziland. Many of their cultural traditions are still found in rural areas and in special ceremonies.

Sive seMaswati saseNingizimu Afrika sihlala dvutane nelive laseSwatini. Kutsiwa emasiko alesive asalandzelwa etindzaweni tasemaphandleni uma kwentiwa imigidvo letsite.

Ngekusho kwaSingwane (2013) naSingwane (2013) batsi kudzala bekute tibhedlela kodwa sive seMaswati besinendlela yekutelapha sona ngekwaso lokufaka ekhatsi nendlela yekubelekisa umfati lotetfwele. Bantfu bebangakafundzi ngaletotikhatsi kungako bekute emanesi kanye nabodokotela. Sive seMaswati besinelwati lolunyenti mayelana nekwelapha kanye nekubelekisa.

Ecinisweni bekunendlela lebebayilandzela yekukhulisa umntfwana. Umntfwana bekavikelwa asaseswini senina kanye nenina lucobo. Lapha kutsiwa bekusetjentiswa tihlati kwentiwe imbita lenatfwa ngunina asengakabeleki kute lomntfwana atovikeleka tikwemimoya lemibi. Lapha kutsiwa sive seMaswati besibhunyiselwa ngetihlati kanye nangetinyamatane takhona hhayi noma ngangutiphi.

Mavimbela naMamba (2016) batsi esiveni seMaswati nguleso naleso sibongo sibhunyiselwa ngetinyamatane takhona. Shongwe (2018) na Sifundza (2016) batsi loku bebakwenta ngoba letinye tibongo atitisebentisi letinye tinyamatane. Mamba (2017) utsi uma kungenteka bakubhunyisele ngenyamatane lengasiyo uyahhunguka. Lokunye bekunetinyamatane letitsite lebekubhunyiselwa ngato unina kanye nalomntfwana uma sekabelekiwe. Labadzala kutsiwa bebenta imisimeto letsite nangabe makoti sekabelekile. Bekangabeleki noma ngangukuphi futsi bekangabelekiswa nobe ngangubani.

Kudzala makoti bekabelekela edladleni noma endlini kagogo. Empeleni bekuba nguninata kanye nabomake balesosigodzi lebebawati kahle lomsebenti futsi bawenta ngalokukhulu kucophelela. Kutsiwa ngaletu tikhatsi bantfwana bebangafi njengalomuhla nanoma sesinemanesi kanye nabodokotela. Mamba (2017) utsi lokunye kutsiwa ngulelo nalelo khaya belinenyanga lelapha lowo nalowo mndeni. Tibhedlela tayitolo betingekho yintfo lefike nebadzeshi. Kutsiwa kwacala lapho kutsi yonkhe intfo lebeyentiwa ngumntfu lomnyama kutsiwe busathane. Belungu betama ngako konkhe lokusemandleni kucitsa inkholo yemntfu lomnyama. Kutsiwa kwacala lapho kutsi bantfu labamnyama betsiwe emagama lebaniketwa badzeshi balahla lawa abokhokho.

3.7. Tigaba Tekukhula Kwemntfu

Kukhulelwa kwamakoti kanye nekukhuliswa kwemntfwana. Logadaza Gumedze (Locashuniwe 2017) utsi sive seMaswati besinebudlelwane kakhulu kanye nemvelo kantsi bekusive lebesilandzelela kakhulu emasiko kanye nemihambo. Kutsiwa kunetintfo lebebatilandzelela nangabe kunamakoti lokhulelwe ekhaya. Loku kuchazwa kancono nguSiyaphi Gumedze (2013) nabeka kanje:

Kukhulelwa kwemfati kunetintfo letinyenti lekumele tilandzelelwe. Nekungatfoli bantfwana kunemisimeto letsite lekumelwe yentiwe.

Velephi Zwane (2013) utsi uma kwentekile kwekutsi umfati atetfwale bebabese benta umsimeto lotsite. Kwekucala lomakoti bekabikela maketala wakhe amtjele kwekutsi sewutetfwale. Lomakoti utjela lomaketala kwekutsi inyanga seyimecile. Lomaketala naye ubese utsatsa sakhe sikhatsi amhlolisise noma ambukisise adzimate atenelise.

Uma kungenteka kwekutsi utetfwele ngasibili maketala ubese ubikela bonkhe bemndeni noma lusendvo. Labadzala noma babe welikhaya ubese ubikela labaphasi kutsi bamvikele lonina kanye nalomntfwana. Lokunye kungenteka abonge ngekutsi ente umcinjana kute nabo batojabula. Loku kuchazwa kancono nguGumedze naNkosi (2017) nababeka kanje:

Kudzala sive seMaswati besiye sente umcinjane sibonge labaphasi nangabe makoti atetfwele. Uma kungenteka kwekutsi lomntfwana wekucala labanye bebahlaba sifuyo lesitsite kukhombisa kutsi bayabonga.

Shabangu (2016) naShabangu (2015) batsi labanye bebangakhoni kuwenta lomcinjana wekubonga ngoba bekuya ngekutsi lomndeni umenjani uphuyile noma uganyile. Sive seMaswati besati kwekutsi nangabe lomakoti angatfoli bantfwana bebabese babikela labaphasi kutsi bamsite kutenaye abe nebantfwana.

Kutsiwa lomakoti bekanakekelwa kuze ayobeleka. Labadzala babese bayamtjela lomakoti lokumele akudle nalokumele angakudli ngoba lomtfwalo kungenteka wonakale. Lokunye bekwenteka lomntfwana atalwe akhubatekile noma angaphili kahle, alibale ngenca yekudla lokutsite. Lokunye lobabe walomntfwana kumele angahambi alala nalabanye bantfu ngoba angalandza tifo titokhinyabeta lomtfwalo.

Lobabe kumele angalali nalomakoti angaze ahlanganise tinyanga letintsatfu. Mavimbela (2016) utsi lokunye lobabe kumele achumane nenyanga yalelokhaya kute abhunyselwe ngetinyamatane talelokhaya kute kuvikeleke lonina kanye nalomntfwana. Lemitsi icinisa lomntfwana kantsi lokunye kumncedza kwekutsi akhule kahle. Lokunye bekwenteka kwekutsi lesisu singamhluphi anganiketwa lutfo adzimate ayobeleka. Lokunye bekwenteka ukhandze kwekutsi lomake uyopha kantsi utetfwele bese kulandvwa inyanga itomvala kutsi lomtfwalo ungonakali noma benyuse lomtfwalo ngetimbata noma ngemitsi letsite. Loku kuchazwa nguKasenene (1993:54) uma abeka kanje:

This is to try and prevent the foetus from falling out or to stop a miscarriage.

*Lona ngumtamo wekuvikela umntfwana
losengakatalwa angabelekwa sikhatsi sisengakafiki
noma kuvimba kungaphunyelwa sisu.*

Kutsiwa kungenteka lomake aniketwe imitsi yekucinisa lomntfwana nekutsi akhule kahle angakhinyabeteki.

3.8. Kotalwa Kanye Nekuvikeleka Kwemntfwana

Gumedze naZwane (2013) batsi ecinisweni sive seMaswati besingahlupheki besitiphilela ngemitsi yesintfu njengoba naboDokotela bekute ngaletu tikhatsi. Kutsiwa uma sekudvutane kwekutsi lomake abeleke bebabese bamniketa imbita yekucegisa kanye nemitsi letsite kute abeleke kahle angakhinyabeteki. Leminye yalemitsi kutsiwa yenta kwekutsi angativa letinhlungu temhelo.

Uma lomake sekeva lomhelo bebabese bamnatsisa lomutsi kute abeleke ngekushesha. Kutsiwa nangabe sekadvute kakhulu kutsi abeleke babese bayamtsatsa bayombeka endlini kagogo ayobelekela khona. Kutsiwa bebabese bacela bomake labadzala kuleso sive labakwati kahle kubelekisa kanye neninatale wakhe ubakhona uma asaphila emhlabeni. Loku kunanatelwa nguMtshali (2004:40) uma abeka kanje:

*Angabeletha uswane lumukelwa uGogo walo
ongaba wakubo ozala uyise noma ozala unina.
Laba bantu yibona abagcina konke ngosiko
lwalelikhaya babikele abanumzane nabo babikele
izinyanya zalelikhaya.*

Shabangu naShabangu (2016) batsi bantfu labadzala bebakwati kukhipha ludzenda kanye nekujuba nalenongwane. Emvakwekubeleka bebabese babasa umlilo bentele kwekutsi loluswane kanye nenina batofutfumala. Lokunye kutsiwa bebakhohlwela kwekutsi lomntfwana abhunyelwe ngulentfufu. Lomakoti bekangavunyelwa kwekutsi apheke kudla kanye nekutsintsa kudla kwalomdvuna.

Lomtedlane kutsiwa bewuhlala endlini lapho ubelekele khona. Lokunye kutsiwa emvakwemalanga lamatsatfu lomtedlane ubelekele bebabese basindza lendlu lalalakuyo.

Emvakwemalanga lamatsafu lomtedlane ungabese uyaphuma ngaphandle ungakatimbonyi.

Uma kungenteka kwekutsi lona lotetfwele akakhoni kubeleka noma kukhona lokumkhungile. Lomdzala lonjengamkhulu yena ubese ubikela labadzala lesebalala kutsi bamsite kute abeleke kahle. Kutsiwa uma kungenteka kube netinkinga seloku angabeleki lomuntfu lomdzala lonjengaMkhulu uyachubeka abikele labadzala abancenge kutsi bamsite aphumelele. Kasenene (1993:55) uyangeta uma abeka kanje:

If there are complications mkhulu continues to plead with the ancestors and may make offering to them.

Uma ahlangabetana netinkinga tekutsi solo akabeleki mkhulu uyachubeka ancenge lesebalala abentele nemhlatjelo.

Mavimbela (2017) naye uyagcizelela kwekutsi vele kuyenteka kwekutsi kube netintfo letitsite letivimbela lotetfwele angakhoni kubeleka indlela ivaleke. Loku kunanatelwa nguNyawo nalabanye (2009:147) uma babeka kanje:

If a pregnant woman struggles to give birth, an elder will report this to the ancestors and speak sternly to the ancestors for neglecting the woman who is in labour. The problem is often solved immediately and the people nearby will hear the newborn baby crying and the women ululating inside the hut where the new mother has given birth.

Uma umfati lotetfwele anenkinga yekutsi solo akakhoni kubeleka lomdzala wakulelokhaya ubese ubikela lesebalala. Kudzingeka abakhulumise kahle kute lolophetfwe ngulomhelo atokhululeka.

*Lenkinga ibese iyacazululeka ngekushesha.
Kutsiwa labo labadvutane naye babese beva
ngemntfwana sekakhala. Kutsiwa uma beva
lokukhala kwalomntfwana babese bayalilitela
ngekhatsi endlini ngoba usuke sekatelwe.*

Nkosi naGumedze (2016) batsi sive seMaswati besinenkholelo letsite mayelana nemfati longumtedlane. Kutsiwa bebakholwela kuloku lokulandzelako. NgeSiswati kutsiwa umtedlane bekungafuneki ahambe andzindza ngoba utawubuya netifo lekuhambeni sewufakela loluswane. Lokunye lomake kutsiwa uba ngumtedlane kuze ahlanganise tinyanga letisitfupha.

Lokunye kutsiwa akawatsintsi emabhodo kanye nekudla kwalabadvuna kanjalo nalabadvuna abatitsintsi titja temtedlane. Kutsiwa akangeni esibayeni setinkhomo kantsi futsi nelubisi akaludli ngoba kunenkholelo yekutsi lobutedlane bakhe bungomisa lemibele yetinkhomo letisengwako. Lokunye kutsiwa akayi emasimini etilimo letinjenge mantongomane nobe tindlubu kunenkholelo yekutsi letilimo tingoma. Gumedze (2013) naye uyagcizelela nabeka kanje:

*Umtedlane awuyi esibayeni setinkhomo, nelubisi
akaludli ngobe kukholelwa kwekutsi lobutedlane
bakhe bungomisa lemibele yetinkhomo
letisengwako. Futsi akayi nasemasimini etilimo
letinjenge tindlubu nabomantongomane, ngoba
kutsiwa leto tilimo tingabese tiyoma.*

Velephi Zwane naSiyaphi Gumedze (Labacashuniwe 2013) batsi lesinye sikhatsi kuyenteka kwekutsi lomake atsatse sikhatsi kubeleka loku kusuke kubangwa kwekutsi lonina usuke aphingile. Loku kusuke kusho kutsi lomntfwana akasiye walowo mndeni. Kutsiwa uma sekabelekile lomake ubese uhlala nalomntfwana endlini kagogo. Lapha uhlala nalomntfwana idzimate iwe lenkhaba noma lenongo.

Kutsiwa emvakwesikhatsi ubese umbatsa ingubo, sikhumba noma ticephu. Ngelisiko leMaswati lomntfwana kumele angabanjwa bantfu labadzala njenga labadvuna. Kutsiwa

lenongo ingawa babese bayayingcwaba. Uma kungumntfwana wentfombatana ingcwatjwa esandleni sesancele kantsi uma kungumfana ingcwatjwa esandleni sesekudla. Lokunye lenongo ingangcwatjwa esiteteni lapho kunensikane khona. Emvakwaloko babese babikela labadzala lesebalala babonge nekutsi bamvikele lomntfwana kanye neninawakhe ngoba kubeleka akusiwo umdlalo. Lomntfwana uvikelwa ngato tonkhe tindlela natikwebatsakatsi. Kutsiwa lenyanga lebeyiniketa lomake letimbata ibese iyabuya kutomgata lomntfwana ibuye imgabise netinyamatane.

Lokunye ubese umentela netimbata letitamenta akhule kahle futsi acine. Lomutsi ufaka ekhatsi tikhumba tetinyamatane, emafutsa, tinsiba tetinyoni, emagcolo, emacembe kanye nalokunye lokunyenti. Lomntfwana kanye nalonina babhunyiselwa endlini kagogo. Kutsiwa emvakwaloko lomntfwana babese bahamba naye esihlahleni lesashaywa litulu kanye nalenyanga yalowo mndeni. Loku kufakazelwa ngu Gumedze (2016) uma asekelata atsi:

*Umntfwana ugatjiswa tinyamatane talelokhaya
uma asesemncane kute avikeleke tikwe mimoya
lemibi. Lapha kuhlangukiswa tinyamatane
letahlukahlukene kanye netihlahla letitsite.*

Lambuso Mavimbela (Locashuniwe 2016) uyangeta naye utsi lomntfwana basuke bamelapha inyoni. Uma sebakile lapho bagubha umgodzi phasi kwaleso sihlahla lesashanywa litulu. Babasa lamagcolo noma letimvitsi talesihlahla kulowo mgodzi. Lomntfwana bayamcatseka ngalomutsi kanye nangemlotsa lohlanganiswe nemanti sewuphumela lamangcoliso akhe kulowo mgodzi lonemlilo awucime lomlilo ngalamakaka. Kutsiwa emvakwaloko lonina walomntfwana ubese ugcibela lomgodzi ngetinyawo. Lomntfwana babese bayamgata uma bacedza loko babese bayahamba baya ekhaya akufuneki babuke emuva baze bayofika. Loku kufakazelwa nguKasenene (1993:55) nabeka kanje:

*Then the baby is taken by the family and the family
inyanga to a tree which was one time struck by the*

lighting on reaching there, a hole is made under the tree and they wait for the baby to pass stools.

Ngaleso sikhatsi umntfwana bayamtsatsa bemndeni kanye nalenyanga bahambe naye baye esihlahleni lesashaywa litulu. Kutsiwa uma sebakikile bagubha umgodzi sebayalindza kute akakele khona.

Gumedze naNkosi (2014) bayananatela batsi loluswane uma lusandza kubelekwa luphumela emangcoliso lekutsiwa luvangati. Lawa ngemangcoliso leliwaphumela emalangana lambalwa. Emvakwaloko loluswane lubese luphumela emangcoliso laluhlata klabo. Loluswane kumele lufole timbita kute kuphume lomphuzulu. Loku kunanatelwa nguShabangu (2016) nabeka kanje:

Labadzala batsi kufanele nakanjani luswane luyitfole imbita yemphezulu kute lungatohoboka lesikhala lapha etulu enhloko.

Shabangu naMamba (2016) batsi inyanga ingaze icedze lomsebenti wayo lomntfwana ubese uyemukeleka uba lilunga lemndeni. Emvakwaloko umndeni nangabe ume kahle noma ufuyile babese babulala imbuti noma inkhomo kubonga lomakoti kutsi ubatalele umntfwana wandzisa emalunga emndeni. Lokunye basuke babonga labaphasi ngekuvikela lomakoti nalomntfwana kutsi baphephe tikwetitsa. Emvakwaloko babese basika sikhumba basilungise kahle bente siphandla bese bayamgabisa. Kutsiwa sikhumba lesisalako babese benta imbeleko yemntfwana latawumenywa ngayo.

Gumedze naGumedze (2012) batsi lomakoti kanye nalomntfwana bayachubeka bahlale endlini kagogo bentele kwekutsi lobabe wemntfwana angahlangani nalomake. Uma kungenteka alingeke lobabe ahlangele nalomake angangenwa tifo njenge ligola. Lokunye lokungahlangani kwalobabe kanye nalomake kuvikelwa lomntfwana kute angangenwa tifo kalula. Kutsiwa emvakwemnyaka lenyanga iyabuya itophotfula konkhe lokucondzene nalomntfwana ibuye imcinise. Lokunye lomntfwana baphindze

bambhunyisele ngaletinyamatane bentele kwekutsi angahlatjwa kugula noma angahabuli kalula.

Zwane naMamba (2012) batsi lomntfwana ugatjiswa tinyamatane letitawuhlala timvikela njalo tiphindze timncedze kwekutsi akhule kahle angalimali engcondvweni. Lokunye lomntfwana ugatjiswa tinyamatane takubo akabhunyiselwa nanoma ngangutiphi tinyamatane ngoba kungenteka ahhunguke. Kutsiwa lokubhunyiselwa ngetinyamatane takubo bentela kwekutsi lomntfwana angahabuli noma aguliswe tinyamatane taletinye tibongo. Loku kufakazelwa nguMavimbela (2017) nabeka kanje:

Uma lomntfwana angakagatjiswa tinyamatane noma angakabhunyiselwa ngato lomntfwana utawugula. Lokunye letinyamatane tivikela lomntfwana noma ungahamba naye lapho kunebantfu labanyenti khona angahabuli kalula.

Mamba (2016) utsi letinyamatane lomntfwana ugatjiswa entsanyeni, elukhalo kanye naphanselikhwapha uma sekakhulakhulile. Kutsiwa lolucotfo luba nesikhwanyane lesitfungwako sifakwe tinyamatane letitawuvikela lomntfwana. Loku konkhe bakwenta ngekulandzelela labakutjelwe ngulenyanga. Kutsiwa lomntfwana ugatjiswa letinyamatane enyangeni yekucala kuya etinyangeni letisitfupha. Loku kufakazelwa nguZwane (2014) nabeka kanje:

Kantsi kulamanye emakhaya bantfwana bagatjiswa lucotfo kulolucotfo kufakwa tinyamatane letitsite, alugabe entsanyeni noma elukhalo umntfwana. Bese nasakhulakhulile sewugatjiswa lucotfo loluphuma phansi kwelikhwapha

3.9. Kukhishwa Kweluswane Endlini

Velephi Zwane naLambuso Mavimbela (Labacashuniwe 2013) batsi sive seMaswati besite umtsetfo lotsite lobekufanele siwulandzele mayelana nekukhishwa kwemntfwana

endlini. Kutsiwa bekwenteka kulamanye emakhaya ngaphambi kwekutsi umntfwana akhishwe endlini bekumele kwentiwe imisimeto letsite. Labanye kutsiwa bebamkhipha endlini kungakayiwa enyonini. Kutsiwa umntfwana bekangakhishwa nobe ngangubani kepha bekakhishwa ngugogo wakhe. Kutsiwa logogo bekacala ngekumbhunoyisela ngetinyamatane talelo khaya. Kutsiwa gogo wakhe bekabese umphekela imbita latayinatsa baphindze bamcatseke ngayo kute kuphume konkhe lokungcola lokusenhloko kanye naseswini. Lomntfwana kutsiwa bebamcatseka kuze kuyophela tinyanga letisitfupha emvakwaloko bebabese bamcatseka kanye bendlulise emaviki lambalwa. Lomntfwana bekaniketwa inembe kube kudla kwakhe adle kona ngoba kutsambile. Ntombitodvwa Gumedze (2016) uyananatela utsi lomntfwana bekadla lenembe tinyanga letisitfupha emvakwaloko bebabese bamniketa kudla lokucinacinile.

3.10. Kweciwa kwemntfwana

Velephi Zwane (Locashuniwe 2013) naRoselnah Shongwe (Locashuniwe 2009) batsi sive seMaswati bekutsi umntfwana angatalwa bese labadzala babita lomakoti kanye nalendvodza yakhe babatjele kwekutsi kumele bamhloniphe lomntfwana. Kutsiwa bebabatjela kwekutsi kumele bangahlangani kute lomntfwana ahlanganise tinyanga letisitfupha. Loku kuvikela lomntfwana kwekutsi angabanjwa tifo kalula.

Kutsiwa nangabe sekahlanganisile letinyanga letisitfupha bebabese benta lelisiko lokweciwa kwemntfwana. Kutsiwa unina kanye neyise wemntfwana bebacale baye emacansini emvakwaloko make wemntfwana ubese ugeza tandla emantini lafakwe tjani besicunga. Emvakwelilanga lelilandzelako bebabese bamentela imbita ngetjani bathambothi bamnatsise yona. Lelisiko lentiwa ngetindlela letehlukahlukene. Loku kufakazelwa nguDlamini nalabanye (2008:205) nababeka kanje:

Labanye nangabe kweciwa lomntfwana kutsiwa uba lapha endlini, bese kutsiwa uyise wakhe achamuke ngaphandle afike amece lomntfwana. Emvakwaloko ubese ubamba letinwele talomntfwana lapha esikhaleni atelule.

3.11. Kumunyiswa Kanye Nekulunyulwa Kwemntfwana

Fulatsa Gumedze (Locashuniwe 2016) utsi sive seMaswati besinenkholelo yekutsi umntfwana kumele amunye libele lenina kute akhule kahle. Lokunye lesive besinenkholelo yekutsi umntfwana kumele amunye libele umnyaka munye nobe lemibili. Emvakwaloko sekuya ngalomntfwana kutsi angamunya iminyaka lemitsatfu kuya kulemine. Kutsiwa lomntfwana uma angayekeli kumunya bebabese babuka lisu lekumyekelisa. Lapha gogo walelo khaya uma asaphila bekatsatsa sigwabugwabu senhlaba lemanti bashikishe letingono talamabele. Lomntfwana uma atsi uyamunya eve lokubaba kwenhlaba bese uyayekela. Loku kunanatelwa nguMavimbela (2016) nabeka kanje:

*Umntfwana lebekatsatsa sikhatsi kuyekela libele
bebabese batsatsa inhlaba lemanti bagcobise
letingono talonina lomntfwana angamunya eve
lokubaba bese uyayekela. Lokunye utsi
bebagcobisa lamabele ngapelepele nobe
ngabilibili.*

3.12. Libito Lemntfwana

Mavimbela (2016) utsi umntfwana bekangamane etsiwe libito esiveni seMaswati. Libito lemntfwana belitsintsa bantfu labatsite lesebalala. Lokunye umntfwana beketsiwa ngesigameko lesitsite noma lilanga latelwe ngalo. Kutsiwa lomntfwana uma amsikati atelwe ngeMgcibelo uba nguLomgcibelo kantsi nangabe amdvuna kuba nguMgcibelo. Uma bekungenteka lomntfwana atalelwe esigangeni kutawutsiwa nguSigangeni. Loku kufakazelwa nguKhoza (2016) uma abeka kanje:

*Umntfwana beketsiwa ngetigameko letitsite.
kungenteka bametse ngelilanga latelwe ngalo.
Lokunye nangabe unina ahamba andzindza nelive
lomntfwana bangametsa batsi nguMndzinzase
nangabe amdvuna. Kungenteka lomake atale*

*lomntfwana kantsi uhlupheke kakhulu kutawutsiwa
nguHluphekile uma amsikati.*

Ncenekile Tsabetse naSiyaphi Gumedze (Labacashuniwe 2013) batsi kunenkholelo yekutsi libito liyamlandzela umuntfu. Sibonelo Sigebengu ubese uba sigebengu ente tintfo letitsite letihambisana nalelibito lakhe. Lesinye sikhatsi kutsiwa bantfwana bebetsiwa emagama abokhokho babo kungaba ngugogo lomsikati noma gogo lomdvuna.

Kutsiwa bekunenkholelo yekhutsi konkhe lebekwentiwa bokhokho lomntfwana utawufuta bona. Uma bebangemachawe nalontfwana utawuba lichawe. Lokunye lomntfwana beketsiwa ngesimo latalwa ngaphasi kwaso, sibonelo Lombango kuyenteka bekabangwa. Siboshwa ukhandza kwekutsi lendvodza yabese iyaboshwa sekwetsiwa lomntfwana uba nguSiboshwa. Uma lomakoti angatfoli bantfwana labadzala bebacela lesebalala kwekutsi bamsite kute akhulelwe naye abenebantfwana.

Zwane (2012) utsi lomntfwana wetsiwa libito labokhokho uma angumntfwana lomdvuna angetsiwa lelitsi Mphengula. Lomntfwana nangabe angumntfwana lomsikati angetsiwa libito lelitsi Lomphengula. Lamagama langenhla asukela ekuphenguleni lokusho kwekutsi ngabe bekuyini lobekubangela lomakoti angatfoli bantfwana babese bayobuka etinyangeni. Loku kufakazelwa nguSingwane (2013) nabeka atsi:

*Bantfwana bebetsiwa ngemigidvo letsite njenge
ngeNcwala, sikhonyane, tigateko letitsite
ngetimpi, letake tabakhona, umtsimba, zamcolo,
khisimusi, milijani njalonjalo.*

Evelinah Nkosi naLogadaza Gumedze (Labacashuniwe 2016) batsi kuyenteka kwekutsi bantfu labadzala bacabane ekhaya kantsi lomake utetfwele bavundzane. Lomake angabeleka umntfwana lomsikati sebametsa libito lelitsi nguLomavundvo. Kutsiwa bekwenteka bantfwana babetse ngetinsuku noma ngemalanga eliviki njenge kutsi Lomasontfo, Msombuluko Mgcibelo njalo njalo.

3.13. Lamagama Lasuselwa Tikwemalanga Ahleleka Ngalendlela Lelandzelako

| | |
|-----------------|-----------------|
| Emagama eliviki | Libito lemuntfu |
| Umsombuluko | Msombuluko |
| Lisontfo | Lomasontfo |
| Umgcibelo | Lomgcibelo |

Lokunye uma bekufiwe kantsi kukhona lotetfwele kulelo khaya lomntfwana babese bametsa libito lelitsi nguloMadliza. Uma kusikhatsi semakhwakhwa lomntfwana wetsiwa libito lelitsi Lomkhwakhwa. Loku kunanatelwa nguNyawo nalabanye (2009:10) bona babeka kanje:

For example, a family may name their baby girl Lomadlozi, which means that they asked the ancestors for her. The family gives this religious name to recognise the role played by the ancestors when the baby was delivered.

Sibonelo, umndeni ungametsa libito umntfwana wentfombatane batsi nguLomadloti, lokusho kutsi wacelwa. Umndeni uniketa lomntfwana lelibito ngenhloso yekukhumbula indzima leyadlalwa bokhokho ngalesikhatsi abelekwa.

Lomzwane Shongwe naGeletfu Shabangu (Labacashuniwe 2016) batsi ecinisweni umntfwana bekanganiketwa libito noma kunini. Kutsiwa libito bekaniketwa emvakwenyanga sekwentive yonkhe lemisimeto yekutsi abikwe kulabaphasi kutsi nangu bani sewutelwe. Kutsiwa ngalelolanga uniketwa nembeleko amenywe ngayo. Lembeleko yentiwa ngalesikhumba sembuti

3.14. Kumilisa Kwemntfwana Kanye Nekukhuliswa Kwakhe

Mamba (2016) utsi ngeSiswati umntfwana nangabe amilisa ematinyo noma bantfwana kutsiwa kunetintfo letitsite letibukwako. Kutsiwa kumele amilise tikwemhlatsi wangaphasi bese ugcina ngekumilisa umhlatsi wangetulu. Uma kungenteka lomntfwana acale ngekumilisa etulu kumele asuswe lapha ekhaya kute uyise angamboni. Loku kufakazelwa nguShabangu (2016) nabeka atsi:

*Uma kungenteka lomntfwana ahlale lapha ekhaya
kunenkholelo yekutsi uyise angahlangana naye
ubese uyafa.*

Gumedze (2016) naGumedze (2017) batsi umntfwana ucala kumilisa uma sekanetinyanga letisihlanu kuya kuletisitfupha kantsi labanye bayasheshisa bamilisa uma banetinyanga letine. Lapha kunenkholelo letsi labantfwana labasheshisako kumilisa inhloko yabo itsambile kantsi labo lebaphuta kumilisa kunenkholelo letsi babanenhloko lelukhuni. Labanye bakholwela kwekutsi labo lebasheshisako kumilisa ingcondvo yabo ihlala ikhaliphile. Kutsiwa kute imisimeto leyentiwako nangabe umntfwana amilisa noma atfomba. Lapha kwentiwa lokutsite uma umntfwana agula.

3.15. Kukhuliswa Kwemntfwana Wentfombatane Nalekatilibatisa Ngako

Ngekusho kwaZwane (2014) kanye naGumedze (2016) batsi umntfwana wentfombatane uma sekanetinyanga letisitfupha kuya kuminyaka lesikhombisa kunetintfo letitsite lebamfundzisa tona. Kutsiwa lapha umntfwana uyatfunywa tintfo letingasholutfo lokufaka ekhatsi kutfota tinsaba tekubasa umlilo. Lokunye labantfwana bemantfombatane ubakhandza badlala ngemhlaba bapheka ngetindziwo letifile. Kutsiwa umntfwana wentfombatane uma sekaneminyaka lelishumi kuya etulu ubese ucala kupheka nenina, kugola tintsetse, kukhelela emanti, kusindza etindlini. Lokunye kutsiwa ufundza kubumba tindziwo, kugeca umhlanga, kufundza kweluka kanye naleminyane imisetjentane.

Shabangu naGumedze (2013) batsi ngeSiswati umntfwana wentfombatane bacala kumnakisisa uma sekacale kuya esikhatsini noma emalangeneni. Kutsiwa uma lomntfwana wentfombatane aya esikhatsini kwekucala utjela unina seyena ubikela gogo walelo khaya

nangabe asaphila. Logogo ubese utsatsa lomntfwana wentfombatane uhamba naye emnyango wesibaya setinkhomo abikele labadzala lesebalala kutsi lomntfwana sewukhulile. Logogo ubatjela kutsi bamgcine ahlale aphilile bambusise ngendvodza kanye nangebantfwana labanyenti. Kutsiwa bebabese bapheka liphalishi ngematsimba emabele bese liyadiwa lapho emnyango wesibaya. Kutsiwa labaphasi nabo bayacelwa kutsi babe khona uma kudliwa lokudla.

Kutsiwa logogo ubese utsatsa lomntfwana wentfombatane ahambe naye endlini kagogo ayomfundzisa mayelana netemacansi kanye nalokumayelana nalokutsintsa bantfu labasikati lesebakhulile. Lokunye bamtjela nekutsi atigcine angajaki kulala nekutsi kumele atiphatse kanjani uma ahlanguana nemuntfu lomdvuna lofuna kumteka. Loku kufakazelwa nguGumedze (2017) nabeka kanje:

*Lomntfwana bamfundzisa kutiphatsa angabi
nebhatsa atigcine kahle kuze kufike sikhatsi sekutsi
angendza.*

Lokunye bamfundzisa nekutsi kumele atiphatse kanjani uma anemuntfu lomdvuna embhedzeni. Lokunye bayamfundzisa ngemsebenti lokumele awente uma sekangumfati. Kutsiwa bayamfundzisa tintfo lokumele atente nalokumele angatenti kanye nalokumele akukhulume nalokumele angakukhulumi. Loku kufakazelwa nguGumedze (2017) nabeka atsi:

*Umuntfu wesifazane akukafaneli kwekutsi ahleke
budlabha kwangatsi yingwadla. Kumele atifobe
akwati nekuhlonipha.*

3.16. Kukhuliswa Kwemntfwana Wemfana Nalekatilibatisa Ngako

Gumedze afakazelwa nguSingwane (2014) batsi umntfwana wemfana nangabe anetinyanga letisitfupha kuya tikweminyaka lesikhombisa nalengetulu babese bamfundzisa tintfo letitsite. Kutsiwa umfana ucala ngekubumba tinkhomo, tindziwo, kutsiya tinyoni kanye nalokunye lokunyenti. Lokunye kutsiwa bamtfuma ayokha emanti emfuleni. Lokunye kutfota tinsaba tekucala umlilo esangweni. Lokunye bamfundzisa

kulusa ematfole kanye nemfuyo. Lokunye labamfundzisa kona kulusa imfuyo njenge timvu, timbuti kanye nalokunye lokunyenti. Lokunye labamfundzisa kona kubophela tinkhabi afundze nekubamba likhuba. Lokunye umntfwana wemfana bebamfundzisa kwakha indlu kanye nekugawula tigodvo telutsango njengoba bekute bodalada.

Kutsiwa naye umfana bekunendlela lebekakhuliswa ngayo kute akhone kutimela uma sekakhulile sekayindvodza. Shongwe (2016) uyagcizelela naye utsi umfana bacala kumfundzisa uma sekacale kubanjelwa ngemadloti nangabe avuka ekuseni atikhandze amanti. Uma umfana aphupha alala nemuntfu avuke amanti ekuseni imvamisa uvuka lokwa kuseluvivi. Uma kunetinkhomo kulelo khaya lomfana uvuka lokwa akhiphe tinkhomo tiyodla. Uyise wakhe uma sekabona umfana wakhe aba netimphawu letikhombisa kwekutsi sewukhuhlukile, unetinta kanye nelivi seliyantjintja selikhulu. Kutsiwa babese bayacala kumfundzisa lokunyenti lokuphatselene nebantfu labadvuna.

Uma loyise sekabona kutsi lomfana ubanjelwa ngemadloti ubese uyamlandzela ngemuva amtjele kwekutsi ayogeza emfuleni. Kutsiwa nakefika ekhaya mkhulu wakhe ubese ubikela lesebalala kutsi lomtukulu wabo sewukhulile sewuyindvodza. Lomkhulu uyamtsatsa ahambe naye esangweni letinkhomo abikele labadzala lesebalala kutsi bambusise ngengcebo, imphilo, imfuyo kanye nangebantfwana. Kutsiwa naye lomkhulu ubese upheka liphalishi lelentiwe ngemabele ahlanganise nelubisi. Loku kufakazelwa nguShabangu (2016) nabeka atsi:

*Mkhulu walelo khaya utsatsa lomfana ahambe
naye esangweni ayombika kulabadzala kutsi
akhule kahle abe nemfuyo lenyenti. Lokunye
umcelela kwekutsi abe nebantfwana labanyenti.
Loku kutsiwa kungentiwa nayinyanga yemndeni.*

Zwane (2014) utsi emvakwaloko lomfana ubese utsatsa leliphalishi lebamlungiselele lona alinikete emalunga emndeni kanye nabo makhelwane. Emvakwaloko lomfana uhamba ayokha emanti emfuleni sewubhuca bulongo sewuyasindza lelawini lapho bekalele khona. Lomfana usuke awasha lobudvodza lobucitsekele phasi ngalesikhatsi abanjelwe

ngulamadloti. Kutsiwa lomkhulu noma lomdzala lokhona walelokhaya ubese utsatsa lomfana ahambe naye endlini kagogo kutsi ayotfola imiyalo.

Lomfana bamtjela kwekutsi atigcine angadlaleli emantfombataneni kuze kufike sigaba sekutsatsa umfati. Lokunye lomfana bamfundzisa kwekutsi kulalwa njani nemuntfu wesifazane kanye nekutsi utfundza kanjani ematsangeni emuntfu wesifazane nekutsi kumele angafaki ekhatsi. Mabuza (2006) utsi lomfana baphindze bamfundzise kutsi kulalwa njani nemufati emvakwemshado noma emvakwemtsimba. Lomfana bayamfundzisa nekutsi umphakatsi ulindzeleni kuye babuye bamcwayise ngemisebenti leyingoti kanye nekutsi kumele abukane nebumetima ngekutetsemba. Lomfana baphindze bamfundzise sikhatsi lesidze ngoba kumele akwati kukhulisa umndeni kanye nekulungiselela umtsimba noma umshado. Lomfana babese bayamsoka bentele kuvikela tifo kodwa iNkhosi Mswati yabese iyakuvala ngoba bekuphazamisa emasotja akhe. Loku kufakazelwa nguShabangu (2016) uma achaza atsi:

Lomfana bafundzisa kwekutsi uma uyindvodza utiphatsa njani. Lokunye bamfundzisa nekutsi kumele akhutsale alime kute bantfwana bakhe bangabulawa yindlala. Lokunye bamfundzisa nekutsi kufanele amelane nebumetima noma nebulukhuni langahle ahlangabetane nabo.

3.17. Kulolotelwa Kwemntfwana

Mavimbela (2016) utsi kudzala sive seMaswati kutsiwa besinendlela yaso yekuthulisa umntfwana nangabe akhala. Kunendlela lebekathuliswa ngayo ngalesikhatsi aluswane nangalesikhatsi sekakhulakhulile sekanetinyanga letine kuya kuletisihlanu. Kudzala kutsiwa bekalalatelwa kantsi nanyalo kutsiwa kusentiwa. Lapha kutsiwa kuya ngenchubo yakulelokhaya kutsi umntfwana bamlalatela sekanetinyanga letingaki. Sive seMaswati besingabalateli ngalokufanako umntfwana wemfana bekaba netinyanga takhe kanye nakulomsikati kunjalo. Loku kufakazelwa nguMavimbela (2016) asekelwe nguZwane (2014) nababeka batsi:

*Labanye nakamsikati bamlalatela ngenyanga
yesine atelwe kutsi nakamdvuna bamlalatela
ngenyanga yesihlanu.*

Gumedze naNkosi (2013) batsi umntfwana bamlalatela inyanga nangabe idvungukile. Lapha kutsiwa tidzandzane kanye nebafanyane baphuma naye lomntfwana bacondze esibayeni setinkhomo bafike bambhekise etulu abuke lenyanga sebambeka phasi emcubeni sebayamshiya sebema bucadlwana.

Loku bekwentiwa ebusuku hhayi emini. Kutsiwa ngalesikhatsi sebamshiyile lomntfwana lapha phasi emcubeni utawukhala kakhulu ngenca yekutfuka ngoba nabo labantfwanyane basuke sebambalekele bamshiye yedvwa. Kutsiwa labantfwanyane batawusondzela munye wabo sewuyamtsatsa sebahlabelalela ingoma yekumlalatela

Lengoma bayihlabelalela lomntfwana adzimate athule. Kutsiwa emvakwaloko lomntfwana bangamthulisa angasakhali kungenteka aphindze akhale ngeke basamthulisa batsi sh-sh- kodvwa batamhlabelalela ingoma yekumlolotela. Lomntfwana usuke sekakhulakhulile kungako abasasho kutsi sh- sh-nangabe bamthulisa. Lokutsatsa lomntfwana bamyise esibayeni akhale sebayamlalatela kumsita ekutseni angatfuki. Emvakwaloko lomntfwana babese bayamtsatsa sebambuyisela kunina kungenteka akhale babese bamhlabelalela lengoma yekumlalatela bamthulise ngayo. Loku kutsiwa bekusita lomntfwana angatongenwa butsakatsaka bekungeva etindlebeni.

Kutsiwa ngakusasa lomntfwana babese bamgabisa ticu tebuhlalu lobumhlophe. Loku kufakazelwa nguZwane (2014) nabeka kanje:

*Lomntfwana babese bamgabisa buhlalu lobumhlophe
etinyaweni nasetandleni.*

Kutsiwa lobuhlalu kumele bube mhlophe ngembala. Kutsiwa leticu tebuhlalu buhamba ngabubili. Lesigaba sentelwa umntfwana lesekendlulile ebuswanweni. Lokunye unina wemntfwana umentela lidzili lelincane kubonga labantfwana lebebalalatela. Lokunye unina wemntfwana umentela lokutsite latamgabisa kona entsanyeni. Lomntfwana kutsiwa

usuke sekafikile esigabeni sekutsi angamenywa. Loku kufakazelwa nguShabangu (2016) nabeka kanje:

*Lomntfwana kutsiwa angaze afike kulesigaba
babese bammema ngembeleko yembuti.
Lembeleko isuke yentiwe ngesikhumba sembuti
lena leyahlatjelwa lomakhoti bambonga kwekutsi
sewubelekile futsi sewuwandzisile lowo mndeni.*

3.18. Kuganana Kwentfombi Nelijaha

Mavimbela (2017) utsi kudzala lijaha belitsi lingabona kwekutsi selikhulile selingakha likhaya bese liyacala kusoma intfombi leyitawakha nalo likhaya. Geletfu Shabangu (2016) yena utsi akufani nalomuhla ngoba basomana nyalo baganane nyalo kantsi kudzala lijaha bekumele libonakale kutsi selicinile. Lelijaha belisoma lentfombi sikhatsi lesidze kungaba ngumnyaka kuya etulu.

Ecinisweni kudzala lijaha belisoma lentfombi sikhatsi lesidze kungaba ngumnyaka kuya etulu. Tintfombi tangaletu tikhatsi bekungasilula kutsi tivele tikugane betitsatsa sikhatsi sato solo tifundza lelijaha. Mavimbela (2016) utsi lentfombatane nangabe seyitenelisile beyingavumi ngemlomo kepha bekunelisiko lelitsite lebelentiwa. Lelisiko belibitwa ngekutsi kugana ngendlamu noma kuhlehlela lijaha. Kutsiwa nangabe ingakenti njalo beyigana lelijaha ngengeje nobe ngelijuba. Kutsiwa lentfombatane beyiphotsela lelijaha buhlalu bekugaba entsanyeni. Lentfombatane beyigabisa lelijaha yona matfupha noma itfumele lomunye abumikise.

Shabangu (2016) naMavimbela (2013) batsi lentfombatane beyibese ibikela intfombi lendzala lephetse lelocembu kutsi seyiganile. Kutsiwa lentfombatane ibese ibikela tintfombi takuleso sigodzi sekubekwa lusuku lekuyogana. Kutsiwa bekutsi lingafika lolusuku letintfombi betivunula indlamu bese tiya kulelokhaya. Kutsiwa betitsi tingafika ekhabo jaha bese tiyema ngasesibayeni noma esangweni bese tiyagidza tihlehle. Emvakwaloko emajaha kanye nabakulelo khaya bebabese bayaphuma batobukela. Kutsiwa ngalesikakhatsi tisahlehlela bekubese kuphuma yinye intfombi seyiyamemeta ibite ligama lalelijaha labete kulo. Kutsiwa lelijaha belibese liyasabela kantsi uma lingekho

bekusabela lijaha lelikhona. Kutsiwa bakulelo khaya bebabese bayasho kwekutsi lentfombi letogana ayivele ebaleni batoyibona. Kutsiwa lijaha leliganene nalentfombi nalo beliphuma nelihawu lalo licondze kuletintfombi litibongelele libeke lihawu lalo embikwalentfombi. Lesinye sikhatsi lentfombatane beyigabisa lelijaha sigcizo entsanyeni. Emvakwaloko letintfombi nalena letogana betibese tiyajika tibuyele emuva. Kutsiwa beyibese iphambanisa tidwashi uma ivunulile. Loku bekukhombisa kona kutsi seyiganile.

3.19. Kujuma Kwentfombatane Kanye Nelijaha

Ngekusho kwaGumedze (2016) naSingwane (2013) batsi lijaha belingayijaki lentfombatane kwekutsi ingabese iyalivakashela lona itojuma. Lapha kutsiwa nangabe sekwendlule sikhatsi lesidze lelijaha belibese liyahamba liyolandza lentfombatane batoyibona lapha ekhaya. Kutsiwa lesinye sikhatsi lelijaha belingayi kuyoyilandza lona matfupha. Kutsiwa belicela dzadze walo kutsi ayolilandzela lentfombatane itovakasha noma itojuma. Emvakwesikhatsi nalelijaha belibese liyahamba liyovakasha ekhabo ntfombatane.

Sive seMaswati kutsiwa besinelisiko laso lekujuma. Kutsiwa intfombatane beyijuma emalanga lamatsatfu kuphela. Lokusho kutsi bekuba lilanga lefika ngalo sengalelesitsatfu seyibuyela emuva. Lentfombatane ngalesikhatsi ilapha ekhaya bomkhula wayo kanye nabo bonkhe bakulelo khaya bayayifundza kutsi iphila kanjani. Labomkhula wayo bayayicocisa bahlale nayo.

Nelijaha nalo nangabe beliyojuma nalo belenta njalo ngelilanga lesitsatfu belibuyela emuva ekhaya. Ngekusho kwaShabangu (2016) naGumedze (2013) batsi intfombatane beyingangeni nobe ngakuyiphi indlu kepha beyijumela elawini. Lijaha nalo belijumela entsangeni. Kutsiwa bebabayala kutsi bangacali bagange sibaya sababe asivulwa. Intfombatane beyiyalwa kwekutsi ingalali ibheke etulu kepha bekudzingeka ilale ngemhlabulo ize ibuyele emuva ekhaya. Kutsiwa naye umfana bebamtjela sona lesi kwekutsi kufanele alale ngemhlabulo angacali asondzele. Kutsiwa nangabe kudlalwa kumele adlale ematsangeni ngoba kuvula lesibaya licala lelibovu.

Gumedze naGumedze (2013) batsi uma bekungenteka loku bekukhishwa inhlawulo yaloko lokutsiwa yinkhomo yemdzalaso. Umfana lobekamitsisa intfombatane asengakayitsatsi bekakhokha inkhomo kuhlawula lelicala. Kutsiwa nentfombatane nangabe sekudzingeka kwekutsi iyokwendza bebacala ngekuyihlola. Loku bebafuna kuhlola kwekutsi sibaya sababe asikavuleki yini, ngabe kwentekile yaganga betiphulwa letinkhomo. Lokunye bekhobontfombatane nangabe ibuya ekujumeni bebabese bayayigadza kwekutsi ngabe itawuya emfuleni yini. Lena bekungiyi indlela lebebabona ngayo kutsi sekonakele nobe cha.

3.20. Indlela Sive SeMaswati Lebesiphila Ngayo

Ecinisweni tive letimnyama betinetindlela tato tekuphila. Letive betiphila imphilo lehlukile ngoba bekute titolo lapho betitsenga khona. Loku kwabanga kwekutsi batentele emathulusi ekusebenta kanye nemathulusi ekulima. Kunemathulusi lebebawasebentisa uma bagawula tihlahla njengetimbazo, bocelemba, imikhwa kanye nalamanye. Intfo lebeyibalulekile esiveni lesimnyama inkhomo ngoba wonkhe umuntfu lomnyama bekafuna kufuya. Kudzala bewungasilutfo uma bewungakafuyi inkhomo ngoba tintfo takho bewutatitfwala ngani ubuye ulime ngani futsi. Sitawubuka kubaluleka kwenkhomo esiveni lesimnyama.

3.21. Kubaluleka kwenkhomo

Inkhomo beyibaluleke kakhulu esiveni lesimnyama kantsi ngaletu tikhatsi bekute luphuya ngoba lobekete tinkhomo bebamsisela atokhona kulima.

(i) Kusenga lubisi

Ngekusho kwaGeletfu Shabangu (Locashuniwe 2016) utsi inkhomo beyibalulekile ngoba bebasenga kute batfole lubisi. Lubisi bebabhuca lona kantsi nebantfwana labancane bebaniketwa lona kute bakhule kahle. Lesinye sikhatsi nangabe umtedlane ungakhoni kumunyisa ngenca yetizatfu letitsite bebabese bamsengela lubisi lwenkhomo lomntfwana kute amunye. Kunyenti lobekwentiwa ngelubisi lokufaka ekhatsi umtfubi. Loku kuchazwa nguSimelane nalabanye (1992:28) uma batsi:

*Sitfubi kudla lokwentiwe ngelubisi lwenkhomo
lesandza kutala, kubondzelwa ngemphuphu.*

Lokunye lokutfolakalako elubisini ngemasi kanye nemlaza. Kutsiwa nangabe bafuna kwenta emasi bebatsela lolubisi enguleni emvakwemalangana seluyalata. Bebacwenga lomlaza kulamasi sebayawunatsa. Lomlaza bewushekisana bese uvusa naletindvuku. Loku kunanatelwa nguGodeffroy (2016:49) naye uyangeta uma abeka atsi:

*Umlaza is the liquid extracted from milk in the
process of making emasi. Umlaza is used as a
refreshing drink or as a purgative. It is also known
by drinkers as a cure for hangovers.*

*Umlaza ngemanti latfolakala emasini. Umlaza
uyanatfwa njenge sinatfo sekucitsa situngu kantsi
futsi uyasetjentiswa njengesinatfo lesishekisanako.
Kutsiwa labanatsako bayawusebentisa
njengesinatfo lesicedza libhabhalaza.*

Lokunye bekwentiwa lihongo. Kutsiwa lihongo ngumlaza losengelwe lubisi. Lokunye kutsiwa bebangula lamafutsa kulolubisi bese benta libhotela. Gumedze (2016) utsi ngalolubisi bekwentiwa liphehla lokutsiwa ngemafutsa ekudla kanye newekugcobisa. Loku kufakazelwa nguMunro nalabanye (2003:28) uma batsi:

*Liphehla ngemafutsa ekudla nobe ekugcobisa
latfolakala ngekupheka libhotela.*

(ii) Tintfo lebetentiwa ngetimphondvo

Mamba (L2016) utsi timpondvo nato betibaluleke kakhulu tikwesive seMaswati ngoba kunyenti lebebakulondvolota kuto. Bebefaka emafutsa lahlukahlukene ekupheka lokufaka ekhatsi emafutsa etinyamatane kanye nemafutsa etinkhomo. Lokunye bebefaka ligwayi, sawoti, kanye nemitsi yesintfu. Ecinisweni kudzala bekute tipeti tekucatseka bantfwana kanye nebantfu labadzala bekudzingeka kwekutsi kusetjentiswe letimpondvo.

Nkosi (2016) utsi timphondvo bekuhlotjiswa ngato tibekwe endlini etulu kwemnyango kubone nobe ngangubani kutsi bekuhlatjiwe. Kutsiwa nangabe bekunemsebenti lotsite ekhaya lotsintsa lesebalala bekuhlatjiwa lenkhomo bese letimphondvo setibekwa etulu emnyango endlini kagogo. Letimphondvo betisebenta umsebenti lotsi tichumanisa labaphilako kanye nalabo lesebalala. Loku kunanatelwa nguKasenene (1993:43) uma abeka kanje:

Whenever an animal is sacrificed to the ancestors, the horns are kept in kagogo. These horns symbolise the bond between the living and the dead and act as constant reminder of the required services to one's ancestors.

Nangabe kwentiwa umnikelo ngesilwane kubongwa bokhokho, babese batsatsa letimphondvo batigcine endlini kagogo. Letimphondvo tikhombisa kuvana lokukhona kulaphilako nalesebalala. Letimphondvo tiphindze tisebente njengesikhumbuto kulokumele kwentelwe bokhokho njalo njalo.

Lokunye bekwakhiwa luvemve lebebagalela ngalo tinkhomo kanye nemphalamphala yekubita imihlangano kanye nalokunye. Lokunye lebekwakhiwa ngetimphondvo lushawulo. Kutsiwa bebabhema ngalo insangu. Loku kuchazwa nguSimelane nalabanye (1992:92) uma abeka atsi:

Lushawulo luphondvo lolusetjentiswa kubhema insangu.

(iii) Kulobola

Kudzala inkhomo bekungilona bhange leMaswati kantsi futsi bekulotjolwa ngato ngoba bekute imali. Kudzala indvodza lebeyinetinkhomo letinyenti beyitsatsa bafati labaningi njengendvodza lesutsako. Loko bekwenta lendvodza kutsi ibe nebantfwana labanyenti. Loku kuchazwa kahle nguClacherty (2012:108) nabeka kanje:

Cattle were very important to farming people. Cattle were a source of wealth as a man could get wives, pay fines, and slaughter the cattle to make the ancestors happy.

Imfuyo beyibaluleke kakhulu kubafuyi. Imfuyo isisusa sengcebo leyenta indvodza ikhone kufola umfati, ibhadale tikweleti kanye nekubulala sifuyo kute lesebalala bajabule.

Godeffroy (2016:63) naye uyachaza aphindze angete nangabe abeka kanje:

Cattle in Swaziland is a timeless symbol of wealth and status. Dowry continues to be paid in cattle. Traditional marriage is defined by the role of cattle throughout each ceremony.

Tinkhomo eSwatini titsatseka njengeluphawu lekuganya kanye nelizinga lelisetulu. Kutsi seloku kuyachutjekwa kulobola ngetinkhomo. Umshado wesintfu uchazwa ngekubaluleka kwenkhomo emicimbini yonkhe.

Lokunye sikhumba senkhomo besisebenta umsebenti lomkhulu tikwe sive lesimnyama. Kutsiwa sikhumba bekwentiwa ngaso tikhwama, emahawu, tiphandla, timphahla, titilobho kanye naletinye tintfo letinyenti. Loku kuchazwa nguShabangu (2016) asekelwa nguSchoeman (1991:11) nababeka kanje:

Clothing, shields, bags and other useful articles were made from the hides of cattle.

Timpahla, emahawu, tikhwama kanye nalokunye lokulusito bekwentiwa ngesikhumba senkhomo.

(iv) Bulongo

Ngekusho kwaThumbathi (2016) utsi tikwebulongo beकुतfolakala umcuba lebebawusebentisa emasimini abo. Lokunye lebebakusebentisa bulongo benkhomo ngoba bebabuhlanganisa nemhlaba wekubhadza babese babhadza tindlu tabo. Lobulongo bebabasa bona bapheke ngabo nangabe sebomile. Bulongo uma sebabubasile buyafana nemalahle lawa lagujwa phansi. Bebaphindze basindze ngabo etindlini tabo kanye nemagama kube kuhle. Loku kufakazelwa nguGraves (1981:19) nabeka kanje:

Dung was rolled in grass and made into pats. These pats were used for fuel. Dung was also used to give the houses smooth floors. The women made patterns on the floors.

Bulongo bebabugicita etjanini ngesandla bente tincunjana. Loku bebabasa ngako umlilo. Lobulongo bebaphindze basindze ngabo etindlini. Bomake bebenta imihlobiso tikwesiyilo.

Lokunye bulongo betinkhomo bebusetjentiswa nangabe kukhona umuntfu lodle shevu. Kutsiwa bebatsatsa lobulongo babubhuce sebayamnatsisa. Lobulongo bebufika lesiswini bubambe lobutsi bungasasebenti. Lokunye nangabe bewucatsekile sewukhandza kwekutsi lesipeti sesikushekisa ingati ayisavaleki. Kutsiwa bebatsatsa lobulongo betinkhomo bambhucele bona uvaleke lomsheko. Kulobulongo beकुतfolakala nemcuba lebebawusebentisa kuvundzisa emasimu abo.

(v) Inyama

Sive seMaswati njengobe besifuyiie besidla kakhulu inyama yenkhomo, yemvu kanye neyembuti. Bebangadli yona kuphela bebatangela netinyamatane kute babe nemshibo lomnyenti. Loku kuchazwa nguDilley (2004:56) nabeka kanje:

The farmers ate mostly cattle and sheep, but also hunted games for extra food.

Balimi bebadla ikakhulu inyama yenkhomo kanye neyemvu, baphindze batingele tinyamatane kute babe nekudla lokunyenti.

(vi) Kuhlatjwa kwenkhomo

Shabangu naShongwe (2017) batsi inkhomo beyihlatjwa uma kugidza umtsimba, kunemcimbi lotsite noma uma kushoniwe kunesifo. Kutsiwa kudzala nangabe bekushoniwe ekhaya bekubulawa inkhomo bese lesidvumbu basigocotela ngalesikhumba. Kutsiwa bebamtfwala ngeluhlaka nangabe sebayomngcwaba. Loku kufakazela kona kutsi sive seMaswati besingangcwabi ekudzeni emathuna bekaba khona lapha ekhaya. Bebabuye basebentise tinkhabi kutfwala imitfwalo yabo ngesihliphi baphindze balime ngato. Bebalima lokusatinhlavana kanye nalokunye lokunyenti futsi *bebanendlela* yekukulondvolota kungaboli. Kutsiwa bekugujwa umgodzi bese bayasindza uma sekomile bese bafaka lamabele.

3.24. Tingubo Netimpahla Lebetimbatfwa NgeMaswati

(i) Kushukwa kwesikhumba

Mamba naShabangu (2017) batsi sive seMaswati besivunula timpahla letentiwe ngesikhumba senkhomo, sembuti nobe senyamatanane njengoba bekusete bokotini ngaleto tikhatsi. Lesive besisebentisa tintfo letisedvutane naso ekwenteni imvunulo yeMaswati. Loku kuchazwa kancono nguGraves (1981:18) nabeka kanje:

Because they had not yet learnt to grow cotton or flax, they made their clothes from what they could find around them.

Ngoba bebangakafundzi kuhlanyela kotini noma ifulekisi, bebenta timphahla ngaloko labakutfolako lekusedvutane nabo.

Lapha bekuhlatjwa inkhomo bese bayayihlinda kahle lesikhumba singamoshakali. Emvakwaloko lesikhumba bebabese bayasineka some kahle. Uma sesomile babese bayasishuka ngematje sitsambe kahle sebenta tingwabela, emabhebha, timphece tidziya, emangongo, tiketi, tingubo kanye nalokunye lokunyenti. Loku kufakazelwa nguDlamini nalabanye (2008:67) uma babeka batsi:

(ii) Sinokoti yingubo yeMaswati yekulala leyakhiwa ngesikhumba senkhomo

EMaswati bekasebentisa tikhumba tetinkhomo, tetimvu kanye netetinyamatane. Lokunye lebekwentiwa ngetingogo tilwabhu kanye netitilobho. Loku kusekelwa nguMahlalela (1988:28) nabeka kanje:

Tikhumba bekwentiwa tintfo letinyenti letinjenge tilwabhu, titilobho, imvunulo, tidziya, emahawu kanye netingwabela.

Lomzwane Shongwe (Locashuniwe 2017) uyananatela utsi sikhumba besisebenta umsebenti lomkhulu ngoba bekwentiwa siphuku lebekuyingubo yekulala yeMaswati. Uyachubeka uyachaza kutsi sikhumba bekwentiwa sikhwama sendlelo yeligwayi. Lokunye lebekwentiwa ngesikhumba sembuti imbeleko yekumema umntfwana njengoba bekute letimbeleko tesilumbi.

3.25. Tintfo Tasekhaya Lebetisetjentiswa Sive SeMaswati

(i) Emathulusi

Mamba (2017) utsi sive seMaswati besisebentisa emathulusi latsite njenge lizembe kugawula tigodvo. Emazembe bebawasebentisa kuvula indzawo lensha bahlahle indzawo lebebatawulima kuyo. Kudzala bekulukhuni kabi kuvula indzawo lebebatawuhlala kuyo ngoba emathulusi bekute kahle. Ngekusho kwaShabangu (2012) kuhlaha nabe kuvula indzawo lapho bekufanele kwakhiwe umuti lomusha bekulukhuni kabi ngoba bekute emathulusi.

Shongwe (2017) utsi kugawula tigodvo letinkhulu letingemaphaca kwentiwe tihliphi kanye netigodvo tekwakha sibaya bekuyinkinga lenkhulu kabi. Ecinisweni njengoba bekute emathulusi bekulukhuni kujuba tihliphi, tikhonkwane kanye netintfungo letincane tekuphica sihliphi. Tihliphi bebatisebentisa kutfutsa imphahla yabo kanye nekudla kwabo uma bafuna kuya kuletinye tindzawo.

Shabangu (2017) utsi bebasebentisa sangelo kwenta emakhovu. Ecinisweni sive seMaswati besite emathulusi lebesitakhela wona ngoba besite insimbi lebesiyikhicita. Bekudzingeka kwekutsi nangabe badzinga emathulusi ekusebenta bekumele bantjintjise ngemfuyo yabo. Loku kufakazelwa nguDilley (2012:56) nabeka kanje:

The farmers used iron tools. Iron was not produced in every homestead, so most ordinary people who wanted iron tools had to trade for them.

Balimi bebasebentisa emathulusi ensimbi. Insimbi beyingakhicitwa tikwe sive lesimnyama, kungako bantfukatana lebebadzinga emathulusi ensimbi bekudzingeka kube khona kutsenga nekutsengiselana.

3.26. Tintfo Tekutilibatisa

(i) Umntjingozi

Gumedze (2016) utsi umntjingozi nawo bewushaywa bafana bentela kutijabulisa. Singwane (2014) uyangeta utsi umntjingozi bebawubhola timbobo letisukela kuletintsatfu kuya kuletisifupha.

(ii) Sibhuwewe

Ngekusho kwaMamba (2016) utsi sibhuwewe besidlalwa bafana nangabe belusile. Lapha bebatsatsa ematila emhlala noma ematila emkhwakhwa bawabhole bakhiphe letintsanga lapha ngekhatshi. Masilela (2016) uyangeta utsi lelitila bebalibhola tikhala letimbili lesinye sibe sikhulu kantsi lesinye sibesincane. Lesikhala lesincane ngulapho bebantjintja khona lomsindvo.

(iii) Lugenkle

Fulatsa Gumedze naLomzwane Shongwe (Locashuniwe 2016) batsi umgenkle bebawakha ngemhonono, siganganyane kanye nemtelemba. Bebabhoncula lamagcolo sebahhola yinye imbobo kuphela.

(iv) Luvemve

Kunene (2016) utsi luvemve lwakhiwa ngesihlahla sesiganganyane nesemtelemba. Luvemve lelentiwe ngaletihlahla letingenhla lunemsindvo lomnandzi futsi luyantjintjantjintja kukhala kwalo. Mamba (2016) yena utsi lolu lelentiwe ngetimphondvo tempunzi kanye nemsumphe umsindvo walo awusimnandzi. Lokunye bafana bebashaya luvemve uma bagalela tinkhomo bentele kwekutsi titohamba kakhulu. Bebagalela ngalo nangabe bayogezisa tinkhomo edamu kuphela.

(v) Imphalamphala

Ngekusho kwaShongwe (2016) utsi uma kunemhlangano sive besimenyetwa ngemphalamphala noma nangabe bafuna kudlulisa umlayitelo lotsite. Imphalamphala bebayisebentisela kushaya inyandzaleyo. Kudzala bekuba netimphi kuhlaselwana.

Imphalamphala beyisetjentiswa tinhloli lebetihlala ngenhla kwemuti tibavusa ngayo. Shabangu (2016) uyangeta utsi emabutfo bekabese ayaphuma ayohlasela. Bafati nebantfwana bebabese bayabhaca emgodzini lobowugujwa ekhatsi endlini yagucasithandaze. Imphalamphala beyishaywa ngetindlela letehlukene ngoba bekunemsindvo lobewubika kujabula nalobika bubi.

(vi) Sikhweyane

Mamba (2016) utsi sikhweyane sakhiwa ngendvuku yelugagane bese kuboshwa lendvuku ngeluthaka kute lendvuku igobeke. Kuboshwa sigubhu seliselwa emkhatsini walendvuku sekuboshwa lelinye lithaka lidvonse lomngani. Mavimbela (2016) utsi labanye bebahlabela tingoma bashaye sikhweyane kucedza situnge. Letinye tingoma betitelusizi bakhumbula tihlobo tabo lesetabashiya emhlabeni.

Lesinye sikhatsi ukhandze lobabe adlala sikhweyane ahlabela ingoma yakhe sekakhumbule umfati wakhe ekhaya nangabe asekdzeni naye njenga semsebentini. Lomunye ukhandze kwekutsi lobabe washonelwa ngumfati wakhe bese udlala sikhweyane aphekeletelwe yingoma lemayelana netinsiti kukhombisa laba labaphilako kwekutsi kube lomfati wakhe usaphila ngabe akahlupheki.

(vii) Ingadla

Sive seMaswati besitilibatisa ngekugidza ingadla. Kutsiwa nangabe bajabulile, kune mgidvo lotsite noma nangabe bekunemsebenti lotsite bebabese bagidza ingadla. Ingadla beyigidvwa bafana, emantfombatane emajaha kanye nabobabe. Lapha bowukhandza lunyawo luphakama luya etulu. Bomake bona bebangayigidzi ingadla ngoba bekudzingeka baphakamise lolunyawo luye etulu. Kugidza kubalulekile ngoba ngulapho kuvela khona buchalachala kulogidzako. Dlamini nalabanye (2008:80) bayangeta batsi:

Kugidza kubutsisa bantfu nobe ngabe banganani ndzawonye. Kuphindze kuhlanganise bantfu ngengoma kubente batsandzane.

(viii) Kukosha

Mamba (2016) utsi lapha bekukosha emajaha nabobabe nangabe bekunemtsimba noma nangabe kunesiga lesitsite. Kutsiwa nako kukosha bekubalulekile ngoba nalosibukeli bewumbona sekalekuta inhloko sekeva bunandzi. Loku bekwentela kujabulisa tivakashi kanye nemmango. Lokunye kuniketa nalabangakwati kukosha kute batfole litfuba lekutsi nabo bakhone kufundza.

(ix) Kutsamba

Gumedze (2017) utsi lapha bewukhatsa bomake batsamba njenga semtsimbeni. Lapha ukhandza kunetibukeli letinyeni. Ngulowo nalowo umkhandza sekaticgabha akhipha likhono lakhe. Labanye bomake ubakhandza sebalekuta tinhloko. Labanye ubakhandze nabo baveta buchalachala babo. Emajaha, bobabe kanye nebafana nabo bewubakhandza sebatsamba lapha eceleni kulabomake.

(x) Emafahlwane

Nkosi (2016) utsi emafahlwane afakwa bomake, tidzandzane, bomakoti, kanye netintfombi emacakaleni nangabe bayogidza. Emafahlwane anemsindvo lomnandzi lohambisana nengoma legidvwako. Gumedze (2017) utsi bantfu besifazane ubakhandza bagidza baze batigcabhe ngenca yemsindvo lomnandzi lobangwa ngulamafahlwane. Sive seMaswati besitijabulisa ngawo nangabesigidza.

3.27. Tintfo Lebebatenta Ngetjani, Tihlahla Nangelibumba

3.27.1. Lokwentiwe Ngetjani

Mamba naShabangu (2016) batsi tjani buyimvelo leyadalwa nguMvelincanti kutsi butawusetjentiswa bantfu kanye natilwane lucobo. UMdali wadala tjani kwekutsi tilwane tasendle titiphilise ngabo. Lokunye uMdali wadala lotjani ngoba anenjongo letsite. Imfuyo nayo itiphilisa ngabo tjani kantsi nebantfu basebentisa bona ekwakheni tindlu tabo kanye nalokunye lokunyenti. Tjani bumila etindzaweni letahlukahlukene njengaseceleni kwemfula, etihlanjeni, etintsabeni kanye nasetindzaweni letilihlanze. Lokunye tjani

butinhlobonhlobo letehlukane. Sive seMaswati besisebentisa tjani kwenta tintfo letinyenti. Loku kunanatelwa nguThwala nalabanye (2006:28) uma babeka batsi:

Emaswati people are well known for their crafts. They make a variety of objects from grass, woods and clay. Baskets, floormats, pottery, wooden bowls and figurines are some of the items made for the tourist market.

Sive seMaswati satiwa kakhulu ngekwenta imisebenti yetandla. Kutsiwa bekenta tintfo letinyenti ngetjani, ngetingodvo kanye nangelibumba. Timantji, emamethi, titja telibumba, titja tetigodvo kanye nalokudwetjiwe bekutsengiselwa tivakashi.

3.27.2. Tinhlobo Tetjani Nemsebenti Wato

(i) Lilala

Ngekusho kwaGumedze (2016) utsi lolu luhlobo lwetjani lolumila lapho kunesitete khona eceleni kwemfula kantsi nasesigangeni buyatfolakala. Kutsiwa lotjani bebusikwa uma sebuvuksiwe bese buyanekwa. Emaswati bekasebentisa lotjani kwakha tilulu kanye netitja teSiswati. Lokunye lebebakwenta ngalotjani tigcoko. Loku kufakazelwa nguShabangu (L2016) nabeka atsi:

Sive seMaswati besingashiswa lilanga ngoba besisebentisa lotjani ekwakheni tigcoko kute sivikeleke tikwelilanga. Loku kufakazela kona kutsi lesive besinebudlelwane kanye nemvelo.

(ii) Likhenya

Masilela (2017) utsi lolu luhlobo lwetjani lobelusetjentiswa sive seMaswati kufulela tindlu tabo. Lokunye lebebakwenta ngalotjani bebakha tilulu. Uma ufulele ngemakhenya lendlu yakho iba yinhle ngoba emakhenye ambonya lolucunga lungabonakali kugcame lona.

(iii) Lisundvu

Ngekusho kwaShongwe (2017) utsi lolu luhlobo lwetjani lolumila eceleni kwemfula. Sive seMaswati besisebentisa lotjani kwenta timantji, tikhwama kanye netigcoko. Loluhlobo lwetjani lucishe lufane nelukhwane kodvwa lona lunemacembe lamakhulu. Lusundvu belusetjentiswa ngeMazayoni ekwakheni tiphambano tabo tekuthantaza.

(iv) Lucunga

Nkosi (2016) utsi lolu luhlobo lwetjani lolukhula lube ludze. Loluhlobo lwetjani luba nemalunga njenge moba. Sive seMaswati besisebentisa lotjani ekufuleleni tindlu tabo kanye nasekwakheni emaguma. Kutsiwa lamaguma bekabavikela tikwemoya kanye natikwetilwane.

(v) Luhlonga

Gumedze (2016) utsi lolu luhlobo lwetjani lolukhula lube semkhatsini alubi ludze kakhulu. Lolu luhlobo lwetjani lolutfolakala emakhondvosini. Mavimbela (2016) utsi lotjani bekulukwa ngabo busenga lobugatjwa etinyaweni kantsi lokunye kwentiwa ngabo tigciza. Lotjani bacala ngabo uma kufulelwa indlu.

(vi) Likhwane

Zwane (2014) utsi likhwane nalo lusikwa ebusika. Emvakwekulusika ubese uyalomisa ulwendlale ebaleni lize lome. Lolu luhlobo lwetjani lolutfolakala etihlanjeni. Sive seMaswati besisebentisa likhwane kweluka emacansi, emamedi. Licansi bebabuye balisebentise njenge sivalo. Loku kunanatelwa nguMamba (2017) utsi kudzala bekute imibhede kepha bantfu bebalala emacasini. Lokunye licansi liyasetjentiswa nangabe kushoniwe ekhaya bandlale lona kucala emgodzini bese kulandzela libhokisi.

(vii) Umhlanga

Mavimbela (2016) utsi umhlanga ngulolunye luhlobo lwetjani lolumila eceleni kwemfula kanye nasetihlanjeni. Emaswati bekasebentisa umhlanga kwakha emaguma kanye nasekwakheni tinjujo. Lokunye eMaswati bekawusebentisa nangabe afuna kucatseka bantfwana kanye nalabadzala. Ecinisweni kudzala bekute tipeti bebasebentisa wona nangabe bafuna kucicatseka. Sive seMaswati besisebentisa umhlanga nangabe ahosha umutsi eludzengelweni. Kutsiwa uma umuntfu agulwa sifo setindzaka noma anesidliso semoya kumele ahoshe ludzengelo kute lesidliso sitobola. Umhlanga bewusetjentiswa sive seMaswati akhe timantji. Umhlanga uyasetjentiswa ekwakheni emaguma asebukhosini. Lomhlanga ukhiwa tintfombi. Loku kunanatelwa kancono nguThwala nalabanye (2006:10) uma babeka kanje:

The reeds are used for making emaguma at the queen mother's palace, thus keeping her home in good condition.

Umhlanga uyasetjentiswa ekwakheni emaguma endlovukazi kanye nekugcina likhaya kute libe sesimeni lesikahle.

Simelane nalabanye (1992:235) nabo bayananatela uma batsi:

Umhlanga ugecwa etidzidzini lapho umila ngebunyenti khona. Usetjentiswa kwakha emaguma.

Gumedze (2017) utsi letimantji bebatfwala ngato kudla babuye batisebentise uma baya emasimini bayolima. Lokunye umhlanga bewusetjentiswa uma ekhaya kunalotitfwele bawutsatse bese bawuhloma etulu edladleni aze ayobeleka. Uma sekabelekile bebabese bayawutsatsa sebasika ngawo lenongwana yemntfwana. Umhlanga bewubalulekile ngoba nangabe umuntfu aphukile bebamentela luhlaka bambophe ngawo. Lokunye kutsiwa eMaswati nangabe asikiwe etindlebeni bebabese bajuba umhlanga bente tichazo kute letikhala tingatovaleka

(viii) Lutindzi

Shabangu (2016) utsi lutindzi luhlobo lolutsite lwetjani lolumila etintsabeni. Sive seMaswati besiluka ngabo tintsambo letisetjentiswa ekwakheni indlu Letintsambo lebetisetjentiswa bekutsiwa ngumdvonso. Lolu hlobo lwetjani luyasetjentiswa ekugigeni sigubhu semanti sitowenta lamanti atohlala abandza. Magagula naZwane (2012) nabo bayafakaza nababeka batsi:

*Kudzala bekute emafiliji noma ticandzisi
bebagigela tigubhu temanti kute lamanti
atocandza. Lokunye bebaluka tiswebhu ngalo
lutindzi.*

(ix) Inchoboza

Nkosi (2017) utsi inchoboza ngulolunye luhlobo lwetjani lebelusetjentiswa sive seMaswati lolumila eceleni kwemfula. Loluhlobo lwetjani nalo belubaluleke kakhulu ngoba sive seMaswati besenta ngabo emacansi. Shongwe (2008) utsi emacansi bebalala kuwo entsambama nasekuseni bawendlule. Lokunye bekwentiwa tihlantsi lebebahlala kuto. Dlamini nalabanye (2008:67) bayananatela babeka kanje:

*Sihlantsi sisisebentisa kuhlala, singelukwa
ngelukhwane, noma ngenchoboza.*

Inchoboza beyingasikwa noma ngakunini kepha beyisikwa ebusika. Loku kufakazelwa nguLogadaza Gumedze (2017) nabeka atsi:

*Inchoboza beyisikwa nakucala busika hhayi ehlobo
ngoba kutsiwa ingasikwa ehlobo ibanga litulu.*

Gumedze (2013) utsi inchoboza bebayisika nangabe seyivutsiwe babese bayayomisa emvakwaloko sebaluka emacansi kanye netihlantsi.

(x) Incinini

Zwane (2014) utsi lolu ngulolunye luhlobo lwetjani lolumila ikakhulukati etindzaweni letilihlanze. Lotjani nangabe ubusika butsambile kantsi nangabe sebomile bulukhuni. Loluhlobo lwetjani lumila endzaweni lesihlambo. Lotjani sive seMaswati besenta ngabo titja kanye netitsebe.

(xi) Umtsanyelo

Siyaphi Gumedze (Locashuniwe 2013) utsi umtsanyelo lobu tjani lobumila etintsabeni kantsi nasesigangeni buyatfolakala. Lobu tjani lobebusetjentiswa ngeMaswati ekwenteni imitsanyelo yekutsanyela etindlini. Sive seMaswati siyati kwekutsi nguleyo naleyondlu kumele ibe nemtsanyelo wayo.

(xii) Umuzi

Gumedze (2015) utsi lolu luhlobo lwetjani lobumila esihlanjeni. Emaswati bekasebentisa lotjani kwakha emahluto kanye netitsebe. Lokunye lebebakwenta ngemuzi kwakha titja.

3.28. Tinhlobo Tetihlahla Nemsebenti Wato

Qwabe (2017) utsi tihlahla nato tiyimvelo leyadalwa nguMvelincanti kutsi titawusetjentiswa etintfweni letinyenti. Loku kufakazela kona kutsi sive seMaswati besinebudlelwane kanye nemvelo ngalamanye emagama bebangeke baphile ngaphandle kwayo.

(i) Tindlu

Tihlahla tilusito ngoba bantfu batfola tigodvo bese bayatisebentisa ekwakheni tindlu tabo. Gumedze (2017) utsi sive seMaswati besigawula tigodvo bese sakha tindlu taso. Lokunye bekujutjwa tigodvo teluphahla kanye netelubondza sekwakhiwa lendlu. Lokunye bekutjutjwa sibhobho lesihlanganisa lamabhaluko. Bebabese bafaka ingcongwane etulu nayo beyentiwa ngesigodvo. Lengcongwane iba setulu endlini yeSiswati.

Mamba (2018) utsi lengcongwane bebayisusa endlunkhulu uma kushone umnumzane Kutsiwa bekujutjwa tigodvo bese kwakhiwa sivalo sendlu. Lesivalo besisinyiswa micabo

lemibili. Bebajuba tintfungo kute kwakhiwe lolubondza kanye naloluphahla. Kutsiwa bekugawulwa tigodvo letimbili bese kugujelwa letinsika emkhatsini nalendlu. Letigodvo letisimisa lendlu kutsiwa umntjamba. Emkhatsini waletinsika bekuba nelitiko lapho babasela khona. Letinsika betisinyiswa ngetintfungo etulu kute lendlu itocina kakhulu. Loku kuchazwa nguSimelane nalabanye (1992:86) uma babeka kanje:

*Tinsika tigodvo letimbelwa ngenhla nangentasi
kwelitiko letiphasa indlu.*

Lokunye bebasebentisa tintfungo telusololo lokutsiwa ngumcolo umakwakhiwa indlu yesiswati

(ii) Inyango

Shongwe (2016) utsi eMaswati bekasebentisa tingodvo ekwakheni inyango. Inyango yindzawo lapho kubekwa khona emabele kute alondvoloteke kahle. Inyango nayo yakhiwa ngetigodvo, letinye tiyema, letinye kuba ngemaphaca kantsi letinye tiyavundliswa kulamaphaca. Ngaphasi kwalenyango sive seMaswati besibeka ematsanga, emajoti kanye nalokunye lokutsite. Loku kunanatelwa nguMavuso nalabanye (2003:131) uma babeka batsi:

Yindzawo lephakeme yekubeka sivuno.

(iii) Tihliphi

Shongwe (2016) utsi sive seMaswati besisebentisa tigodvo ekwenteni tintfo lebebatfutsa ngato imitfwalo yabo nangabe sebahamba bayohlala kulenye indzawo. Imitfwalo bebayitfwala ngetihliphi letentiwe ngetigodvo. Lokunye bebasebentisa tihliphi kutfutsa kudla kwabo emasimini. Kutsiwa nangabe bekukhona loшонile bebamtfwala ngalesihliphi.

(iv) Imigcwembe, tinjujo kanye nengcwembe

Masilela (2016) utsi ecinisweni sive seMaswati besisebentisa tigodvo temvangati ekwakheni tindishi teMaswati. Bekwakhiwa imicwembe lebekuphakelwa kuyo kudla kanye nenyama. Kudzala bebadlela emicwembeni ngoba bekute letindishi tesilumbi. Lokunye bekujutjwa tinjujo lebetisetjentiswa nangabe kuphekwa liphalishi. Lujajo beluncedza kwekutsi lokudla kungabi nato tigadla. Lokunye lebekwakhiwa ngetihlahla tingcwembe tekuphakela kudla. Simelane nalabanye (1992:210) batsi

*Lijujo lwentiwa ngesihlahlane lesincane,
lusetjentiselwa kubulala tigadla letenteka uma
ufaka imphuphu emantini labilako lapho upheka
liphalishi.*

(v) Emajokwe

Masilela (2017) utsi bekwakhiwa emajokwe ekubophela tinkhomo kanye netikeyi takhona. Singwane(2016) uyananatela nakachaza kanje:

*Emaswati bekasebentisa tigodvo leticinile
ekwakheni emajokwe, tikeyi, tikhwenkwane kanye
netihlphi. Lokunye lokwakhiwa ngetigodvo
migandvo kanye nemakhovu.*

(vi) Ticamelo netigici

Ngekusho kwaShabangu (2017) utsi sive seMaswati besiticamelela ngemicamelo yetigodvo emini nobe ebusuku kusukela endvulo. Lokunye lemicamelo beyentiwa ngetingodvo leticinile. Lokunye bebajuba tihlahla bente tigici lebebahlala kuto ngoba bekute letitulo tesilumbi. Fakude (2012:157) batsi sigici sigodvo lesijutjwe salungiswa kahle lebekuhlalwa etikwaso. Kuletigici bekuhlala bantfu labadzala hhayi bantfwana. Simelane nalabanye (1992:210) batsi:

*Sigici sigodvo lesibatwe kahle sekuhlala bantfu
labadzala nobe umnumzane.*

(vii) Lutsango, emaguma

Singwane (2012) uyachaza naye utsi sive seMaswati besibiyela tindlu taso ngelutsango lwemahlaha kute bangahlaselwa tinyamatane. Lokunye bekwakhiwa emaguma lapho bekuhlala khona bomake kanye nemantfombatane. Thwala nalabanye (2006:130) nabo batsi;

*Litsango lakhiwa esangweni kuvimba umoya lapho
kotsa emadvodza nemajaha khona.*

(viii) Imigidivane

Gumedze (2016) utsi lokunye lebekwakhiwa imigidivane noma tigulugulu lebebatilibatisa ngato. Bebaphindze bakhe emasondvo alemigidivane ngato letihlahla. Kudzala bekute emabhayisikili kepha bebasebentisa tigulugulu. Umehluko tigulugulu betigitjelwa emehlelweni kuphela.

(ix) Lucwephe

Simanga Mamba (Locashuniwe 2017) naNhlanhla Singwane (Locashuniwe 2013) batsi sive seMaswati besakha sipuni lekutsiwa lucwephe bentele kudla ngaso kudla. Simelane nalabanye (1992:92) nabo bayangeta uma babeka kanje:

Sipunu seMaswati lesibatwako.

Lesipuni besibasita kwekutsi bangadlisani ematse nangabe badla emasi, lubisi kanye nekudla lokutsite.

(x) Tihlandla

Lokunye kutsiwa bebakha tihlandla lebebalondvolota ngato ummbila bese batihhaka etihlahleni letinkhulu kute tinkhomo tingafiki kulommbila kalula. Lokunye bekwakhiwa imiphini yekuphisela emakhuba.

(xi) Imigibe

Masilela (2015) utsi sive seMaswati besiphindze sakhe imigibe kute sikhone kubeka imvunulo kanye netimphahla taso. Fakude nalabanye (2012:157) batsi umgibe kungaba lutfungo nobe intsambo lebosha etulu endlini. Kutsiwa kuphanyekwa kuwo timphahla nobe emacansi. Lokunye lebebakubeka emgibeni ngemacansi. kanye nesinokoti tingubo lebetentiwe ngesikhumba. Lomgibe bewufaswa ngetilwabhu njengobe sati kutsi bekute tipikili. Loku kuchazwa nguSingwane (2013) uma abeka kanje:

*Umgibe yintfo leyakhiwa ngelutfungo emsamo
endlini yesintfu yekugcina emacansi naletiyi
timphahla endlini.*

(xii) Tindvuku, tikhali

Shabangu naMamba (2016) batsi bebabuye bajube tihlahla kute bakhe tindvuku tekulwa lokufaka ekhatsi imigobo, tishingo, sizeze, emahawu, umzaca, sagila, imiphini yetikhali njalo njalo. Lokunye bekusetjentiswa tihlahla ekwakheni butjokwane. kanye netintfo tekugawula. Thwala nalabanye (2006:131) batsi:

*Sishingo intfonga yemajaha yekuhloba nekulwa,
levamise kugcotjiswa ngelunwali.*

Simelane nalabanye (1992:236) nabo bayangeta uma babeka kanje:

*Umzaca indvuku lokuliwa ngayo kantsi futsi
kugidvwa ngayo. Idezi yemahlahla*

Masiilela naShongwe (2016) batsi kudzala bekute emadezi ekubulala emagadze lalinyiwe emasimini bebabese bajuba emahlahla sekadvonswa tinkabi tibulale lamagadze. Lamahlahla bekawabulala lamagadze afe nya.

(xiii) Sibaya

Ngekusho kwaMamba (2016) utsi lokunye bebabuya tigodvo kwentiwe imvalo yesibaya kute tinkhomo tingaphumi esibayeni. Lokunye bekujutjwa tigodvo kwentiwe imicabo.

Sibaya cobolwaso besakhiwa ngetigodvo nangemahlahla. Loku kuchazwa nguDlamini nalabanye (2008:12) uma babeka batsi:

*Sibaya sakhiwa ngemahlahla ngesekudla
nawungena ekhaya leSiswati.*

Gumedze (2016) utsi lokunye bekujutjwa lugodvo bese luyagujelwa emkhatsini nesibaya. Lesigodvo besibitwa ngekutsi insika yesibaya. Kulensika bekuboshelwa khona inkhomo uma bafuna kuyisenga nobe nangabe bafuna kuyijuba timphondvo. Inkhomo bebayibophela kulesigodvo nangabe bafuna kuyikhokha timphetfu nobe bafuna kuyibulala.

Shongwe (2016) utsi sibaya besibalulekile ngoba kulapho bekugujelwa tingungu tekufaka ummbila lowomile. Sibaya kulapho bebatekela khona umfati. Lokunye kulapho bebakhuluma nalabadzala lesebalala nangabe bafuna kubika lokutsite. Lokunye nangabe kukhona loшониле bebabika khona noma nangabe akutawuba nemgidvo tsite. Loku kunanatelwa nguNdlovu nalabanye (2007:77) uma babeka kanje:

As a religious site, the sibaya is used for various purposes, depending on the circumstances, all of which revolve around honouring the family ancestors. It is mainly used as a sacred site to formalise important family functions such as thanks giving ceremonies, marriages and funerals.

Njengenzawo yenkholo, sibaya sisetjentiswa etintfweni letinyenti futsi ngetindlela letehlukahlukene. Kutsiwa kuya ngesimo kutsi sinjani. Kutsiwa konkhe loku kwentiwa nangabe kubongwa noma kuhlonishwa labaphansi. Sibaya sisetjentiswa njengenzawo lengcwele lapho kwentiwa khona imisimeto leminyenti njengemsebenti wekubonga, kumekeza kanye nemingcwabo.

3.29. Tintfo Letentiwa Ngelibumba Nangemhlabatsi

(i) Timbita

Shabangu (2017) na Gumedze (2016) batsi sive seMaswati besisebentisa libumba ekwenteni tindziwo kanye netimbita. Libumba belitfolakala eceleni kwemfula kanye nasetigodzini. Letimbita betibunjwa bomake emvakwaloko babese bayatiyekela tome. Uma setomile bebabese bayatishisa ngetjani lobomile kute titocina kakhulu. Uma setishisiwe bebatitsatsa babese bayatisebentisa. Timbita bebapheka ngato, bakhelela ngato emanti, batisebentise ekuphiseni tjwala kanye nekubhuca emahewu. Simelane nalabanye (1992:175) nabo bayangeta batsi:

*Sigewu kushiwo ludziwo lwekuphisela tjwala
loludzala loselunetikhewu.*

Bebabuye babumbe tindziwo kanye netigozwane. Loku kuchazwa nguNkosi naShongwe (2017) nangabe bakhuluma batsi lona bekungumsebenti wabomake kubumba tindziwo letehlukahlukene futsi letinemisebenti lengafanani. Lokunye utsi letindziwo betingalingani ngebukhulu. Loku kuchazwa nguRanby (2012:78) uma achaza kanje:

*Woman made pots for different purposes. Some
pots were thick and used for cooking. They made
pots in different shapes and sizes.*

*Bantfu besifazane bebabumba timbita
lebetisetjentiswa ngetindlela letehlukahlukene.
Letinye timbita betilugcinsi futsi tisetjentiswa
ekuphekeni. Timbita betakhiwe tingalingani
ngetigaba tato.*

Gumedze (2013) utsi lokunye bekwentiwa tindzengelo tekugayinga imbasha, tekucapha umutsi kanye netekuhosha imitsi. Lokunye bebabumba umphandza imbita lenkhulu lebebayigubhela phasi emsamo.

(ii) Imihlobiso

Shongwe naShongwe (2013) batsi lokunye lobekwentiwa ngelibumba tinhlobonhlobo temihlobiso lokufaka ekhatsi tinyoni nemadada. Lokunye bafana bebabumba tinkhomo kanye nebantfu labahlukahlukene.

(iii) Kubhadza

Siyaphi Gumedze naEvelinah Nkosi (Labacashuniwe 2013) batsi lapha bekusetjentiswa umhlaba lomnyama lotfolakala etihlanjeni kubhadza tindlu tabo. Lomunye umhlaba lebebawusebentisa wencumatsi lebovu lebebabhadza ngawo futsi. Emaswati bekatsi uma sekacedzile kubhadza letindlu utikhandze setitinhle kabi. Bebagubha emasoyi kulomhlaba lomnyama noma kulolobovu bese bawasebentisa kwakha lubondza lwendlu.

3.30. Kudla KweMaswati

(i) Tintsetse

Shabangu (2017) utsi sive seMaswati besingabulawa yindlala ngoba bekunetinhlobonhlobo tekudla lebesitiphilisa ngako. Lapha sifola lesive sitiphilisa ngetintsetse. Letintsetse bebatigayinga noma batose sebashenkela ngato. Tintsetse ngulolunye luhlobo lwenyama lolwakha umtimba. Shongwe (2016) utsi tintsetse tinyenti ehlobo, ebusika tiyindlala. Sive seMaswati besivamise kugola tingwele. emadziya, bomshosho, imigcwigcwi, incaphalubisi kanye naletinye letinyenti. Kukhona netintsetse lebetingadliwa njenge ntothoviyane. Intothoviyane inuka kabi futsi ineliphunga lelibi kani futsi iyingoti nawuyidlile ingakubulala.

Shongwe naMavimbela (2017) bona bayangeta batsi bekunetinhlobonhlobo tetingwele njengengwele lebovu kanye nengwele leluhlata. Kukhona intsetse letidliwa bantfwana kutsi batoyekela kuchama endlini njengaphuwe. Tintsetse nato tiyafana netinhlobo ngoba nato uyatilondvolota. Tintsetse uyatipheka utifake luswayi kute tihlale sikhatsi lesidze kakhulu. Emvakwaloko ubese uyatineka tome bese uyatitsatsa sewutifaka etindziweni uhle ucupha kancane upheke umshibo.

(ii) Emanyamane

Gumedze (2016) utsi emanyamane ngulolunye luhlobo lwetibungu letidliwako. Emanyamane bebawabamba aphila bese bayawakhama bakhiphe lamasimba onkhe. Uma seabacedzile kuwakhama bebabese bayawapheka sekuba ngumshibo wabo. Mavimbela (2016) utsi lokunye lebebakwenta bebawapheka kancane sebayawaphula sebayawaneka bentele kuwadla busika nelihlobo. Emanyamane ahlukehlukehene kanyenti ngembala. Kunemanyamane laluhlata latfolakala esihlahleni sashipa kantsi kunemanyamane lamyama latfolakala esihlahleni semganu. Emanyamane ayatfolakala etihlahleni letihlukehlukehene.

Shabangu (2016) utsi lamanye emanyamane laluhlata atfolakala etihlahleni temsenge. Kunalolunye luhlobo lolubovu lwemanyamane lolutfolakala esihlahleni selusololo. Emanyamane nawo uyawalondvolota njengato tinhlwa. Uyawapheka sikhashane bese uwafaka luswayi sewuyawaphula emvakwaloko ubese uyawaneka. Uma sekomile nawo uyawatsatsa sewuwafaka etindziweni sewuyawalondvolota. Uhle ucupha kancane upheke wente umshibo. Dlamini nalabanye (2008:40) bona batsi:

Emanyamane tibungwana letidliwako, letitfolakala etihlahleni letitsite nakwetfwaso lihlobo. Tiyagayingwa bese tiyadliwa. Tingadliwa emini noma ekudleni kwantsambama kungakayiwa kuyolala.

(iii) Tihlwa

Mamba (2016) utsi tihlwa ngulolunye luhlobo lolutsite lwetilwanyana. Tihlwa tigolwa ntsambama kantsi titfolakala ngesikhatsi setimvula. Tihlwa titfolakala esidvulini nasetincumatsini. Tihlwa tivama kundiza tiye ngalapho kukhanya ngakhona. Sive seMaswati besitsi singagola tihlwa bese siyatigayinga. Tihlwa tinemafutsa lamanyenti kantsi futsi timnandzi. Dlamini nalabanye (2008:40) bona batichaza kanje:

Tihlwa tilwanyana letisatintfutwane noma litheza letindizako. Tiyagolwa, tigayingwe tidliwe. Tigolwa entsambama lokusho kutsi tingadliwa entsambama noma ekuseni. Nato tingadliwa neliphalishi noma

*tidliwe todvwa. Tihlwa titfolakala ehlobo
nakunetimvula ngoba tiyevana nekushisa
netimvula.*

Shabangu (2016) utsi tihlwa titsandvwa natilwane letinyenti ngalendlela timnandzi ngakhona. Tihlwa tinembala lobubendze. Tihlwa tisi tingandiza bese letinsiba setiyesuka lapha emtimbeni. Kuyenteka utfole letinye setite letinsiba kantsi letinye utigola tisenaletinsiba.

Dlamini (2013) uyangeta utsi tihlwa uyatilonvolvota kute tihlale sikhatsi lesidze utidla kancane kancane. Lapha utsatsa letihlwa utibilise sikhashane bese utifaka luswayi kute tingatobola kalula. Ubese utifaka etindziweni utilondvolote kute tidliwe ngekuhamba kwesikhatsi. Sive seMaswati sihle sicupha kancane sishibe ngato.

(iv) Emahlabosi

Ngekusho kwaShongwe (2016) utsi emahlabosi nawo ayafanana netihlwa ngoba nawo atfolakala etidvulwini kanye nasetincumatsini. Emahlabosi wona makhulu kunetihlwa. Singwane (2013) uyangeta utsi kulondvolotwa kwawo kuyafanana nekulondvolotwa kwetihlwa. Emahlabosi nawo uyawapheka bese uwafaka sawoti sewuyawaphula. Emvakwaloko ubese uyawaneka elangeni. Uma sekomile ubese uwafaka embiteni ahlale khona.

Mabuza (2006) utsi uma ufuna kuwapheka ucupha kancane ufake ebhodweni uwapheke. Emahlabosi imvamisa aphuma nangabe litulu belina noma belidvuma. Emahlabosi nawo bebawasila ebe yimphuphu babese bavangela ngawo umshibo. Emahlabosi ahlukile tikwetihlwa ngoba wona ayalumana kantsi tihlwa atilumani. Ngekusho Dlamini nalabanye (2008:264) batsi:

*Emahlabosi ngulolunye luhlobo lwetilwanyakatana
leticishe tifane netihlwa mane wona amnyama
futsi makhudlwana. Nawo atfolakala etincumatsini
nasetidvulini. Kubanjwa kwawo kuyafana,
nekuphekwa nekulondvolotwa kwawo. Umehluko*

*kutsi emahlabosi wona ayalumana futsi anemandla
kunetinhlwa.*

3.31. Tinyoni Lebetidliwa Sive SeMaswati

Shabangu naGumedze (2016) batsi tinyoni tihlukahlukene kanyenti kunaletinkhulu kanye naletincane. Lokunye tinyoni tinemibala lehlukahlukene atifanani. Tinyoni tivamise kubonakala ehlobo kodwa nasebusika tikhona nanoma tingasitinyenti. Tinyoni tihlukaniseka kalula ngekukhala kwato kanye nangemibala yato. Inyama yetinyoni imnandzi kakhulu. Lapha kubukwe tinhlobo tetinyoni letimbalwa. Tinyoni bebatibamba ngetindlela letehlukene. Letinye batitsiya kantsi letinye bebatishaya ngendvuku. Lapha bekubulawa timphangele, tindlati, ematsendzele, ematuba, emavukutfu, tigulugwane kanye naletinye letinyenti. Letinyoni betiphekwa noma tosiwe.

(i) Tindlati

Gumedze (2016) utsi eMaswati bekatidla letinyoni invamisa bebatishaya uma bayotingela. Tindlati tinyoni letitfolakala emahlanzeni lapho kunemahlatsi khona. Tinyoni bebatosa letinye batipheke. Indlati ilutfutwane ngelibala.

(ii) Ematsendzele

Masilela (2016) utsi ematsendzele tinyoni letitfolakala emasimini. Leti tinyoni letitingelwa bafana. Lenyoni kulula kuyishaya ngesagila ngoba iyakuyekela usondzele dvutane uma utsi uyalibamba liphaphe. Litsendzele limphunga ngembala. Litsendzele ngabe ushaye lona uyajabula ngobe likhudlwane ngemtimba.

(iii) Tigulugwane

Mavibela (2017) utsi sigulugwane inyoni lencane nayo bebangayishiyi uma bahamba batingela. Sive seMaswati besingakhetsi tinyoni letinkhulu kuphela kepha bebabulala naletincane.

(iv) Timphegele

Shongwe (2017) utsi timphegele tinyoni letinemabala lamnyama kanye nalamhlophe. Timphegele tiyakhula kakhulu kantsi tinyoni letilingana nenkhukhu ngebukhulu. Uma bashaye timphegele bayajabula ngoba tinenyama leningi.

Shongwe (2016) utsi imphegele inyoni lecine kakhulu. Uma kungenteka ushaye imphegele kufanele ungajaki kuyibamba ngetandla ngoba nangabe kungenteka kwekutsi isengakafi lenyoni ingakuhwaya ngaletinzipho tayo. Imphegele ungayishayisa ngemoti kutawulimala lemoti yona itiphaphele ihambe ngalendlela icine ngayo.

(v) Ematuba

Mamba naGumedze (2016) batsi ematuba aliphuti ngembala kantsi wona mancane ngemtimba kunemavukutfu. Sive seMaswati besiyitsandza inyama yematuba. Lokunye bekulula kabi kushaya ematuba ngoba avamisa kuhamba ngamabili. Sive seMaswati sati kwekutsi ungawabona ahamba ngamabili kusho inhlanhla. Ematuba aphekwa kufana nemavukutfu kantsi nekulondvolotwa kwawo kuyefana nemavukutfu. Ematuba avamise kuhamba ngamabili noma ngamaningi. Kungako ungalibona lihamba lodvwa kutsiwa wena lolibonile utawuba nebhadi. Emaswati ayawatsandza ematuba nobe amancane ngemtimba kunemavukutfu.

(vi) Emavukutfu

Shongwe naShongwe (2016) batsi emavukutfu nawo aliphuti ngelibala kodvwa makhulu ngemtimba kunematuba. Letinyoni nato betitsandvwa sive seMaswati. Ecinisweni eMaswati sive lesitsandza kakhulu inyama.

Livukutfu uma likhala liyafana nelituba. Sive seMaswati siyawatsandza emavukutfu ngoba amnandzi. Bebawosa noma bebawapheka sebayawadla. Uma bashaye lamaningi bebawapheka kancane bawafake luswayi sebayawomisa elangeni sebayawalondvolota batawadla uma sekuswelakala umshibo. Lena bekuyindlela yekulondvolota inyama ngoba bekute ticandzisi akufani nalomuhla ngoba inyama seyibekwa tikweticandzisi.

3.32. Tinhlanti Bebatiphilisa Ngato

Shongwe (2017) utsi lokunye lebebatiphilisa ngako sive seMaswati timfishi. Timfishi timihlobohlobo leminyenti. Kukhona letincane kanye naletinkhulu. Timfishi titfolakala emfuleni futsi timnandzi kakhulu. Letimfishi bebatipheka kantsi letinye bebatosa noma batigayinge.

3.33. Lokunye Lebebatiphilisa Ngako Inyama

Magagula naShabangu (2017) batsi eMaswati bekusive lebesifuyile kakhulu. Sive seMaswati besifuye tinkhomo, timbuti, timvu tinkhukhu kanye nalokunye lokunyenti. Letilwane betihlatjwa nangabe kunemcimbi lotsite. Uma kutelwe umntfwana ekhaya bebahlaba bentele kubonga kumdali kanye nakulabaphasi lesebalala. Lesinye sikhatsi bebahlaba nangabe kunemtsimba noma nangabe kufiwe. Lokunye bekuhlatjwa nangabe kufiwe batosebentisa lesikhumba kumgocotela ngaso. Lokunye nangabe sive siyohlakula emasimu esikhulu besihlatjelwa kute sitfole kudla.

Mamba (2017) utsi lokunye sive seMaswati besisenga lubisi sidle lona kantsi lolunye bebaluyekela lulate kute lwente emasi. Lokudla bekwenta sive seMaswati sihlale sihlobile emtimbeni. Inyama beyentiwa umncweba wonyiswe kute ihlale sikhatsi lesidze. Lokunye lenyama beyifakwa luswayi bentele kwekutsi ingasheshi ibole. Umncweba wonyiswa ehlobo ngoba kusetjentiswa lilanga. Lilanga lishisa kakhulu ehlobo kuna sebusika. Simelane nalabanye (1992:175) bayananatela uma babeka batsi:

*Umcweba kushiwo inyama lesikwe yentiwa
umbengo yase iyomiswa.*

3.34. Lokunye Lebebatiphilisa Ngako Kutingela Tinyamatane

Singwane (2017) utsi tinyamatane nato betibalulekile kakhulu ngoba betibulawa kute sive seMaswati sitfole inyama. Emaswati sive lebe sitiphilisa ngekutingela. Bekutingela emadvodza kantsi bafana bona bebatsiya tinyamatane babulale netinyoni banikete bantfu labadzala. Lokunye bebatsiya netimfishi emfuleni noma batigwaze ngaletikhali tabo. Ebusuku uma kunenyeti timfishi tiyabonakala tidvonswa ngulokukhanya babese

bayatibulala batidle. Lapha kubukwe tinyamatane letimbalwa lebetitingelwa sive seMaswati nekutsi belaphi bebatisebentisa njani ekwakheni imitsi yesintfu.

(i) Impunzi

Singwane naSingwane (2013) batsi impunzi inyamatane lekhula ilingane nembuti ngebukhulu. Sive seMaswati besitingela letinyamatane kute sitfole umshibo. Inyama bebayenta umbenga babese bayayiwokota bayifake luswayi. Emvakwekuyiwokota bebabese bayineka elangeni kute yome. Uma seyomile bebabese bayayitsatsa bayifake etindziweni bayilondvolote. Inyama yempuzi innandzi kabi. Impunzi bekungasilula kuyibamba ngoba silwane lesinemabala lamnyama leva ngawo nangabe kunentfo lengakalungi. Ematfumbu empunzi ayababelela ngoba idla tihlahla letibabako.

3.35. Tibhidvo Lebetidliwa Sive SeMaswati Tiphindze Tibe Ngumutsi

Tibhidvo lebetisetjentiswa ngeMaswati njenge kudla kwemalanga onkhe. Letibhidvo betilusito ngoba betibavikela tikwetifo letinyenti. Letibhivo betitfolakala emakhaya kanye nasesigangeni. Letibhidvo betisetjentiswa kakhulu kunenyama kungako lesive besingaphatfwa tifo letinjengesifo sashukela. Loku kunanatelwa nguGodeffroy (2016:27) nangabe achaza kanje:

Whether bither or mild, greens are an important part of the traditional Swazi diet. Ligusha, Imbuya, inshubaba, are all indigenous plants growing wild, waiting to be picked and added to the meal.

Noma kumunyu noma kudvuma, kuluhlata kubalulekile njenge kudla kweMaswati. Ligusha, Imbuya, inshubaba, konkhe kutibhidvo tendzabuko letimila esigangeni, lokumele kukhiwe bese bashiba ngako.

(i) Lubankhane

Shongwe (2009) utsi lona ngumbhidvo lomnandzi kabi, uyababa uma sewuwuphekile. Lombhidvo ulwa nenyongo lesesiswini uphindze uncedze kutsi kudla kugayeke kahle. Loku kuchazwa nguBromilow (2001:147) yena ubeka kanje:

The leaves of all these plants are edible. It is cultivated by some people as a spinach.

Emacembe ayadliwa ngulabanye bantfu njengesipinashi.

(ii) Inkhakha

Gumedze (2017) utsi inkhakha ngumshibo lodliwa sive seMaswati kusukela kadzeni kuze kube ngulesikhatsi salomuhla. Inkhakha ngumbhidvo lolwa nenyongo emtimbeni wemuntfu. Lokunye lombhidvo uyababa wenta kwekutsi uphumele kahle. Dlamini nalabanye (2008:109) batsi:

inkhaka ngumbhidvo lobabako lonemacembe, lamancanyana aluhlata lokuphaphatsekile.

Sive seMaswati besiwulondvolota ngekutsi siwufuse kute babe nemshibo ebusika. Kutsiwa lenkhakha bebayikha bese bayayineka elangeni nobe emtfuntini.

(iii) Emahala

Shabangu (2016) utsi sive seMaswati besiphila ngemahala kusukela emandvulo. Emahala ayababa njenge nhlaba kantsi nawo alwa nenyongo kanye nesifo sashukela. Mavimbela (2013) uyangeta utsi emahala alusito ngoba alwa nesifo senhlitiyo kanye nesifo sehayihayi. Loku kufakazelwa kutsi kadzeni letifo betingekho ngoba bantfu bebakhula baze bangaboni ngisho nasemehlweni. Labanye bewukhandza sebacutjulwa ngetikhumba bayobabeka etindlini. Lokunye emahala awasha ingati ihlale ihlobile. Loku kuchazwa nguMavimbela (2016) uma abeka kanje:

Emahala afana nenhlaba lencane, atfolakala esikhotseni. Ticu tawo tiyaphekwa tibhicwe nemantongomane lagayingiwe asilwa.

(iv) Ligusha

Shabangu (2016) utsi ligusha nalo belibalulekile esiveni seMaswati ngoba beligiliza emalunga onkhe lasemtimbeni wemuntfu. Fakudze nalabanye (2012) balichaza kanje ligusha:

Ngumbhidvo lonembulukako. Lombhidvo uyatimilela nje, awulinywa umila emasimini nakulinyiwe. Lomuye umila etigangeni –nje. Lowasetigangeni labanye bawubita ngekutsi yinkhondlo.

Ligusha lenta kudla kushelele kalula kuye esiswini. Ligusha nalo bebalilondvolota ngekulifusa kute babe nemshibo ebusika. Fulatsa Gumedze (Locashuniwe 2014) yena uyangeta utsi ligusha lihlukene katsatfu kukhona lesiganga, lelidvuna kanye nalelisikati. Bromilow (2001:180) yena ungeta utsi:

Some people eat the leaves of young plants as spinach.

Labanye bantfu badla lamacembe etihlahlana letincane njenge sipinashi.

Bongane Dlamini nalabanye (2008:42) bayangeta batsi ligusha luhlobo lwembhidvo lolunambutelako lolungalinywa kepha lufolakala emasimini kanye nasetikhotseni. Liphekwa ngemlotsa wenhlaba. Gumedze (2012) naye uyangeta utsi ligusha ucala ngekuliwasha bese ubilisa emanti sewufaka umlotsa wenhlaba kulamanti labilako. Uyachubeka utsi ubese ufaka leligusha kulamanti labilako. Loku kunanatelwa nguGodeffroy (2016:35) utsi:

Rinse ligusha thoroughly and allow to drain. Bring the water to boil. Add bicarbonate of soda, then add ligusha. Allow to boil for few minutes. Add salt and whisk vigorously for about a minute. Cover and cook for 10 minutes.

Uwasha leligusha lihlobe bese ubilisa lamanti. Kutsiwa ubese ungeta khukusoda bese ungeta ligusha. Uyakuyekela kubile sikhashana. Ubese ufaka sawoti sewuyalijuja liminithi linye. Mbonya uliyekela libile emaminithi lalishumi.

(v) Chuchuza

Shabangu (2016) naMavimbela (2017) batsi umbhidvo wachuchuza nawo bebawulondvolota ngekutsi bawufuse kute babe nemshibo ebusika. Lombhidvo wenta kwekutsi sisu sihlale sisesimani lesikahle. Lokunye kutsiwa chuchuza welapha tifo letinyenti kakhulu. Mavimbela (2013) utsi chuchuza ngumbhidvo lomnandzi lotfolakala emasimini nalapho kuvundze khona. Bromilow (2001:118) ubeka kanje:

The leaves are eaten by some people as spinach.

Emacembe ayadliwa ngulabanye bantfu njengesipinashi

(vi) Sidwaba

Shongwe (2016) naMavimbela (2017) batsi sidwaba naso siyaphekwa bashibe ngaso. Sidwaba naso siyababa kodvwa singumbhidvo lotsambile. Loku kunanatelwa nguVan Wyk nalabanye (2000:68) uma batsi:

The young plants and all young parts are cooked as vegetables and the young leaves are used as spinach. The leaves may also be dried after

cooking and stored for later use, usually as a relish with porridge.

Tifombo letincane kanye netincenye tiyaphekwa njengetibhidvo kantsi emacembe lamancane ayasetjentiswa njengesipinashi. Lombhidvo uyawufusa emvakwekuwupheka bese uyawagcina kute usetjentiswe kulesikhatsi lesitako. Esikhatsini lesinyenti lombhidvo udliwa neliphalishi.

(vii) Ingabe

Shongwe (2008) utsi ingabe ngumbhidvo lomnandzi kantsi nawo uyababa. Ingabe ngumutsi lomkhulu ngoba ungayipheka iyachamisana kakhulu iphindze yelaphe sifo sehayihayi. Loku kuchazwa nguChevallier (2000:141) nabeka atsi:

Dandelion leaf is used as a diuretic and to treat high blood pressure by reducing the volume of fluid in the body.

Emacembe engabe ayasetjentiswa njengemutsi wekuchamisana uphindze welaphe sifo sehayihayi. Kutsiwa uphindze unciphise umtsamo wemanti lotsite emtimbeni.

Ingabe ngumutsi losita kwelapha sibindzi, lowasha sibindzi futsi lowenta kwekutsi nenyongo yehle kahle. Loku kuchazwa nguJensen (1988:140) uma atsi:

Dandelion greens are a wonderful liver cleanser and are valuable in helping the flow of the bile

Ingabe leluhlata idlala indzima lemangalisako ekuhlanteni sibindzi kantsi futsi ilusito ekwehliseni inyongo.

Mtawa naShongwe (2008) batsi ingabe iyasetjentiswa kuhlanta ingati emtimbeni kanye nekwenta i-esidi lesengatini ibe sesimeni lesikahle. Loku kuanatelwa nguPauwels naChristoffels (2005:35) uma bangeta batsi:

This spring blossoming herb purifies blood and has a mild effect on the kidneys, helping to prevent kidney stones and rheumatic ailments.

Lona ngumutsi lobhalasha entwasahlobo losetjentiswa kuhlanta ingati uphindze ube lusito tikwetinso. Ulusito ngoba uvikela ematjana etinsweni kanye nekwelapha tifo tematsambo.

Ingabe iyashekisana kancane kantsi iyasetjentiswa kumuntfu lophetfwe yijondisi. Lokunye timphandze talomutsi tiyasetjentiswa kumuntfu lohlushwa ngushukela, sikhukhu umkhuhlane kanye nekuvuvuka kwelibhobho. Timphandze talomutsi tiyasetjentiswa nangabe unenkinga yekuvuvuka kwesibindzi. Lomutsi uyasetjentiswa nangabe uhlushwa lubendze kanye netifo tematsambo. Loku kuchazwa nguKloos (2009:124) uma achaza kanje:

Useful in all kinds of kidney trouble, diabetes, dropsy, inflammation of the bowels, and fever. Has a beneficial effect on the female organs? Increases the activity of the of the liver and spleen, especially in enlargement of the liver.

Kuyasetjentiswa kuto tonkhe tinkinga tenso, sikhukhu, kuvuvuka kwematfumbu kanye namkhuhlane. Ulusito tikwetitfo tebantfu besifazane tangasese. Iniketa emandla sibindzi kanye nelubendze, ikakhulukati kukhula kwesibindzi.

(viii) Umsobo

Gumedze (2013) utsi lona ngumbhidvo lodliwa ngeMaswati kusukela kudzala. Lombhidvo utfolakala lapho kuvundze khona noma lapho kulinywa khona. Loku kufakazelwa nguPauwels naChristoffels (2005:135) uma babeka batsi:

Black nightshade is often found in vegetable gardens and fields.

Umsobo esikhatsini lesinyenti utfolakala engadzeni yetibhidvo kanye nasemasimini.

Lombhidvo nawo umnandzi kantsi welapha tifo letinyentana. Bantfwana balomutsi bayasita uma sebvutsiwe nangabe kunemntfwana lovuvuke igwayigwayi. Bantfwana labavutsiwe bayabapitjita bese bagcobisa lomutsi kulegwayigwayi. Roberts (1990:132) uyananatela utsi:

The leaves cooked as a spinach are considered to be blood cleansing, revitalising and energising, and can be on their own or combine with other herbs such as nettle.

Emacembe uyawapheka njengesipinishi baphindze bawasebentise kuhlanta ingati., kuvusetela kanye nekungeta emandla. Lomutsi ungawusebentisa wodvwa noma uwuhlanganise naleminyeye imitsi njenge nethili.

Mahlalela (1988:23) utsi bantfwana balesihlahla banebutsi lobutsite nangabe baseluhlata bangavutfwa abasenankinga.

(ix) Imbuya

Zwane (2013) utsi imbuya ngumbhidvo lotfolakala lapho kuvundze khona njenga sesibayeni setinkhomo. Uyangeta utsi imbuya ngumbhidvo lomnandzi kakhulu futsi

uyasita kwelapha tifo letinyenti kakhulu, lokufaka ekhatsi umsheko, umsheko wengati kanye nalokunye lokunyenti. Loku kufakazelwa nguChevallier (2000:165) nabeka kanje:

Amaranth is an astringent herb that is used primarily to reduce blood loss and to treat diarrhea. A decoction is taken to counter heavy menstrual bleeding, excessive vaginal discharge, diarrhea and dysentery.

Imbuya ngumutsi lolwa nekufinyela kweticubu tenyama. Lomutsi uyasetjentiswa kwekutsi ingati ingapheli emtimbeni kanye nekuvala umsheko. Imbita leyentiwe ngembuya yelapha tifo temacansi, loya esikhatsini ngalokwecile, umsheko kanye nemsheko wengati.

Purushothaman (2016) utsi imbuya iyasetjentiswa kwelapha ematfumba, kwelapha umphimbo, sifo semacansi, sifo sesikhumba njalonjalo. Loku kunanatelwa nguLai naSingh (2009:6) uma batsi:

Roots useful in gonorrhoea and eczema. Leaves and roots boiled given to children as laxative and applied as emollient poultice to abscesses, boil and burns.

Timphandze tiyasita kwelapha i-gonoriya nemuna. Emacembe kanye netimphandze kuyabiliswa kunatsiswe bantfwana njengemutsi wekushekisana baphindze batfobe ngawo ematfumba, simila kanye netilondza tekusha.

(x) Inshubaba

Qwabe (2016) utsi inshubaba ngumbhidvo lobabako lotfolakala esigangeni. Lombhidvo ungawuhlanyela dvutane nemahlaha esibaya noma eceleni kwelutsango. Loku kufakazelwa nguDlamini nalabanye (2008:250) nababeka batsi

Lona ngumbhidvo lobabako lonemacembe lamakhudlwana laba luhlata. Sihlahla sayo sivame kumila senabe sicance sititongolotele kuloko lokuseceleni kwaso kungaba sihlaha, lutsango, daladi njalonjalo.

Dlamini nalabanye (2008:109) bona bananatela batsi inshubaba ngumbhidvo lobabako emacembe makhudlwana kunewenkaka aluhlata klabo.

(xi) Umdzayi

Gumedze (2013) utsi umdzayi ngumbhidvo lolukhuni kantsi uyephuta nekuvutfwa. Emacembe alombhidvo ayahwayana ungaweyama noma ungawatsintsa. Gumedze (2017) uyangeta utsi umdzayi ucine kakhulu kufanele uwupheke naleminyane imibhidvo. Lombhidvo utfolakala enkhanga nasemahlanzeni.

(xii) Sibhadze

Gumedze (2016) utsi lona ngubhidvo lonemacembe lalukhuni. Lombhidvo utfolakala kakhulu enkhanga emacembe awo ayefana nemacembe enkakha. Singwane (2013) utsi lombhidvo nawo uyawufusa njenga leleminyane kute udliwe ebusika.

(xiii) Silelane

Purushothaman (2016) utsi silelane sibalulekile ngoba silapha tifo letitsite siphindze sivikele tifo letitsikameta inhliyo. Loku kufakazelwa nguPauwels naChristoffels (2005:47) batsi:

Purslane is a mild diuretic and laxative. Recent scientific research has found that purslane contains fatty acids that could prevent heart disease.

Silelane siyachamisana kancane siphindze sishekisane. Lucwaningo lolusandza kwentiwa lutfole kwekutsi silelane sinemafutsa lavimbela sifo senhlitiyo.

Silelane ngumbhidvo lonaba phasi emhlabatsini sinemacenjana lamakhudlwane kune mayenjane. Nkosi naZwane (2013) bayangeta batsi ungatsatsa lamacembe uwabhidlite lapha esandleni ayanembuluka kancane. Umbhidvo wesilelane umnandzi kakhulu. Kutsiwa lombhidvo bewulinywa kadzeni bentele bangatohlupheka ngendzaba yemshibo. Loku kufakazelwa nguGeorge naPamplono (2001:256) uma babeka batsi:

Purslane was cultivated in ancient times as a vegetable to be consumed in salad.

Silelane besilinywa kudzala njenge sibhidvo lebesidliwa kusaladi.

Ngekusho kwaMtawa (2018) utsi silelane siyachamisana kantsi futsi siyashekisana kancane. Loku kufakazelwa nguPauwels naChristoffels (2005:47) uma babeka kanje:

Purslane is mild diuretic and laxative.

Silelane siyachamisana kancane siphindze sishekisane.

(xiv) Emayenjane

Tsabetse (2016) utsi emayenjane nawo ngumbhidvo lonaba phansi emhlabatsini. Shongwe (2008) utsi lombhidvo unemacembe lamancane kunesilelane nawo umnandzi kakhulu. Kutsiwa nawo welapha tifo letinyenti.

3.35.1. Tibhidvo Letingenhla Netifo Letitilaphako

| Tibhidvo | Lokusetjentiswako | Tifo |
|-----------------|--------------------------|------------------------|
| Inkhakha | Emacembe | Sifo sashukela |
| Chuchuza | Emacembe | Sifo semacansi |
| Imbuya | Emacembe | Umsheko wengati |
| Silelane | Emacembe | Siyachamisana |
| Ingabe | Emacembe | Umfutfo wengati |
| Sidwaba | Emacembe | Kuwasha ingati |
| Emayenjane | Emacembe | Tifo tetinso |
| Emahala | Sigadla | Umfutfo wengati |
| Umsobo lomkhulu | Emacembe | Tinhlungu tesisu |
| Umsobo lomncane | Emacembe | Tifo tesikhumba |
| Ligusha | Emacembe | Ligiliza emalunga |
| Inshubaba | Emacembe | Tinhlungu tendlebe |
| Lubankhane | Emacembe | Ulwa nenyongo |
| Umdzayi | Emacembe | Ulwa nekungcola eswini |
| Sibhadze | Emacembe | |

3.36. Tinyoni Lebetibika Lokutsite

(i) Tinkhonjane

Lomzwane Shongwe (Locashuniwe 2016) utsi tinkhonjane tinyoni letimnyama ngelibala kantsi tincane ngemtimba. Letinyoni imvamisa tibonakala nangabe litulu litawuna noma lisibekele. Sive seMaswati siyati kwekutsi singabona tinkhonjane kusho kutsi litulu litawuna. Lokunye bebakholwela kwekutsi ungadla inkhonjane kusho kutsi utawuba nematubane.

(ii) Inhlava

Masilela (2017) utsi sive seMaswati siyitsandza kabi lenyoni ngoba ilayelana tinyosi. Bebati kwekutsi bangabona inhlava babese bayayilandzela kancane kancane. Bekutsi nangabe seyibakhombile letinyosi babese bayatikhipha. Lebebakwenta bebabese bayayishiyela lenyoni ngoba iyalutsandza luj. Inhlava imhlophe ngaphasi kantsi umtimba wayo imphunga samlotsa.

Shabangu (2017) uyafakaza utsi sive seMaswati besati kwekutsi singayincisha lenyoni kungenteka ibabitele imamba lenkhulu. Lokunye lenyoni iyabekisana ngoba ungayipha itawuhlala ikubita njalo. Uma ungeke uyiphe utatibonela kantsi lokunye lenyoni iyakubikela nangabe kunengoti.

(iii) Lilandza

Shongwe (2016) utsi lilandza inyoni lemhlophe ngelibala. Sive seMaswati besitsi singabona emalandza bese sicondza khona siyobuka kwekutsi letinkhomo letilapho akusito tabo yini. Emalandza bekangasuki etinkhomeni ngoba adla emakhatane. Kafishane nje kusho kutsi ungabona emalandza kusho kutsi kunetinkhomo.

(iv) Ligwalagwala

Singwane naShabangu (2017) batsi emagwalagwala luhlobo lwetinyoni lebetibalulekile kakhulu tikwesive seMaswati. Emagwalagwala atfolakala emahlatsini noma etintsabeni. Tinsiba taletinyoni tihlonishwa kakhulu sive seMaswati ngoba tinsiba talo tifakwa bantfwana benkhosi kuphela hhayi noma ngangubani.

(v) Lingangane

Gumedze (2016) utsi lingangane inyoni lenkhulu kantsi limyama ngembala. Labadzala batsi lenyoni ungaboyilingisela uma ikhala ngoba itakubekela emanyeva endleleni. Labanye bebatsi ungabolilingisela lingangane ngoba utawumilwa ngematfumba.

(vi) Sahlukulu

Gumedze naGumedze (2017) batsi Sahlukulu inyoni lenkhulu lenemehlo lamakhulu. Lenyoni insundvu ngembala kantsi futsi inemabadlane lamhlophe. Sahlukulu siyesabeka kakhulu. Lenyoni indiza ebusuku kantsi emini iyalala. Lenyoni ingandlula ekhaya ikhale noma ihlale kusho kutsi kukhona lokungahambi kahle. Lokunye kungenteka kukhona lesikubikako noma kungenteka kube khona loшонako.

Mamba (2017) utsi sive seMaswati siyetsemba kwekutsi lenyoni isetjentiswa bantfu ekutsakatseni ngayo. Emaswati ati kwekutsi ungasibulala ekhaya kumele nisishise sibe ngumlotsa senitsatsa tindvuku niyobuka kwekutsi kuhamba kanjani. Sive seMaswati besitsi singabona sikhova ekhaya bese bayasijikijela ngesikhuni lesivutsako batsi hamba mtsakatsi. Emaswati bekati kwekutsi sitawuhamba singaphindzi sibuye. Sikhova siyawusaba umlilo. Loku kufakazelwa nguDlamini nalabanye (2008:242) nababeka kanje:

*Sahlukulu uma sifika sihlale ngenhla kwelikhaya,
esibayeni noma etigodvweni telutsango lolubiyele
umuti sikhale, sisuke*

*Sisho butsakatsi. Kutsatfwa sikhuni lesivutsako
sijikijelwe ngaso kutsiwe, hamba mtsakatsi.*

(vii) Tsekwane

Mamba (2017) utsi tsekwane inyoni lenkhulu kantsi insundvu ngelibala. Lenyoni yatiwa njengenyoni yemashwa. Lenyoni akukafaneli indlule ngasekhaya ngoba uma kungenteka indlule ngasekhaya kutsiwa kusuke kukhona lotawufa noma avelelwe ngemashwa. Loku kufakazelwa nguDlamini nalabanye (2008:243) nababeka atsi:

*Tsekwane uma efika ekhaya ahlale emahlahleni
esibaya usuke abika kutsi lapha ekhaya
kutawuhlamahlama inkhosatane.*

Lenyoni itfolakala emfuleni noma etihlanjeni. Sidleke salenyoni sihlala sigadvwe yinyoka lesabekako.

3.37. Siphetfo

Lapha kulesahluko kukhulunywe kabanti ngemphilo yeMaswati kusengakafiki badzeshi. Kubuye kwaphawulwa ngekukhulelwa kwemfati kanye nekukhuliswa kwemntfwana. Loku kufaka ekhatsi tigaba tekukhula kwemntfwana aze ayofika esigabeni sekuteka. Kuphindze kwabukwa indlela sive seMaswati lesiphila ngayo lokufaka ekhatsi kubaluleka kwenkhomo. Kubuye kwaphawulwa ngetintfo lebetisetjentiswa sive seMaswati njengemathulusi.

Kukhulunywe kabanti ngetjani kanye nangemisebenti yetjani kanye nangekubaluleka kwetihlahla. Kubuye kwaphawulwa ngekubaluleka kwelibumba kanye nangemhlabatsi. Kubuye kwabukwa kubaluleka kwetinyoni esiveni seMaswati kanye nemisebenti yato. Lokunye kuphawulwe ngetibhidvo lebetidliwa ngeMaswati nekutsi betibaluleke ngani esiveni. Lokunye kubukwe netinyamatane kanye nelusito lwato ekwelapheni.

SEHLUKO SESINE

LIGALELO LETINHLOBO TEMITSI YEKWELAPHA EKUTFUTFUKISENI LULWIMI

4.1. Singeniso

Sive seMaswati besitiphilisa ngetinhlobonhlobo tekudla. Lesive seMaswati besiphila ngetitselo tasendle kanye nangetibhidvo tasendle. Lesive besitiphilisa ngekulima kute sitfole kudla lebesitakudla. Lokudla lebebakudla bekubancedza tikwetifo letinyenti letehlukahlukene njenge sifo sashukela. Shongwe (2017) yena uchaza kanje:

Kudzala sive lesimnyama besingaguli kangaka ngoba besidla titselo, tibhidvo kanye nalokunye lokunyenti. Titselo letinyenti uma utidla tiyashuba lapha emlonyeni njenge tincozi tilwa nesifo sashukela.

Mahlalela (2017) utsi kunetibhidvo letibabako njengemahala, inkaka kanye naletinye letinyenti. Letibhidvo betilwa netifo emtimbeni yabo tiphindze tibe ngumshibo. Letinye tibhidvo njenge ligusha lona belibancedza ngekugiliza emalunga onkhe emtimba.

Kutsiwa kudzala lokudla lebebakudla bekunetinswayi letinotsile lebetakha umtimba kungako bewubakhandza bazimuke bangaka umtimba. Lokudla bekungemaseko lamatsatfu kungako bebahlala baphilile emtimbeni. Lapha kubukwe tihlahla nobe imitsi ngekwehlukahlukana kwayo ekwelapheni tifo letehlukahlukene. Lokunye kubukwe titselo ngekwehlukahlukana kwato ekwelapheni tifo lebetibahlukumeta emitimbeni yabo. Tihlahla tibalulekile emphilweni yemuntfu, loku kufakazelwa kutsi umuntfu ukhona kuphefemula umoya lohlobile ngenca yetihlahla ngaphandle kwato angafa.

Singwane (2017) utsi encwadzini yaGenesisi uMdali wadala lizulu nemhlaba. Emvakwaloko wabese utsi akubekhona tihlahla, titselo, tibhidvo, tjani kanye nalokunye lokunyenti. Emvakwaloko wabese udala umuntfu kutsi naye abekhona eveni. Lokunye umdali wakuhlela konkhe kwabakhona tihlahla letidliwako kanye naletingadliwa.

Mavimbela (2017) utsi letihlahla tisetjentiswa tonkhe ekwelapheni tifo letehlukahlukene. Lokunye umnyaka wawuhlukanisa ngetigaba letitsite ngoba bekati kutsi kunetifo letitsite lekumele tilashwe nguleto tihlahla. Lokunye tihlahla letinye titsela titselo letitsite kute tidliwe ngumuntfu emhlabeni. Kutsiwa nato letitselo betimvikela umuntfu tikwetifo letehlukahlukene. Kungako bantfu labanyenti sebahlala baphatsekile ngobe abasatidli titselo. Titselo ungadla tona tilwa netifo letinyenti njenge sifo sashukela, sematsambo, imikhuhlane ngekwehlukahlukana kwayo. Mavimbela (2017) utsi umhlonyane welapha tifo letinyenti lokufaka ekhatsi imikhuhlane. Loku kufakazelwa nguVan Wyk nalabanye (2000:142) uma babeka kanje:

The fresh dry leaves and young stem are usually used as infusions, decoctions, and tincture. The roots are also sometimes used for fever, colds, flu, sore throats, coughs, asthma and pneumonia and headache is treated with umhlonyane.

Emacembe lamasha bayawomisa kanye neticu letincane bavamise kukusebentisa njenge silobekelo, imbita kanye njengesincibilikisi. Timphandze imvamisa bayatisebentisa kwelapha imfiva, umkhuhlane wemakhata, umkhuhlane wemafinyila, kubandvwa yinhloko. Loku kwelashwa ngawo umhlonyane.

Shabangu (2017) utsi loku kufakazela kona kutsi umuntfu kanye netihlahla kukhona budlelwano lobubalulekile kakhulu kusukela endvulo. Kungako kusuka bantfu lababuya emaveni angesheya batobuka imvelo eveni laseNingizimi Afrika. Labantfu bajatjuliswa kubona tihlahla, tintsaba timphophoma kanye nalokunye lokunyenti.

Gumedze (2013) utsi lokunye lokubalulekile kutsiwa kudzala bekute tibhedlela bantfu bebasebentisa imitsi letsite kubelekisa umfati lotetfwele, kubhandisha emanceba, kwelapha imidlopha kanye nalokunye lokunyenti. Gumedze (2017) utsi eMaswati asebentisa matfukulula, umvuthuza kanye naleminye imitsi nangabe bafuna umfati

abeleke kahle ngaphandle kwetinkinga. Matsaba (2004) utsi sive seMaswati besisebentisa emagcolo emganu kuvala umsheko kanye nekusita umuntfu losheka ingati. Sive seMaswati besikhona kwelapha umuntfu lolunywe yimbuzulwane. Kutsiwa lesive besisebentisa emahlungu lakhiwe ngetihlahla letibabako. Lapha kulesahluko kutawubukwa tihlahla letinyenti letelapha tifo letehlukahlukene.

4.2. Tihlahla Letisetjentiswa Ekwelapheni

4.2.1. Umntfokolovu

Ngekusho kwaMavimbela (2018) umntfokolovu sihlahlahlane lesincane kakhulu lesitfolakala etindzaweni letisemahlanzeni. Lesihlahla siba nemacembe laluhlata lahedlako nangabe uwabamba. Lesihlahla sitsela bantfwana labancane lekutsiwa tintfokolovu. Tintfokolovu ticala ngekuba luhlata ngembala uma tisengakavutfwa. Mahlalela (2017) yena ungeta utsi uma setivutsiwe tibese tibamnyama ngembala. Tintfokolovu timnandzi nangabe tivutfwe kahle. Uma kungenteka utidle tisengakavutfwa kahle tishwacisa lolulwimi. Sive seMaswati besidla tintfokolovu kute sitelaphe tikwetifo letinyenti.

(i) Kusetjentiswa

Sifundza naShongwe (2017) bona bayangeta batsi timphandze talesihlahla tiyaphekwa kwentiwe imbita yekusonga sisu. Uma bantfwana baphetfwe ngumsheko kusetjentiswa lomutsi kusonga lesisu. Loku kufakazelwa nguVan Wyk naVan Wyk (2000:48) uma babeka kanje:

The underground rhizomes are said to be edible when cooked but they are also popular for making infusions or decoctions to treat diarrhoea.

Sitfombo lesinetimphandze letandzako siyadiwa uma siphekiwe. Lesitfombo baphindze bente ngaso silobekelo noma imbita yekwelapha umsheko.

Mamba (2017) naMabuza (2004) batsi emacembe alesihlahlana ayasetjentiswa nangabe emehlo avuvukile kanye nekwelapha ematfumba. Lokunye nangabe uphetfwe sifesane uyawasebentisa lamacembe alesihlahlane. Lamacembe uyawagandza bese utsatsa lomutsi uwunameka kulesifesane.

4.2.2. Umhlala

Shongwe (2017) utsi sihlahla semhlala siyakhula kantsi sitfolakala etindzaweni letilihlanze. Lesihlahla sitsela titselo lekutsi ngemahlala. Lesihlahla sinemacembe lamancane kantsi aluhlata ngembala. Qwabe (2017) utsi sitselo salesihlahla uma sisengakavutfwa sibaluhlata ngelibala kantsi uma sesivutsiwe sibamtfubi ngelibala. Sive seMaswati besiwatsandza kakhulu emahlala.

(i) Kusetjentiswa

Ngekusho kwaMavimbela (2017) utsi kudzala kutsiwa umfati uma sekacedzile kubeleka bebabese bamentela imbita ngemacembe emhlala kute angativa letinhlungu. Lokunye kutsiwa timphandze temhlala tiyasetjentiswa kusita lolunywe yinyoka. Lihlala leliluhlata liyasetjentiswa kwelapha umuntfu lolunye yinyoka. Watt naBreyer (1962) acashunwa nguHutching nalabanye (1996:238) nabo bayananatela babeka kanje:

Leaves and fruit are widely used for snakebite and conjunctivitis in various parts of Africa.

Emacembe kanye netitselo kuyasetjentiswa etindzaweni letinyenti kakhulu nangabe ulunywe yinyoka Kanye natikwe tifo temehlo etindzaweni letehlukahlukene eveni lase Afrika.

Mavimbela (2017) utsi timphandze temhlala tiyasita nangabe sisu sibuhlungu. Loku kuchazwa nguManana (1984:24) uma abeka kanje:

Izimpande eziwumqotho osuyimpuphu uyakhothwa nxa umuntu elunywa isisu.

Matsaba (2004) utsi timphandze temhlala tiyasita kwekutsi umuntfu wesifazane angonakalelwa sisu kalula. Uyangeta utsi timphandze temhlala tiyasita nangabe umphimbo ubuhlungu kanye nesinye. Lesitselo uma siseluhlata siyasita nangabe emehlo avuvukile.

Garife (2017) naye uyafakaza utsi eZimbabwe lihlala leliluhlata liyasetjentiswa kumuntfu lolunywe yinyoka. Lapha babulala lelihlala liluhlata babese balifaka emantini lacandzako sebanatsisa lololunywe ngulenyoka. Angaphalaza lobutsi balenyoka buyaphuma. Mavimbela (2017) yena unanatela utsi emacembe, timphandze kanye naletindvumbu kuyasetjentiswa nangabe ulunye yinyoka. Sitselo lesiluhlata, emagcolo kanye netimphandze kuyasetjentiswa ngenhloso yekwelapha umuntfu lonesisu lesihlambulukile.

Mtshali (Locashuniwe 2009) naMsindvo Singwane (Locashuniwe 2013) batsi timphandze tiyasita kuvusa tindvuku lesetiphelelwe ngemandla tivuke time tisi mpo. Timphandze kanye nemagcolo kuyasetjentiswa ngenhloso yekwelapha umuntfu lovuvuke ematfumbu lamancane kanye nalamakhulu, lokubangwa ngemagciwane. Lamatfumbu ayavuvuka abese ababovu ngembala.

Matsaba (2004) naMamba (2017) batsi timphandze tiyasetjentiswa ngenhloso yekwelapha umuntfu lophetfwe ngematekenya. Imbita leyentiwe ngesitselo lesiluhlata iyasetjentiswa ngenhloso yekwelapha umfati lophetfwe tinhlungu emvakwekubeleka. Shongwe (2017) naThwala (Locashuniwe 2009) batsi emacembe, emagcolo kanye netimphandze kuyasetjentiswa kwelapha umuntfu losheka ingati. Imphuphu leyentiwe ngemacembe emhlala iyasita kwelapha umuntfu lonesilondza lesingasibuhlungu lesibangwa sifo semacansi.

Tsabetse (2017) utsi emacembe ayasetjentiswa kwelapha sifo lesitsatselanako sesikhumba lesinwayisako lesibangwa kulunywa tilwanyana letifana nemakhatane. Lokunye lelihlala uma selomile bafana bebadlala ngalo bente ibhola kantsi futsi labanye bebalisebentisa njenge libhokisane lemculo.

4.2.3. Umkhwakhwa

Ngekusho kwaShabangu (Locashuniwe 2016) utsi umkhwakhwa sihlahla lesikhula sibe sikhulu. Lesihlahla sitsela titselo letiyindingilizi letilingana netitselo temhlala. Letitselo kutsiwa ngemakhwakhwa. Uma tisengakavutfwa tiba luhlata ngembala kantsi nasesivutsiwe siba mtfubi ngelibala.

(i) Kusetjentiswa

Gumedze naGarife (2016) batsi lesitselo simnandzi kabi kantsi nangabe sisengakavutfwa kahle siyababa kancane. Sive seMaswati besineka letindvumbu bese senta umkhwakhwa. Lomkhwakhwa bebawugandza ekhovini uma sebakhiphe letindvumbu batilahla ngoba kutsiwa tinebutsi. Kutsiwa uma sebacadzile lomukhwakhwa kuwugandza bebabese bayawudla, bayawulondvolota bawudle emvakwesikhatsi nobe bawutsengise kute batitfolele imali. Loku kuchazwa nguVan Wyk naVan Wyk (2000:297) nalabanye nababeka kanje:

The seeds are poisonous and it is only the fruit pulp that is edible but not particularly tasty. Dried and powdered, it can be stored for later use and is sometimes sold on rural markets.

Tinhlavu tinebutsi kudliwa lesitselo sodvwa kodvwa asinambitseki kahle. Sitselo lesigandziwe noma lesomisiwe siyalondvolotwa sisetjentiswe emvakwesikhatsi. Letitselo tiyatsengiswa etimakethe tasemaphandleni.

Pooley (1999:51) uyamsekela uma abeka atsi:

Rural people remove the slimy pulp from the seeds, dry it and store it for later use.

*Bantfu basemaphandleni bakhapha letindvumbu
kuletitselo bese bayatomisa sebatisebentisa
emvakwesikhatsi.*

Kunene (2017) utsi timphandze talesihlahla bayatineka titsi tingoma bese bayatigandza sekweniwa umutsi wembhemiso. Lomutsi uyawuhosha nangabe ubandvwa yinhloko. Matsaba (2004) utsi nangabe uphetfwe ngemahlaba, upheka imbita ngaletimphandze talesihlahla bese unatsa lembita lamahlaba ayaphela. Lokunye nangabe imitsanjane yemoya ibuhlungu nobe ishisa utsatsa timphandze talesihlahla upheke imbita sewuyanatsa iyaphola.

4.2.4. Umkhiwa

Ngekusho kwaKunene (2016) naMamba (2016) batsi umkhiwa sihlahla lesikhula sibe sikhulu kakhulu lesitfolakala emahlanzeni. Lesihlahla sitsela titselo lekutsiwa ngemakhiwa. Emakhiwa ahluhlukenene kaningi ngoba kunatfolakala ngasemfuleni kanye nalapho kunematje khona. Sihlahla semakhiwa siyakhula kakhulu kantsi futsi sidze. Emakhiwa abaluhlata nangabe asengakavutfwa kantsi nasekavutsiwe abamhloshane sakubabovane ngelibala. Emakhiwa amnandzi kakhulu uma sekavutfwe kahle. Emaswati bekangabulawa yindllala ngoba kunemkhiwa lotsela busika nehlobo.

(i) Kusetjentiswa

Shabangu (2017) utsi sive seMaswati besikhona kulondvolota emakhiwa sikhatsi lesidze. Kutsiwa bebawomisa elangeni kute ahlale sikhatsi lesidze Emakhiwa amnandzi kantsi futsi aneliphunga lelimnandzi. Loku kunanatelwa nguVenter nalabanye (1996:172) banaba babeka kanje:

*The fruit is edible, with a pleasant flavour; however,
they are nearly always fully of insects, but these
can be washed out. The fruit can be dried and
stored for later use.*

*Sitselo siyadliwa futsi sineliphunga lelimnandzi.
Etikhatsini letinyenti letitselo tihlala tigcwele*

*tilwanayana kodvwa tiyawashwa. Letitselo
bayatomisa batilondvolote kute tidliwe
emvakwesikhatsi.*

Shabangu naMamba (2016) batsi emakhiwa ungadla wona uyasutsa futsi ayahlala esiswini. Kutsiwa nangabe uvuvukile emtimbeni ubese utsatsa lolubisi sewulishikisha lapho kuvuvuke khona. Lokunye kutsiwa ungatsatsa emagcolo emkhiwa kanye nelubisi lwakhona ukubalise kwelapha sifuba kanye nekukhwehlela. Lapha kutsiwa uma utsatsa lamagcolo kanye nelubisi lwalesihlahla ukubalise kwelapha umtimba lomubi. Kutsiwa timphandze talesihlahla tiyasibolisa sidliso bese usihlanta kalula.

Mabuza (2004) utsi emagcolo kanye nalolubisi lwalesihlahla kuyasetjentiswa kwelapha tilondza tangekhatsi, emanceba etinyoka kanye nekucedza emanyokane. Lokunye timphandze talomutsi kanye nelubisi lwalesihlahla kuyasita kwelapha emadlala ahlale asesimeni lesikahle kanye nekwelapha sifo semsheko. Ngekusho kwaLubisi (2016) naye uyangeta utsi emacembe emkhiwa ayasetjentiswa kwelapha sifuba semoya. Uyachubeka utsi ucobonga lamacembe latiwele phasi bese upheka imbita.

Gumedze (2016) utsi uma ugulwa ngemaphaphu utsatsa emacembe emkhiwa bese upheka imbita sewuyayinatsa. Thwala (2009) utsi imbita leyentiwe ngemacembe alesihlahla iyasita kwelapha sikhukhu kanye netilondza temphimbo. Uyachubeka utsi lembita iyasita nangabe uphefemula umoya lonukako kanye nekwelapha umuntfu lolunye tilokwatane lokufaka ekhatsi tintsentse.

Lomutsi uyasita kwelapha tilondza letibhibhako kanye naletinesikhatsi lesidze tingapholi. Dlamini (2013) utsi lomutsi uyahlukuhla ngawo nangabe ufuna kuhlanta umlomo uphindze uwutsele endlebeni uma ibuhlungu inkhenkhetsa Kloos (2009:214).

4.2.5. Umgwava

Ngekusho kwaMongu (2017) utsi umgwava sihlahla lesitfolakala kakhulu emahlanzeni kanye nasetinkhangala. Lesihlahla asikhuli kakhulu kepha siba semkhatsini. Lesihlahla sitsela titselo lekutsiwa ngemagwava. Emagwava titselo letimnandzi kabi. Ngekusho kwaShongwe (2017) utsi sive seMaswati sititsandza kabi letitselo ngoba ungadla

letimbalwa tisheshe tikwesutsise. Sihlahla semagwava asikhuli kakhulu sibasemkhatsini. Emagwava abaluhlata uma asengakavutfwa kantsi nasavutsiwe ababovu lamanye abahlophe.

(i) Kusetjentiswa

Ngekusho kwaMabuza (2005) naPurushothaman (2017) batsi ligwava ngulesinye sitselo lebesenta sive seMaswati singaguleli futsi ngoba silwa netifo taboshukela. Kubalulekile nangabe uwadla asengakavutfwa kakhulu ngoba alwa nenkunzi akhiphe yonkhe lengati lema lapha elukhalo noma ecolo. Lokunye lamacembe alesihlahla bebawagandza bahlanganise nemanti lashisako bese bayaticatseka.

Gumedze (2009) yena ubeka utsi emacembe emgwava uwahlanganisa nematicembe amanukane kanye nematicembe emsutane uwagandze bese uwafaka emantini lasivuvu bese ucatseka ngawo lomutsi nangabe uphetfwe ngumkhuhlane, kukhwehlela noma nangabe umtimba wemntfwana ushisa. Kutsiwa lokushisa kubese kuyaphela. Loku bekusita kakhulu nangabe uphetfwe ngumkhuhlane kanye nenkunzi. Ngekusho kwaGarife (2017) utsi emacembe alesihlahla uyawapheka bese uyanatsa lomutsi uyasita nangabe uphetfwe ngumkhuhlane nobe ugijinyiswa sisu. Weniger naRobineau (1986) bacashunwa nguHutchings nalabanye (1996:217) babeka kanje:

Leaves are widely used for diarrhoea in various African, Asian and South American countries.

Emacembe ayasetjentiswa etindzaweni letinyenti tase Afrika, e-Eshiya kanye nemave aseNingizimu neMelika ekwelapheni umsheko.

Garife naGumedze (2014) batsi lomutsi uyasita nangabe unetilondza tangekhatsi, ematfumba, kanye nesifo samalaleveva.

Batsi utsatsa lamacembe upheke imbita bese uyayinatsa. Lembita iyasita kwelapha letifo letingenhla. Loku kufakazelwa nguVan Wyk naVan Wyk (2000:254) nababeka atsi:

Leaf infusions are widely used to treat diarrhoea and diabetes, sometimes also used for coughs, ulcers, boils, wounds, fever and malaria.

Imbita lelobekwe ngemacembe iyasetjentiswa etindzaweni letinyenti kwelapha umsheko kanye nesifo sashukela. Kulesinye sikhatsi ingasetjentiswa kwelapha kukhwehlela, tilondza tangekhatsi, ematfumba, emanceba imfiva kanye namalaleveva.

Mabuza (2006) utsi timphandze talesihlahla nato uyatigandza tibe yimphuphu bese upheka imbita. Lomutsi uyasita kwelapha tilondza tangekhatsi. Utsi lembita iyasetjentiswa kumuntfu lophetfwe sifo sekudlimleka kanye nemahlaba aseswini. Emacembe alesihlahla upheka imbita ngawo lelwa kakhulu nemagciwane. Fawole (2016) utsi umutsi lowentiwe ngemagcolo kanye nemacembe alesihlahla uyasetjentiswa kwelapha umuntfu losheka ingati. Purushothaman (2016) utsi emacembe ayasetjentiswa kwelapha umuntfu lophetfwe litinyo. Thwala (2009) utsi timphandze talomutsi tiyasetjentiswa kwelapha umuntfu lohlushwa sifo sebulephelo kanye nemuntfu lonenkinga yekuphefemula. Emacembe ayasita kwelapha umuntfu longenantalo. Timphandze temgwava tiyasetjentiswa kwelapha umuntfu lophetfwe tifo temacansi.

Ngekusho kwaGumedze (2017) utsi emagcolo kanye nemacembe ayasita ekwenteni ticubu tenyama tifinyele. Hutching nalabanye (1996:217) batsi timphandze temgwava uyatigandza tibe yimphuphu bese ucupha lemphuphu sewuyigcobisa lapho ulunywe nguletilwanyana khona. Lomutsi uyasita kwelapha lesifo lesitsatselanako sesikhumba lesinwayisako lesibangwa kulunywa tilwanyana letifana nemakhatane. Ngekusho kwaMtawa (2017) utsi emacembe kanye netimphandze kuyasetjentiswa kwelapha umuntfu lophetfwe kushisa lokungetulu kunaloko lokulindzelekile.

4.2.6. Umntulwa

Ngekusho kwaMavimbela (2017) umntulwa sihlahla lesingakhuli kakhulu lesitfolakala etindzaweni letisemahlanzeni. Lesihlahla sitsela titselo letimnandzi kakhulu lekutsiwa

ngemantulwa. Sihlahla semntulwa asikhuli kakhulu kepha siba semkhatsini siphose silingane nesihlahla semgwava. Shabangu (2017) utsi emantulwa udla konkhe lokudla kwakhona sewulahla letindvumbu ekugcineni. Emaswati bebawabhuca ngelubisi kanye nangemasi. Lokudla loku sive seMaswati besikutsandza kabi sihlala sisutsi.

(i) Kusetjentiswa

Gumedze (2016) utsi lesihlahla besisetjentiswa kwelapha tifo letitsite. Emacembe alesihlahla bebawasebentisa kutfoba ngawo uma ngabe umuntfu avuvuke tinyawo. Uyachubeka utsi emacembe ayasita kwelapha umuntfu lophetfwe ngematinyo. Roberts (1990:239) yena ubeka kanje:

The pounded leaves and twigs mixed with a little water has been used as a poultice to bring down swellings provided the skin is not broken.

Emacembe lagandziwe kanye nemagadlana kuyasetjentiswa kutfoba lovuvukile nangabe lesikhumba singakagatuki.

Mamba (2017) utsi silobekelo lesentiwe ngemacembe alesihlahla sisita nangabe umuntfu anemahlaba esiswini. Lokunye nangabe unetilo eswini timphandze talomutsi tiyasita. Venter nalabanye (1996:288) bona babeka batsi timphandze talesihlahla tiyasita nangabe ukhwehlela noma sifuba sakho sinenkinga. Timphandze talesihlahla tiyasita kwelapha inyumoniya. Garife (2015) utsi eZimbabwe timphandze talesihlahla tiyancedza kwelapha sifo samalaleveva. Timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lohlushwa tilo. Emacembe alesihlahla uyawagandza bese unameka etilondzeni tetilwane nangabe tilunye ngemakhatane. Batsi kungaba tinja, timbuti, tinkhomo kanye nalokunye.

Ngekusho kwaMabuza (2004) utsi timphandze talesihlahla tiyasetjentiswa kuvusa tindvuku kute tikhaliphe. Gumedze (2016) naGumedze (2017) batsi timphandze tiyasetjentiswa kwelapha umuntfu lophetfwe tinhlungu kanye netinkinga talosesikhatsini. Ngekusho kwaHutching nalabanye (1996:299) batsi timphandze tiyasetjentiswa kwelapha umuntfu lophetfwe sifo senhlitiyo noma lonenhlitiyo leshaya ngemandla.

Bayachubeka batsi imbita leyentiwe ngetimphandze talesihlahla iyanatfwa ngenhloso yekwelapha umuntfu wesifazane lokhipha lokusamafinyila etitfweni takhe tangasese.

4.2.7. Umtelemba

Ngekusho kwaGarife (2016) utsi umtelemba nawo sihlahla lesitfolakala emahlanzeni lesitsela titselo lekutsiwa ngematelemba. Letitselo uma tisengakavutfwa tibaluhlata nemabala lamhloshane. Uma setivutsiwe tiba mtfubi ngelibala. Ematelemba nangabe uwadla udla konkhe sewumunya letindvumbu sewuyatikhafuna. Ematelemba nawo ayasutsisana kakhulu. Mongo (2017) naMabuza (2006) bona babeka batsi lesitselo siyindingilizi kodvwa lamanye ungakhandza kutsi asapotokile akasesiyo indingilizi. Baphindze bangete batsi sikhumba sawo sincane kantsi sitsambile. Ematelemba avutfwa ngesikhatsi semagwava. Ngekhatsi kwawo kunetindvumbu letinsundvu.

(i) Kusetjentiswa

Ngekusho kwaGumedze (2017) utsi timphandze talesihlahla tiyasita kwelapha siyeti noma inzululwane. Imbita yalesihlahla iyancedza kakhulu nangabe uphetfwe sifo sagcunsula. Lokunye timphandze talesihlahla tiyasita nangabe unemahlaba esiswini kanye nasesifubeni. Garife (2013) yena utsi timphandze baphindze batisebentise ekwenteni imbita yekuvala umsheko wengati. Lokunye lembita iyasita ekuhlanteni ingati emtimbeni wemuntfu kanye naloya esikhatsini ngemandla.

Nkosi (2016) naFawole (2017) bayananatela batsi utsatsa timphandze temtelemba utigandze bese ucupha kancane sewupheka imbita nangabe sisu sakho sicumbelene. Lapha unatsa kancane lomutsi sisu sakho sesiyakhululeka nalokucumbelana kuyaphela. Lokunye nangabe unematfumba ugcoaba emagcolo etimphandze temtelemba bese unameka kulamatfumba emvakwaloko abese ayaphola.

Gumedze naGumedze (2017) batsi nangabe wenyele, timphandze talesihlahla uyatisebentisa kucedza letinhlungu. Lokunye nangabe umtimba wakho uvuvukile utsatsa timphandze talesihlahla bese upheka imbita uyayinatse buyaphela lobuhlungu. Lokunye timphandze talomutsi uyatipheka nangabe uphetfwe sifo semacansi. Unganatsa lomutsi

lesifo siyaphela. Loku lokungenhla kufakazelwa nguVenter nalabanye (1996: 23) nababeka batsi:

An infusion made from roots is taken orally to treat abdominal pains, swellings on the body, syphilis, diarrhoea with blood, difficult, painful or heavy menstruation, chest pains, for constipation and to purify blood.

Imbita leyentiwe ngetimphandze iyasetjentiswa kwelapha tinhlungu tesisu, kuvuvuka kwemtimba, sifo semacansi lesihambisa nesilondza etitfweni tangesese noma isifilisi, umsheko lohambisana nemsheko wengati, kuya esikhatsini ngalokwecile, tinhlungu tasesifubeni, kucumbelana kanye nekuhlanta ingati.

Khoza (2017) naShabangu (2016) batsi timphandze temtelemba tiyasetjentiswa kwelapha umuntfu longavukelwa. Bayachubeka batsi emagcolo ayasetjentiswa ngenhloso yekwelapha umuntfu lophetfwe ngematinyo. Lomutsi uyasita kwelapha umuntfu lonesikhumba lesibhamuke emathuthumba. Hutching nalabanye (1996:104) batsi emagcolo ayasita kwelapha umuntfu lophetfwe ngemanyokane latfolakala ematfunjini. Lokunye emagcolo ayasita kwelapha umuntfu lophetfwe ngematinyo. Timphandze kanye netitselo talesihlahla tiyasetjentiswa kwelapha umuntfu longatali noma loyinyumba.

Singwane (2013) utsi timphandze temtelemba kanye nemacembe kuyasetjentiswa ngenhloso yekwelapha umuntfu lolunywe yinyoka. Bayachubeka batsi timphandze temtelemba tiyasetjentiswa kwelapha umuntfu lofuna kusangana. Lokunye lomutsi uyasita kwekutsi bantfwana bangakhohlwa kalula. Thwala (2009) utsi emacembe kanye netimphandze uyakugandza bese ukunameka etilondzeni natikwematfumba. Ngekusho kwaMabuza (2004) naGumedze (2013) batsi timphandze tiyasetjentiswa ngenhloso yekulumula umntfwana ebeleni.

4.2.8. Umtfundvuluka

Ngekusho kwaShabangu (2017) utsi sihlahla semtfundvuluka sitfolakala emahlanzeni kantsi sitsela titselo lekutsiwa ngematfundvuluka. Titselo temtfundvuluka tibaluhla uma tisengavutfwa. Letitselo tingavutfwa tiba bovu ngembala. Letitselo nangabe utidla tiba munyu. Shongwe (2017) utsi ematfundvuluka nawo uyawamunya bese ukhafuna letindvumbu. Sihlahla sakhona asikhuli kakhulu siba semkhatsini. Letitselo nangabe utidla nato tiyashuba lapha emlonyeni.

(i) Kusetjentiswa

Ngekusho kwaMamba (2017) imbita leyentiwe ngemagcolo, timphandze kanye nemacembe ilapha tifo letinyenti letinjengaleti; gcunsula, noma uma uphetfwe ngemahlaba esiswini. Lokunye lomutsi uyasita nangabe uphetfwe sifo sematsambo kanye nangemajacamba. Lokunye kutsiwa lomutsi uyasita nangabe uphetfwe ngumkhuhlane kanye netilondza. Kutsiwa imbita leyentiwe ngemacembe alomutsi uyasita nangabe uvuvuke emehlo. Manana (1984:26) uyananatela utsi:

*Amacembe ayagandwa afakwe amanzi abandayo
axovwe kuthi inkovu yayo esicwengekile ithelwe
emehlweni adumbileyo ukunqanda ukuvuvuka.*

Garife (2016) naDlamini (2011) batsi timphandze temtfundvuluka uyatigandza bese utsatsa lomutsi sewuwunameka emancebeni. Letilondza tiyasheshisa kuphola. Nangabe uphetfwe ngumkhuhlane utsatsa emacembe alesihlahla lomile uwangandze bese upheka imbita sewuyanatsa, lomkhuhlane uyaphela. Kutsiwa nangabe usheka ingati utsatsa timphandze talesihlahla bese upheka imbita sewuyayinatsa uyaphela lomsheko.

Kuyenteka kwekutsi uphetfwe ngumsheko lowetayelekile noma uhanjiswa sisu, ungapheka imbita ngetimphandze talesihlahla bese uyayinatsa uyaphela lomsheko. Shongwe naMatsaba (2017) batsi nangabe uphetfwe ngumtfundzangati, utsatsa emacembe kanye netimphandze talesihlahla bese uyakupheka sewuyanatsa siyaphela lesifo. Timphandze talomutsi tiyasita nangabe unyuluka. Utsatsa letimphandze upheke imbita lokunyuluka kuyaphela Mamba (2017).

Shabangu naGumedze (2016) batsi lokunye kutsiwa emacembe, timphandze kanye nemagcolo kuyasita kutfombisa longakatfombi kanye nalophetfwe ngemajacamba. Lokunye kutsiwa nangabe uphetfwe ngugcunsula naletinye tifo temacansi emacembe kanye netimphandze uyakupheka sewunatsa lembita tiyaphela letifo. Timphandze talesihlahla tiyaphekwa ngenhloso yekwelapha umkhuhlane lohambisana nekushisa noma imfiva.

Mavimbela naMavimbela (2017) batsi emagadlana alesihlahla ayasetjentiswa kwelapha umuntfu lophetfwe matinyo. Lomutsi uhlukehla ngawo lamatinyo sekayaphola. Timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lohlushwa sifo sebutfongo. Uyafakaza Hutching nalabanye (1996:82) baphindze bavete batsi emagcolo kanye netimphandze kuyasetjentiswa kwelapha umuntfu lophetfwe mehlo. Lomutsi uwugcobisa kulamehlo aze aphole. Kutsiwa woyela walesihlahla uyasetjentiswa kwelapha ematinyo lanetikhala. Lowoyela uwufaka kuletikhala tematinyo. Emacembe emtfundvuluka ayasetjentiswa kwelapha umuntfu lophetfwe sidzinwa (Bryant 1983:30).

4.2.9. Umncozi

Ngekusho kwaMabuza (2017) utsi umncozi sihlahla lesitfolakala endzaweni lelihlanze, etihlanjeni noma eceleni kwemfula. Sihlahla setincozi kutsiwa ngumncozi. Lesihlahla sikhula sibe sikhulu kakhulu. Lesihlahla sitsela bantfwana lekutsiwa tincozi. Tincozi tiba luhlata uma tisengakavutfwa tigucuke ngekuhamba kwesikhatsi tibebovu. Uma setivutsiwe tincozi tiba mnyama ngembala. Letitselo tiba sikhehle kantsi tingavutfwa kudliwa lokudla kwakhona sewukhafuna letindvumbu. Tincozi ungatidla kakhulu kantsi awukadli kudla tiyakuluma esiswini. Tincozi tidliwa bantfu kanye natilwane. Loku kunanatelwa nguPooley (1999:52) uma abeka atsi:

The fruits are eaten by birds, animals and people.

Titselo tidliwa tinyoni, tilwane kanye nebantfu.

(i) Kusetjentiswa

Ngekusho kwaQwabe (2016) tincozi nato tilwa nesifo sashukela, kungako nangabe sewutidlile tiyashuba lapha emlonyeni.

Mavimbela (2014) utsi emagcolo emcozi ayasetjentiswa kuvala umsheko nangabe ugijinyiswa sisu. Lamagcolo ayasetjentiswa nangabe ufuna kuphalaza ukhiphe tindzendze, sifuba sibese siyahloba kuphele konkhe nekunyakuleka. Fawole (2017) utsi lamagcolo ayasita nangabe sisu sinenkinga. Lomutsi ulwa noma nganguluphi luhlobo lwetinhlungu tesisu. Lokunye nangabe ubandvwa yinhloko, lamagcolo ayasetjentiswa ayicedze iphele nya kantsi ayasita nangabe uphetfwe sifo sesifuba. Loku kuchazwa kancono nguVan Wyk naVan Wyk (2000: 301) nababeka batsi:

The bark is widely used as an emetic and to treat diarrhoea, stomach problem, respiratory ailments tuberculosis, headaches and numerous other conditiong.

Emagcolo ayasetjentiswa njengemutsi wekuhlanta etindzaweni letinyenti kanye nekwelapha umsheko, tinhlungu tesisu, tinkinga tekuphefemula, sifo sesifuba, kubandvwa yinhloko kanye naletinye timo noma tifo.

Shabangu (2016) utsi sive seMaswati besidla letitselo talesihlahla siphindze sisebentise lamagcolo kuphalaza ngawo. Lesive besitsi sikhapha inyongo kantsi sitilapha netifo letinyenti. Shongwe (2009) utsi emagcolo emcozi kwentiwa ngawo idayi. Emacembe emcozi uyawagandza bese upheka imbita ngenhloso yekwelapha umuntfu lophetfwe ngumsheko.

Mtshali (2010) utsi nangabe usheka ingati utsatsa emagcolo alesihlahla uwapheke bese unatsa lembita uma seyipholile, lesisu siyasongeka. Nangabe unesidliso utsatsa emagcolo alesihlahla uwagandze bese ufaka lomutsi emantini lasivuvu sewuyaphalaza. Mavimbela (2016) utsi emacembe alesihlahla ayasetjentiswa uma uphetfwe

ngumkhuhlane noma nangabe sisu sakho sinenkinga. Loku kunanatelwa nguMabogo, (1996) acashunwa nguHutching nalabanye (1996:218) uma abeka kanje:

The Vhavenda use leaves for stomach ailments, cold and fever while bark and roots are used for headaches, amenorrhoea and wounds.

Emavenda asebentisa emacembe kwelapha tifo tesisu, umkhuhlane wemakhata kanye nemfiva. Emagcolo kanye netimphandze kuyasetjentiswa kwelapha lobandvwa yinhloko, sifo lapha lomsikati ahluleka kuya esikhatsini kanye nemanceba.

Fakude (2016) naGumedze (2013) batsi emagcolo, emacembe kanye netimphandze uyakugandza bese utfoba ngako ngenhloso yekwenta umfati lomunyasako abe nelubisi lolunyenti. Umutsi lowentiwe ngemagcolo alesihlahla ayasita kwelapha umuntu lonenkinga yekuphefemula. Emacembe ayasetjentiswa kwelapha umuntu lonetilondza. Emacembe ayasetjentiswa kwelapha umuntu lophetfwe ngumkhuhlane lohambisana nekushisa lokungetulu kunaloko lokwemukelekile. Khoza (2017) naMatsaba (2004) batsi emacembe alesihlahla ayasetjentiswa ngenhloso yekwelapha umuntu wesifazane longasayi esikhatsini. Kutsiwa loku kungabangwa kwehla kwemtimba, kukhatsateka, kukhula kwemtimba, kutivocavoca ngalokwecile noma kungasebenti kahle kwemahomoni.

4.2.10. Inhlalamahubhulu

Ngekusho kwaSingwane (2013) utsi tihlahla tenhlalamahubhulu tifolakala emahlanzeni. Lesihlahla sitsela titselo lekutsiwa ngumhubhulu. Sihlahla semhubhulu siyakhula sibe semkhatsini. Titselo talesihlahla tibaluhlata ngembala uma tisengakavutfwa kantsi ngekuhamba kwesikhatsi tibabovu. Uma setivutsiwe letitselo tibamnyama ngelibala. Uma utidla tiyababa ekugcineni. Letitselo lokubaba kwato tisho kwekutsi tingumutsi. Fox (1988:189) uphindze avete kwekutsi titselo talesihlahla tincane, timhlophe uma tingakavutfwa tiye ngekuya tibebomvana ticine setimnyama uma setivutsiwe. Letitselo

tinashukela kantsi timunywana kancane, banfwana bayatitsandza kakhulu. Kutsiwa tinenkinga yekungasheshi tigayeke kahle esiswini.

(i) Kusetjentiswa

Ngekusho kwaMabuza (2004) imbita lephekwe ngetimphandze talesihlahla kanye nemacembe aso lesihlahla kwelapha umkhuhlane. Thwala (2009) naye uyananatela utsi imbita leyentiwe ngemacembe alesihlahla icedza emahlaba noma buhlungu lobubakhona emtimbeni wemuntfu.

4.2.11. Inhlangushane

Ngekusho kwaSifundza (2017) sihlahla senhlangushane sitfolakala emahlanzeni sitsela titselo letinyenti kantsi tincane kakhulu. Titselo talesihlahla ticala tibe luhlata emvakwesikhashane setiyagucuka tibabovu. Uma setivutsiwe tibamnyama ngelibala. Qwabe (2017) utsi letitselo ungatidla tibe tiningi tibese tiyababa ekugcineni. Letitselo timnandzi kakhulu kodwa akufuneki utidle ngebunyenti ngoba tibese tiyababa. Sihlahla saletitselo sitfolakala emahlanzeni.

(i) Kusetjentiswa

Ngekusho kwaSingwane (2016) bantfwana balesihlahla bayasita kumuntfu lophetfwe ngushukela ngoba bamunywana. Makhubela (2017) yena unanatela utsi nangabe ushaywa yinhloko kumele uphule ligadlana lenhlangushane bese ulifaka emlilweni limanti. Uma leligadlane selivutsa ubese uhogela lentfutfu lenhloko iyaphela nya.

4.2.12. Umnumbela

Ngekusho kwaShabangu (2018) umnumbela sihlahla lesitfolakala emahlanzeni kanye nasenkhanga. Lesihlahla sitsela titselo lekutsiwa ngemanumbela. Sihlahla semnumbela asikhuli kakhulu kepha sivamise kuba semkhatsini. Umnumbela umila etintsabeni. Titselo temnumbela uma utidla ucale ususe lesikhumba sawo sewuyasidla. Ngekusho kwaMasilela (2016) utsi emanumbela uma sekavutsiwe ababovu ngembala. Indvumbu yalesitselo ayilahlwa ensimini noma ebaleni ngoba itawubanga litulu. Emanumbela atsandwa timfene kanye natingobiyane.

(i) Kusetjentiswa

Ngekusho kwaShabangu (2017) naMabuza (2004) batsi imbita leyentiwe ngetimpandze talesihlahla iyasita nangabe umuntfu aphefwe ngemahlaba esiswini. Kutsiwa sitselo semnumbela siyasita nangabe ubandwa yinhloko noma unesifo sebulepheli. Lokunye imbita leyentiwe ngemagcolo alesihlahla iyasita nangabe uphetfwe sifo sematsambo. Van Wyk naVan Wyk (2000:131) bona bayafakaza batsi:

Roots decoctions are used to treat abdominal pain.

Imbita leyentiwe ngetimphandze iyasetjentiswa kwelapha emahlaba aseswini.

4.2.13. Umphushane

Ngekusho kwaMavimbela (2017) umphushane sihlahla lesitfolakala emahlanzeni kantsi siyakhula kakhulu. Lesihlahla sitsela titselo lekutsiwa ngemaphushane. Titselo temphushane nato timnandzi kabi. Masilela (2017) utsi emaphushane atfolakala ehlanzeni. Letitselo timtfubi nangabe setivutsiwe kantsi tibanenhlavu yinye. Emaswati aze atsi ngemaphushane kungoba nangabe uwadla ayaphushutela.

(i) Kusetjentiswa

Garife (2017) utsi eZimbabwe titselo talesihlahla bekukudla lebekudliwa kona kadzeni.

4.2.14. Umganu

Singwane (2016) utsi umganu sihlahla lesitfolakala emahlanzeni, siyakhula sibesikhulu kakhulu. Lesihlahla sinemacembe lamancane laluhlata ngelibala. Sihlahla semganu sitsela bantfwana lekutsiwa ngemaganu. Sitselo salesihlahla uyasumunya uma sesivutsiwe usikhamele emlonyeni. Emaganu uma uwadla amunyu. Emagcolo alesihlahla ampunga ngembala kantsi futsi amahwelehwele. Lamagcolo ayaklayeka uma sesikhulile lesihlahla. Titselo talesihlahla tiyasetjentiswa ekwenteni buganu (Gcumisa naNtombela 1993:61).

(i) Kusetjentiswa

Ngekusho kwaMavimbela (2017) utsi sive seMaswati siyawasebentisa emaganu kuphisa buganu. Emaganu atsandvwa natilwane letahlukahlukene. Loku kuchazwa nguPooley (1999:49) utsi:

The fruits are eaten by livestock, game, monkeys, baboons and people; are used to brew an alcoholic drink and to make a delicious jelly preserve.

Titselo tidliwa yimfuyo, tinyamatane, tingobiyane, timfene kanye nebantfu bayatisebentisa kuphisa tjwala. Kutsiwa benta nejeli lemnanzi baphindze bayilondvolote.

Matsaba (2004) utsi letindvumbu temaganu batineka elangeni, uma setomile bayatigcoba kuphume tinganu. Letinganu bayatisila bente emantongomane sebvangelanga ngawo inyama noma umbhidvo. Lokunye letinganu bebatidla tinjalo tingakasilwa.

Ngekusho kwaSingwane (2013) utsi emacembe emganu bayawahlafuna uma banesilungulela. Emacembe, timphandze kanye nemagcolo kuyasetjentiswa kucedza umshoko wengati. Lokunye emagcolo, timphandze kanye nemacembe kuyasetjentiswa kwelapha sifo sashukela, umkhuhlane kanye nesifo samalaleveva. Emagcolo ayasetjentiswa ngenhloso yekuncedza inhlotiyo kute ibe nemandla. Loku kusekelwa nguGerstener (1938) naPujol (1990) bacashunwa nguHutchings nalabanye (1996:17) bayangeta batsi:

Barks decoctions are administered as enemas for malaria and diarrhoea, and also taken as teas twice a day to strengthen the heart, or as blood – cleansing emetics before marriage.

Umutsi lowentiwe ngemagcolo usetjentiswa ngekucopehela ngenhloso yekucatseka lophetfwe ngumalaleveva kanye nemsheko. Lomutsi uwunatsa njengelitya kabili ngelilanga ngenhloso

*yekucinisa inhliyiyo kanye nekuhlanta ingati
ngaphambi kwemshado.*

Shabangu (2016) utsi emagcolo alesihlahla ayasetjentiswa ekwenteni idayi. Mabuza (2005) yena ubeka kanje sihlahla semganu silapha emantjintjiwa ngekutsi lona logulako kumele avuke ekuseni angakakhulumisi muntfu ahambe ayotungeletela lesihlahla bese uyajika uya ekhaya angakhulumisi muntfu aze ayofika ekhaya. Tsabetse (2017) utsi emacembe acedza kucumbelana esiswini. Emagcolo alesihlahla ayagcotjwa bese bawafaka emantini sebayahlanta bentele kukhipha tindzendze letisesifubeni. Lomutsi uphindze uwunatse nangabe usheka ingati, iyavaleka. Roberts (1990:124) yena utsi:

*A fragrant tea made from the bark is used in small
dose to treat dysentery*

*Litya lelinemakha lamnandzi lelentiwe
ngemagcolo liyasetjentiswa ngesilinganiso
lesincane kwelapha umsheko wengati.*

Shongwe (2017) utsi kulesihlahla kutfolakala emanyamane ladliwa ngeMaswati ente umshibo. Lapha kutsiwa emagcolo alesihlahla alapha litinyo uma libuhlungu kanye nemgogodla. Emagcolo ayasetjentiswa kwelapha lonemkhuhlane lohambisana nekushisa lokungetulu kunaloko lokulindzelekile. Shabangu (2017) utsi emagcolo ayasita kwelapha umuntfu longenantalo kanye nalonetilondza esiswini. Emagcolo ayasetjentiswa kwelapha umuntfu lonetinhlungu tesisu.

Mtshali (2009) utsi timphandze tiyasetjentiswa kwelapha umuntfu wesifazane loya esikhatsini sikhatsi lesidze noma lowopha kakhulu. Lomutsi uyasita kwelapha umuntfu lovuvuke engungwini yakhe. Lomutsi uyasita noma lengungu seyibovu tju iphole. Ngekusho kwaMavimbela (2017) utsi emagcolo ayasita kwelapha umuntfu lonesisu lesihlambulukile. Fawole (2017) utsi emagcolo ayasetjentiswa kwelapha umuntfu lofe ticubu engungwini lokubangwa kushoda kwe-oksijini. Thwala (2009) utsi emagadlana alesihlahla ayasita kwelapha umntfwana losheshe watfomba sikhatsi sisengakafiki. Timphandze tiyasita kwelapha umuntfu lolunywe yinyoka kanye nalonetifo letitsite esiswini. Emagcolo alesihlahla ayasetjentiswa kwelapha umuntfu lonesifo lesibolisa titfo

(Gcumisa naNtombela 1993:161). Shongwe (2009) utsi woyela lotfolakala tikwetinganu uyasetjentiswa kwelapha tinkinga tesikhumba. Loku kuchazwa nguBester (2012:22) yena utsi:

Oils from the nut are used to make skin products.

Woyela lotfolakala tikwetinganu uyasetjentiswa ekwenteni imikhicito yesikhumba.

Lapha ngentasi kukhonjiswe tihlahla netimila letinetitsetso letidliwako kanye nalapho tiffolakala khona. Letitsetso tidlala indzima lebalulekile ekwelapheni tifo.

| TIHLAHLA ,TIMILA | TITSELO | INDZAWO |
|-------------------------|----------------|----------------|
| Umntfokolovu | Tintfokolovu | Ehlanzeni |
| Umhlala | Emahlala | Ehlanzeni |
| Umkhwakhwa | Emakhwakhwa | Ehlanzeni |
| Umganu | Emaganu | Ehlanzeni |
| Umgwava | Emagwava | Ehlanzeni |
| Umntulwa | Emantulwa | Ehlanzeni |
| Umtelemba | Ematelemba | Ehlanzeni |
| Umtfundvuluka | Ematfundvuluka | Ehlanzeni |
| Umcozi | Tincozi | Ehlanzeni |
| Umnumbela | Emanumbela | Ehlanzeni |
| Umphushane | Emaphushane | Ehlanzeni |

4.2.15. Sineyi

Qwabe (2017) utsi sineyi sihlahla lesikhula sibe semkhatsini kantsi naso sitfolakala etindzaweni letilihlanze. Lesihlahla sitsela titselo lekutsiwa tineyi. Tineyi nato timnandzi kakhulu. Masilela (2017) utsi letitselo uma tisengakavutfwa tibaluhlata. Uma setivutfwa tibese tiyagucuka setibabovu. Letitselo uma setivutsiwe tibamnyama ngelibala. Letinye tineyi tibamhlophe uma setivutsiwe.

(i) Kusetjentiswa

Ngekusho kwaMahlalela (2016) kanye naMabuza (2004) batsi timpandze talesihlahla uyatigandza sewenta umbhemiso. Lomutsi uyawuhosha nangabe ubandvwa yinhloko. Lomutsi uyacatseka ngawo futsi nangabe uphetfwe ngemahlaba asemhlane kanye netilondza tasengungwini. Lomutsi uyasetjentiswa ngenhloso yekwelapha bantfwana.

Ntuli (2009) utsi uma tinsini takho tibuhlungu tiphuma ingati, kufuneka utfole ijuzi leyentiwe ngetitselo talesihlahla, usebentise yona uhlukehle ngayo tiyaphola. Lokunye nangabe unetilondza tivuvukile emtimbeni wakho, utsatsa emacembe kanye nemagcolo alesihlahla sewutfoba letilondza, tiyetja bese tiyaphola. Garife (2017) utsi emagcolo alesihlahla kwentiwa ngawo idayi. Kutsiwa lingekhatsi lemagcolo esineyi liyasetjentiswa kucedza emahlaba asemhlane. Van Wyk naVan Wyk (2000:78) bayagcizelela nabo nababeka batsi:

Powdered bark is smocked to relieve headache and bark re used in traditional medicine.

Imphuphu yemagcolo iyabhenywa ngenhloso yekwelapha lobandvwa yinhloko. Emagcolo ayasetjentiswa tikwemitsi yesintfu.

Hutching nalabanye (1996:194) naSingwane (2012) nabo bayangeta batsi emagcolo esineyi ayasetjentiswa ngeMavenda ngenhloso yekwelapha umuntfu lophetfwe ngemahlaba asemhlane kanye nalonetilondza engungwini.

4.2.16. Gcumugcumu

Mamba (2017) utsi sihlahla saletitselo asikhuli kakhulu sibasifishane bese siyanaba. Sitselo sakhona sibasigujana kwangatsi ngemacembe. Thwala (2010) utsi lesitselo sibanendvumbu yinye nayo iluhlata ngembala kantsi kuhamba kwesikhatsi ibamhloshane nalendvumbu iyagucuka ibemtfubi. Lendvumbu nguye logcumgumu.

(i) Kusetjentiswa

Mahlalela (2017) utsi lapha kusetjentiswa emacembe kupheka imbita yebantfwana. Lamacembe uwafaka ekhovini uwagandze bese upheka lembita. Lomutsi ucedza buhlungu esiswini seabantfwana. Mtshali (2010) utsi emacembe alesihlahla kutfotjwa ngawo nangabe wenyele nobe nangabe uvuvukile. Manana (1984:67) naye uyangeta utsi emacembe alesihlahla ayasetjentiswa kugeza inkhwetfu, ubuye achubeke atsi bantfwana balesihlahla benta ingati kutsi ibeyinhle.

4.2.17. Umgalandela

Ngekusho kwaPurushothaman naMtawa (2016) batsi sihlahla semgalandela sibangumtungulo kantsi sitsela titselo lekutsiwa ngemagalandela. Sitselo semgalandela sibaluhlata uma sisengakavutfwa. Lesitselo uma sesivutsiwe siba nsundvu ngelibala. Sihlahla semgalandela siyanaba noma situngeletele sihlahla. Lesitselo uma usidla siyashushuta kancane kantsi lapha ngekhatshi kwalesitselo sinetindvumbu letimnyama ngelibala.

(i) Kusetjentiswa

Mtawa (2017) utsi emagalandela ayasita kwekutsi ungabanjwa kalula ngematjane latfolakala esinyeni kanye nasetinsweni. Uma ngabe sewugule sikhatsi lesidze emagalandela asita umtimba kwekutsi welulame ngekushesha. Loku kufakazelwa nguKeeka naLasania (2006:27) uma babeka batsi:

Granadillas are rich in vitamin A, thus aiding in the building of resistance against infections and in

preventing the formation of stones in the kidney and bladder.

Emagalandela anevithamini A lomningi kumelana noma kulwa netifo letitselelanako. Lomutsi uphindze uvikele kwekutsi ematjana angakheki etinsweni kanye nasesinyeni.

4.2.18. Umchafutane

Lomzwane Shongwe (Locashuniwe 2016) utsi umchafutane sihlahla lesitfolakala endleni. Lesihlahla besisetjentiswa ngeMaswati kuvulela bafana nemajaha. Sitselo salesihlahla sibaluhlata uma sisengakavutfwa. Masilela (2017) utsi uma sesivutsiwe lesitselo sibabovu sakubamtfubi ngelibala. Sihlahla semchafutane sitfolakala enhlanzeni. Sitselo salesihlahla usidla netindvumbu taso siyahlafuneka.

(i) Kusetjentiswa

Ngekusho kwaMabuza (2005) utsi timphandze talesihlahla tiyasetjentiswa kuwasha ematinyo. Timphandze talesihlahla tiyagengedvwa bese kuphekwa imbita lecedza kucumbelana baphindze bahlukuhle ngawo lomutsi nangabe bagulwa ngematinyo. Thwala (2009) utsi imbita leyentiwe ngetimphandze talesihlahla isita umfati longayi esikhatsini avuleke, iphindze yelaphe tinhlungu tesisu.

4.2.19. Bhungela

Mabuza (2006) utsi bhungela sihlahla lesitfolakala endzaweni lelihlanze lesingakhuli kakhulu. Lesihlahla sitsela titselo lekutsiwa ngubhungela. Titselo talesihlahla tibaluhlata uma tisengakavutfwa. Uma setivutsiwe tibabovu ngelibala. Lesitselo sinetindvumbu letincane atsilukhuni tiyadleka. Sihlahla saletitselo asikhuli kakhulu.

4.2.20. Umkhuhlu

Ngekusho kwaSingwane (2016) utsi sihlahla semkhuhlu sitfolakala emaphandleni siyakhula sibe sikhulu kakhulu. Lesihlahla kutsiwa asishaywa litulu. Ngekusho kwaShongwe (2017) utsi titselo talesihlahla tiba luhlata uma tisengakavutfwa. Letitselo

tiba nembala lobovu kanye nalomnyama uma setivutsiwe. Letitselo timbonywe tigwabhugwabhu leticinile, uma setivutfwa letinkhuhlu tibese tiyabhamuka.

(i) Kusetjentiswa

Mamba (2018) utsi emagcolo alesihlahla bayawagandza bese kwakhiwa sipeti. Sipeti salomutsi siyabulalana sifuna sakhiwe ngumuntfu lonelwati. Lesipeti kudzingeka ukwati kusikala ungecisi ngoba ungabulala bantfu. Mtshali (2010) utsi umutsi lotawucatseka ngawo kumele sikalo sawo silingane nelilunga lekucala lelugalo ungendlulisi. Umkhuhlu uyasetjentiswa kucatseka ngawo. Kumele ufakwe kancane ngoba baningi bantfu lebabulawa sipeti semkhuhlu (Donda 1997).

Kutsiwa emagcolo alesihlahla uyawagandza abeyimphuphu bese uvuvutela etilondzeni. Lomutsi uwusebentisa ungakawushisi. Gumedze (2018) utsi titselo talesihlahla tifakwa emantini sikhatsi lesitsite emvakwaloko babese batsatsa lamanti sebakheka ngawo inyama noma umbhidvo. Mahlalela (2017) utsi emagcolo alesihlahla ayasetjentiswa nangabe ufuna kuhlanta kantsi emacembe alesihlahla uyatfoba ngawo nangabe tinyawo takho tibuhlungu. Lokunye kutsiwa letinkhuhlu tiyasetjentiswa kunameka etilondzeni noma nangabe uphetfwe ngematfumba nobe sifo sematsambo. Loku kuchazwa nguVan Wyk naVan Wyk (2000:311) nababeka kanje:

Bark decoctions are taken orally as emetics or more often as enemas. Leaf or fruit poultices have been applied to bruises and eczema, and the seed oil rubbed in for rheumatism

Umutsi lowentiwe ngemagcolo uyawunatsa sewuyahlanta noma ucatseke ngawo njalo njalo. Emacembe kanye netitselo kuyasetjentiswa nangabe utfoba ematfumba kanye nesifo sesikhumba.

4.2.21. Umsutane

Ngekusho kwaSifundza (2018) uchaza utsi umsutane sihlahla lesincane lesingakhuli sibe sikhulu. Lesihlahla siba nemacenjane lamancane futsi anuka kamnandzi. Lesihlahla sinyenti kakhulu sitfolakala cishe yonkhe indzawo. Siyatfolakala etigangeni emakhaya, emasimini nomaphi uyasitfola. Liphunga lalesihlahla linuka njenge vikisi.

(i) Kusetjentiswa

Ngekusho kwaMagagula (2016) utsi umsutane sihlahla lesilapha tifo letehlukahlukene. Imbita lephekwe ngemacembe alesihlahla ilapha tilondza letitfolakala emaphashini kanye nemikhuhlane leyehhlukahlukene. Uma umtimba wakho uphansi noma nangabe ufuna kungenwa ngumkhuhlane uyafutsa ngemacembe alesihlahla, tifo letihambisana nemkhuhlane tiyaphela.

Shabangu (2017) utsi nangabe lukhalo lwakho lubuhlungu noma nangabe lunetilondza, ungacatseka ngemacembe alesihlahla tiyaphola. Aphindze angete atsi emacembe emsutane uyawapheka wente imbita sewuyanatsa. Lomutsi usita nangabe sifuba sinenkinga uphindze uncedze nangabe umuntfu akhwehlela. Loku kunanatelwa nguPujol (2001:118) ungeta atsi:

Some tribes inhale the smoke from burning lemon bush leaves and stems for asthma chronic cough and pleurisy and the Zulu and the Ndebele infuse the leaves in hot water and use this as a wash to ease the chest ailments and coughs.

Letinye tive tishisa emacembe elemoni bhushi bese tihogela lentfutfu ngenhloso yekwelapha sifuba semoya, kukhwehlela lokungapheli kanye nebuhlungu belucwecwe lwemaphaphu. Emazulu kanye neMandebela alobeka emacembe emantini lashisako ngenhloso yekwelapha tifo tesifuba kanye nekukhwehlela.

Lokunye emacembe alesihlahla ayasetjentiswa nangabe emalunga abuhlungu noma nangabe unenkinga yekuphefemula. Lokunye emacembe alesihlahla ayasetjentiswa nangabe uhlushwa yinhloko ikubandza. Emacembe ayasetjentiswa kwelapha umuntfu lonenkinga yamalaleveva. Gelfand nalabanye (1985) bacashunwa nguHutching nalabanye (1996:263) babeka kanje:

Leaves are also used for a variety of ailments including asthma, headache, febrile and respiratory complaints, convulsions, weak joints, cataracts and sore eyes in Zimbabwe.

Emacembe ayasetjentiswa kwelapha tifo letinyenti lokufaka ekhatsi sifuba semoya, kubandvwa yinhloko, sifo lesikhomba timphawu tekushisa kwemtimba, tinkinga tekuphefemula, kuchachatela kwemtimba kuphelelwa ngemandla emalungeni emtimba, sifo semehlo lahambisana nentfutfu kanye nekwelapha emehlo labuhlungu eveni laseZimbabwe.

Mamba (2017) utsi emacembe emsutane ayasetjentiswa kutfoba umuntfu lonenkinga emilenteni yakhe noma nangabe ibuhlungu. Emacembe ayasetjentiswa kwelapha umuntfu lonekinga yekushisa kwemtimba lokuhambisana nekucubuka. Khoza (2017) utsi emacembe ayagcotjiswa emtimbeni ngenhloso yekutivikela tikwetinja kanye natikwetingwenya.

Ngekusho kwaShongwe naMamba (2017) batsi emacembe ayasetjentiswa ngenhloso yekwelapha umuntfu lofe ticubu engungwini lokubangwa kushoda kwe-oksijini. Bayachubeka batsi imbita leyentiwe ngemacembe kanye neticu talesihlahla iyasita kwelapha umuntfu lophetfwe buhlungu bemaphayiphi emoya lasemaphashini lokuhambisana nesikhwehlela lesicinile.

Singwane (2013) naShabangu (2016) batsi emacembe ayasita kwelapha umuntfu logulwa ngemehlo lahambisana nentfutfu kanye nalophetfwe tinhlungu temehlo.

Timphandze temsutane uyatishisa ngenhloso yekwelapha umuntfu lowenyele. Lomutsi uyawushisa bese ugata lomuntfu lapho enyele khona emvakwaloko ubese uyamkhuhlela ngalensiti.

Ngekusho kwaGarife (2017) naFawole (2016) batsi emacembe kanye neticu talesihlahla kuyasetjentiswa kwelapha umuntfu lophetfwe yincubulundwane kanye nemkhuhlane lohambisana nekushisa lokwecile kunaloko lokulindzelekile. Emacembe angumutsi lobulala tilwanyana kanye nemananyokane. Lomutsi uphindze usite umuntfu losheka ingati. Emacembe ayasita kwelapha umuntfu logulwa ngemehlo lahambisa nentfufu.

4.2.22. Umnulu

Mamba (2017) utsi umnulu sihlahla lesitfolakala etindzaweni letilihlanze. Umnulu unemacembe lamancane. Lesihlahla siyakhula naso kantsi sinemanyeva lamanyenti lakhaliphile impela.

(i) Kusetjentiswa

Ngekusho kwaMatsaba (2004) naMamba (2017) batsi lesihlahla sibalulekile kakhulu kantsi futsi sihlanganiswa naletinye tihlati kute sisebente. Emagcolo alesihlahla uyawagandza bese ucupha kancane lomutsi uwufake emantini lasivuvu sewuyahlanta. Emvakwekhlanta ubese ushiya lomncane sewugeza ngawo. Lona ngumutsi lomkhulu wenhlanhla. Lomutsi uyasetjentiswa ekhaya kuvikela imimoya lemibi. Loku kuchazwa nguPalmer naPitman, (1972) bacashunwa nguHutching nalabanye (1996:151) uma babeka kanje:

Barks decoctions are administered as emetics in unspecified parts of Southern Africa.

Umutsi lowentiwe ngemagcolo uyasetjentiswa ngekuophelela uhlante ngawo etindzaweni letingakadzalulwa eNingizimi nelive lase-Afrika.

Gumedze (2017) utsi imbita lephekwe ngemacembe emsutane iyasita kwelapha umuntfu lophetfwe ngumkhuhlane lohambisana nekushisa lokwecile noma kunaloko

lokulindzelekile. Ngekusho kwaMavimbela (2017) utsi imbita leyentiwe ngemacembe iyasita kwelapha umuntfu lophetfwe sifo lesihlasela emaphayiphi emoya emaphashini.

4.2.23. Umtfolo

Ngekusho kwaSifundza (2016) utsi umtfolo sihlahla lesitfolakala enkhangala. Lesihlahla asitfolakali kalula ngoba sihlahla lesihlanyelwako. Ngekusho kwaHlophe nalabanye (2015:471) bayafakaza nabo batsi:

*Umtfolo luhlobo lwesihlahla lesivame kuhlanyelwa
enkhangala... lesihlahla kwentiwa tinkhuni
tekubasa. Umtfolo unetinkhuni letinhle.*

(i) Kusetjentiswa

Gumedze (2017) naDlamini (2012) batsi emacembe alesihlahla uyawagandza abeyimphuphu bese ucupha kancane uhlanganise nelubisi sewuyapheka. Lomutsi unatfwa ngebantfwana labancane labanenyoni. Mavimbela (2017) utsi timphandze talesihlahla uyatigengedza bese upheka umutsi walogulwa ngematinyo. Lomutsi uhlukehla ngawo emvakwaloko lobuhlungu buyaphela. Lomutsi usetjentiswa ngemajaha nangabe afuna kwekutsi atsandzeke. Singwane (2013) utsi emagcolo alomutsi uyawagandza abeyimphuphu bese ucupha kancane sewufaka emantini lasivuvu sewuyaphalaza nangabe ufuna kuba yinganwa. Loku kufakazelwa nguPalmer naPitman (1972) bacashunwa nguHutching nalabanye (1996:121) bangeta batsi:

*Enemas made from milk and leaf infusions are
administered for infantile abdominal disorders and
infants may also be made to chew and swallow the
leaf, love charm emertics are made from roots*

*Umutsi wekucatseka lowentiwe ngelubisi kanye
ngemacembe usetjentiswa ngekucopehela
nangabe kunekungasebenti kahle kwesisu
ebantfwaneni.*

4.2.24. Umvongotsi

Ngekusho kwaThwala (2008) utsi umvongotsi sihlahla lesikhula sibe sikhulu lesitfolakala kakhulu emahlandzeni. Lesihlahla sinemacembe laluhlata sinebantfwana labalengako. Qwabe (2017) utsi emagcolo alesihlahla amphunga ngelibala. Emacembe alesihlahla abamanyenti tikweligadlane ngalinye.

(i) Kusetjentiswa

Ngekusho kwaThwala (2009) utsi umvongotsi usetjentiswa kakhulu kwelapha tifo letinyenti. Lapha kutsiwa bantfwana balesihlahla uma sebomile bayashiswa nangabe litulu lidvuma kute umbani ungangeni ekhaya. Ngekusho kwaGumedze naShabangu (2017) batsi labantfwana bemvongotsi uyabagengedza bese ucupha kancane uhlanganise nenkhofe, silulwane, inhlaba kanye naletinye tihlahla nangabe ufuna kwelapha gcunsula kanye nesifo sematsambo lesihlasela emalunga nemisipha.

Mamba (2017) utsi emagcolo alesihlahla ayasetjentiswa kutfoba lowenyele noma lophetfwe sifulane. Bantfwana bemvongotsi bayagandvwa bese kwentiwa imbita yekwelapha tilondza tangekhatsi netangephandle. Emagcolo alesihlahla ayasetjentiswa kwelapha ematinyo labuhlangu kanye nemgogodla. Van Wyk naVan Wyk (2000:185) bayananatela baphindze bangete nababeka batsi:

Dried and powdered fruits are used to treat abscesses, ulcers sores and venereal diseases. Poultices made from green fruit and leaves are applied for rheumatism and backache.

Titselo letigandziwe taba yimphuphu tiyasetjentiswa kwelapha ematfumba, tilondza taseswini, tilondza kanye netifo temacansi. Sifobo lesentiwe ngetitselo letiluhlata kanye nangemacembe kuyasetjentiswa kwelapha sifo sematsambo kanye nebuhlangu bemgogodla.

Mavimbela (2016) utsi imbita leyentiwe ngemacembe alesihlahla iyasita kwelapha sifo samalaleveva kanye netifo temacansi. Mabuza (2006) utsi emagcolo emvongotsi ayasetjentiswa kwelapha umuntfu losheka ingati kanye nalobandvwa yinhloko. Mamba (2016) kanye naGumedze (2015) batsi bantfwana balesihlahla bayasetjentiswa kwelapha tilondza kanye netifo temacansi. Loku kunanatelwa nguDharan (2002:122) uma abeka kanje:

A decoction from the bark serves as a remedy for headaches and dysentery, a leaf decoction is taken for malaria.

Umutsi lowentiwe ngemagcolo uyancedza kwelapha lobandvwa yinhloko kanye nalosheka ingati. Emacembe wona elapha malaleveva.

Garife naMavimbela (2016) batsi umntfwana wemvongotsi uyasetjentiswa kwelapha sifo sesikhumba. Bayachubeka batsi lomutsi ucatseka ngawo umntfwana uma sisu sakhe sinenkinga. Gumedze naNsimbini (2017) batsi utsatsa lomntfwana wemvongotsi uwugandze bese unameka lomutsi etilondzeni sewuyabhandisha.

Thwala (2016) utsi lomutsi uyasetjentiswa kuvikela emabutto kutsi angahlulwa kalula. Lamabutto bekageza ngalomutsi noma bawachele ngawo kute abe nesibindzi nekutsi abe nemandla kakhulu. Shabangu (2017) naMamba (2016) batsi emacembe emvongotsi ayasetjentiswa kuvala umsheko wengati, tifo letihlasela tinso, tifo tesisu kanye nalolunywe yinyoka.

Shabangu (2016) utsi umntfwana wemvongotsi lomncane uyasetjentiswa kukhulisa indvuku yalomdvuna. Uyachubeka utsi ingakhula lendvuku babase bajuba lomntfwana. Uma kungenteka bakhohlwe kuwujuba lendvuku iyachubeka ikhule ibeyinkhulu kakhulu. Singwane (2014) utsi utsatsa timphandze talomutsi upheke imbita nangabe ufuna kwelapha umuntfu lohlushwa tilo kanye nalonesisu locumbelene. Gumedze (2017) utsi imbita leyentiwe ngetimphandze kanye nangemagcolo alesihlahla iyasita kwelapha umuntfu lonenyumoniya. Kutsiwa sitselo lesivutsiwe salesihlahla siyasetjentiswa

kuhlambulula sisu. Sitselo salesihlahla siyasetjentiswa kuvusa tindvuku time titsi mpo kanye nekucedza emajiji.

4.2.25. Umsilinga

Dlamini (2010) utsi umsilinga sihlahla lesikhula sibe sidze lesinemacembe lamancane. Sicu salesihlahla sikhula sicondze siye etulu. Bantswana balesihlahla abadliwa. Qwabe (2017) utsi emacembe emsilinga uwakhandza abutsene ekugcineni kwemagala. Timbali talesihlahla tivala kucala angakakhuli aphelela emacembe lamasha.

(i) Kusetjentiswa

Mamba (2017) naMabuza (2004) batsi emacembe alesihlahla uyawagandza bese ucupha kancane sewupheka imbita yashukela. Imbita yalomutsi iyasita nangabe uhlushwa ngushukela. Lembita iphindze isite nangabe sisu sibuhlungu. Singwane naGumedze (2012) batsi emacembe elesihlahla ayasetjentiswa ngenhloso yekwelapha umuntfu lophetfwe sifo sekuwa. Kutsiwa umutsi lowentiwe ngemacembe uyasita kwelapha tifo tesikhumba letehlukahlukene. Lomutsi uwugcobisa lapha esikhunjeni.

Shabangu (2017) naShabangu (2016) batsi inhliyo yalesihlahla iyasetjentiswa kwelapha umuntfu lohlushwa sifuba semoya. Timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lophetfwe sifo setimbuzulwane. Emacembe alesihlahla ayasetjentiswa kwelapha umuntfu lonesisu lesicumbelene kanye nalophetfwe ngemahlaba esiswini. Dlamini (2012) naGumedze (2017) batsi emagcolo kanye nemacembe kuyasetjentiswa kwelapha umuntfu lophetfwe ngemanyokane.

Thwala (2009) kanye naSingwane (2017) batsi emagcolo alesihlahla ayasetjentiswa kwelapha umuntfu lophetfwe tintfwala. Emagcolo alesihlahla ayasetjentiswa kwelapha umuntfu logulwa ngemalunga emtimba kanye nemisipha. Lomutsi uyasita nekwelapha umuntfu lohlushwa luvalo. Hutching nalabanye (1996:156) bayangeta nabo batsi emacembe emsilinga ayasetjentiswa kwelapha umuntfu lobandwa yinhloko. Bayachubeka batsi lamacembe uyawapheka bese uyawadla.

4.2.26. Sibhaha

Makhubela (2017) utsi sibhaha sihlahla lesitfolakala emahlanzeni kantsi sinemacembe lamadze lacijile. Lesihlahla sinemagcolo lahhedlako. Ngekusho kwaHlophe nalabanye (2015:360) batsi sibhaha ngumutsi lobaba sakuvutsa locedza inkhunzi nawunemkhuhlane.

(i) Kusetjentiswa

Thwala (2009) naMabuza (2004) batsi sibhaha sihlahla lesilapha tifo letinyenti kakhulu. Kutsiwa sibhaha singumutsi wekwelapha tilondza tangephandle kanye netilondza tangekhatsi. Utsatsa lemphuphu yalomutsi uyifake ejingini utamatise bese uyadla tilondza tiyaphola. Gumedze (2013) utsi sibhaha siyasetjentiswa nangabe umuntfu aphefwe yinkhuzi. Lokunye kutsiwa emagcolo kanye netimphandze kwelapha sifo sematsambo, emalunga, imisipha lebulungu, sifo semacansi kanye nenhloko lebulungu.

Mamba (2017) utsi lapha batsatsa imphushana yalomutsi bayihlanganise nemlotsa sebayamgwebedla kute kuphume lengati lecinile lelapha ecole. Shabangu (2017) utsi sibhaha siyafakwa etikwemitsi yekucapha sihlanganiswe naleminyane imitsi kute kucoshwe tilwane letibanga kugula emtimbeni. Kutsiwa timphandze kanye nemagcolo alesihlahla kuyahlanganiswa bese kulashwa ngawo sifo samalaleveva kanye nesifo senhlitiyo. Emagcolo esibhaha ayasetjentiswa ekwelapheni imikhuhlane leyehluhlukeni. Emagcolo uyawacucudza noma uwabhashe nangabe uphetfwe ngumkhuhlane. (Msimang 1991:326)

Mtshali (2009) utsi emagcolo ayasetjentiswa kwelapha umuntfu lonenkinga yetindvuku. Lomutsi ungawunatsa tibese tisebenta ngemandla ngoba kusuke sekuvuleke onkhe lamaphayiphi. Sibhaha siyasetjentiswa kwelapha tifo temacansi, tilondza tasesiswini kanye netifo tesikhumba letehlukahlukene. Emagcolo ayasetjentiswa kwelapha emahlaba asemhlane. Ngekusho kwaMabogo, (1990), acashunwa nguHutching nalabanye (1996:204) babeka kanje:

The vhavenda use bark for colds, chest complaints, malaria, venereal diseases, purgatives, backache, skin complaints, stomach ulcers and as aphrodisiacs.

Emavenda asebentisa emagcolo kwelapha Umkhuhlane, tinkinga tesifuba, malaleveva, tifo temacansi, buhlungu bemgogodla, kuhlambulula sisu, emahlaba asemhlane, tifo tesikhumba Kanye nekuvusa tindvuku.

Mavimbela (2017) naMasilela (2016) batsi emagcolo ayasetjentiswa kwelapha umuntu logulwa ngematinyo. Timphandze talesihlahla tiyasetjentiswa ngumuntu lokhwehlelako ngenhloso yekukhipha tikhwehlela. Emagcolo ayasita kwelapha umuntu lophetfwe ngumkhuhlane lohambisana nemakhata. Sibhaha siyasetjentiswa kwelapha umuntu lonemtimba lohisa kakhulu.

Ngekusho kwaKhoza (2017) naGumedze (2017) batsi emagcolo kanye netimphandze kuyasetjentiswa kwelapha umuntu lonenkinga yesisu kanye nasematfunjini ikakhulukati nangabe ahlushwa ngemahlaba. Bayachubeka batsi nangabe umpipi unetilondza utsatsa sibhaha lesigandziwe usihlanganise nemafutsa sewushikisha lendvuku ibese iyaphola. Emagcolo kanye naletimphandze tesibhaha ngumutsi lomkhulu welikhubalo (Nyembezi 1992).

4.2.27. Umzilazembe

Mavimbela (2016) utsi umzilazembe sihlahla lesingakhuli kakhulu lesinemacenjane lamancane njenge macembe embune. Imbali yalesihlahla imtfubi ngaphansi kantsi ngetulu iliphuti. Itala bantfwana lekutsiwa ngumthathatha. Lesihlahla sinemanyeva layingoti futsi lanesitfozi.

(i) Kusetjentiswa

Shabangu (2017) utsi emacembe emzilazembe ayasetjentiswa kuvala umsheko. Lokunye bantfwana balesihlahla bayashiswa bese lensiti seyifakwa emancebeni kanye

nasetilondzeni. Emacembe alesihlahla ayasetjentiswa ekwelapheni tindlebe kanye nematinyo labuhlungu. Emacembe ayasetjentiswa nangabe ulunye yinyoka. Emacembe ayasetjentiswa kwelapha sifo sebulepheli. Ngekusho kwaHutchings nalabanye (1996:125) bayananatela uma batsi:

Leaves are used for leprosy and with bark for snake and scorpion bites. Fruit is used to treating sores and scabies.

Emacembe ayasetjentiswa kwelapha sifo sebulepheli kantsi emagcolo bekasetjentiswa kwelapha lolunye yinyoka kanye nafecele. Sitselo siyasetjentiswa kwelapha tilondza kanye nesifo sesikhumba lesitsatselanako.

Timphandze kanye nemacembe kuyahlanganiswa bese kufakwa ludzengelweni kute kwelashwe sifo sesifuba kanye nenhloko lebhuhlungu. Emacembe alesihlahla ayasetjentiswa nangabe umuntfu ahlushwa tilondza tasesiswini, sifo semacansi noma nangabe sisu sakho sinenkinga. Loku kunanatelwa nguDharani (2002:222) uma abeka kanje:

Leaves are pounded to produce a local anaesthetic, which is also used in the treatment of ulcers and gonorrhoea.

Emacembe bayawagandza kute kukhicitwe sidzambisamiva lesisetjentiswa ekwelapheni tilondza tangekhatsi kanye negondola.

4.2.28. Lusekwane

Ngekusho kwaThumbathi (2017) utsi lusekwane sihlahla lesingakhuli kakhulu lesinemacembe lafana nemtsentane.

(i) Kusetjentiswa

Ngekusho kwaMabuza (2006) utsi Kangwane lusekwane lukhiwa bafana labasengakayi emacansini kanye nebantfu labasikati. Mabuza (2002) utsi lusekwane luyasetjentiswa nangabe kunemuntfu lowatfola ingoti wahubuka lesikhumba. Kunene (2017) utsi lapha utsatsa lukhuni lwalesihlahla sewuyalubasa uma selukhipha lamanti kanye nalentfutfu ubese ushikisha lapho wake walimala khona. Lenyama iyamila kungabonakali kutsi wake walimala.

4.2.29. Umdlelanyamatane

Ngekusho kwaMabuza (2004) utsi umdlelanyamatane sihlahlane lesincane lesinemaphumbe labovu ngelibala. Lesihlahlane sinemacenjane laluhlata ngelibala.

(i) Kusetjentiswa

Ngekusho kwaShabangu (2017) utsi umdlelanyamatane nawo ubalulekile kakhulu ekulapheni tifo letitsite. Timphandze talesihlahla uyatigengedza bese upheka imbita lekhipha ingati lengcolile emtimbeni. Lokunye lomutsi uwasha imisipha lehambisa ingati ubuye ukhiphe ingati, lecinile kanye nematseketeke emtimbeni. Ngekusho kwaShongwe (2017) imphandze yalesihlahla uyifaka emlilweni ishe, emvakwaloko ubese uyayihwaya sewutsatsa lensiti sewuyayidla, itakushekisa ukhiphe ematseketeke kanye nengati lengcolile.

Nkosi (2017) utsi imbita yalomutsi iyasita kutfombisa longakatfombi. Emaphundle alomutsi ayasetjentiswa kugeza ematinyo njenge nchithamuzi. Mavimbela (2017) utsi imphandze yalomutsi iyahlanganiswa kanye netinsiti temapuleti. Lokunye timphandze talomutsi tiyasita ekulapheni umkhuhlane.

4.2.30. Sindiyandiya

Ngekusho kwaMavimbela (2017) utsi sindiyandiya sihlahlala lesikhula sibe semkhatsini nendzawo lesitfolakala emahlatsini lamakhulu. Lesihlahla sinemacembe lahamba ngamabili kantsi emagcolo alesihlahla amnyama sakuba luhlatane.

(i) Kusetjentiswa

Ngekusho kwa Mongo naMamba (2017) batsi emagcolo alomutsi uyawagandza abeyimphuphu, bese ucupha kancane sewupheka imbita. Lomutsi uncedza bantfu besifazane nangabe basesikhatsini bangativa letinhlungu. Kutsiwa usita nalobekete intalo agcine sekatfola bantfwana. Lomutsi uphindze unikete ingati emandla. Gumedze (2013) naGarife (2017) nabo bayafakaza batsi, lomutsi uyasetjentiswa kwelapha bantfu lebeta intalo batitfuke sebanebantfwana. Lomutsi uyasetjentiswa kwelapha umuntfu loshaywa yinhloko, kantsi uphindze ubelusito kulabo lebafuna kulahlekelwa yingcondvo. Lomutsi uwubhema ngetimphumulo utsimule kuphume konkhe lokufa. Lomutsi uvuselela yonkhe imitsambo, uphindze unikete ingati emandla.

Khoza (2017) naShabangu (2016) batsi, lomutsi uyasita kwelapha umuntfu lonetindvuku letiwile noma umuntfu longavukelwa. Bryant (1983:62) naye uyafakaza utsi, emagcolo esindiyandiya ayasetjentiswa kwenta umutsi wekuvusa tindvuku time tisi mpo. Emagcolo alesihlahla ayasetjentiswa kwelapha umfati loyinyumba agcine sekatfola bantfwana. Ayasetjentiswa futsi kulwa nemimoya lemibi kanye nekuvikela umbani ungangeni ekhaya. Lona ngumutsi lomkhulu wemacala. Emagcolo alesihlahla ayasetjentiswa kwelapha umuntfu lophetfwe sifo sebulepheli.

4.2.31. Umvangati

Ngekusho kwaSingwane (2016) utsi umvangati sihlahla lesikhula sibe sikhulu. Umvangati sihlahla lesitfolakala emahlandzeni. Imbali yalesihlahla imtfubi, ibese iyagucuka ibe olintji ngelibala. Lesihlahla sinesicu lesinemahwele kantsi sicinile kakhulu.

(i) Kusetjentiswa

Singwane naSingwane (2012) batsi, timphandze talomutsi tiyasetjentiswa kwelapha sifo samalaleveva kanye nesifo semtfundzangati. Timphandze baphindze batisebentise kwelapha sifo sesifuba kanye nekuvaleka kwesifuba. Emagcolo alesihlahla uyawagandza bese ucupha kancane sewupheka imbita yekwelapha umuntfu lophetfwe tilo kanye netifo tesisu. Lomutsi uphindze usite kwelapha tindlebe letibuhlungu kanye netilondza tasemlonyeni.

Ngekusho kwaMasilela (2016) yena utsi, emacembe kanye netitselo talesihlahla tiyasetjentswa kwelapha umuntfu lohlushwa sifo senyumoniya kanye nalonenkinga yekungaphefemuli kahle. Gumedze (2016) utsi emacembe alesihlahla ayasetjentswa kwelapha umuntfu lokhwehlelako kanye nalonemkhuwane lohambisana nekushisa lokwecile kunaloko lokulindzelekile. Shabangu naGumedze (2015) batsi emagcolo alomutsi ayasetjentswa kwelapha umuntfu lohlushwa tilo kanye nalosheka ingati. Gumedze naGumedze (2016) batsi, emacembe alesihlahla ayasetjentswa kwelapha tilondza, emanceba kanye netilondza tangekhatsi. Bayachubeka batsi emagcolo ayasetjentswa kupheka imbita yalohlushwa ngumshoko wengati. Gumedze (2016) utsi, emagcolo alomutsi ayasetjentswa kuniketa imisipha lekhatsele emandla kanye nekucedza emajacamba. Uyachubeka utsi emagcolo alesihlahla ayasetjentswa kwelapha umuntfu lohlushwa ngematinyo. Lapha utsi upheka lamagcolo, bese utsatsa lomutsi sewuyahlukuhla lamatinyo ayaphola. Ntuli (2011) utsi utsatsa lamagcolo upheke imbita yekwelapha umuntfu lophetfwe tifo temacansi

4.2.32. Sivangatane

Ngekusho kwaMasilela (2017) utsi lesihlahla sikhula sibe semkhatsini. Lesihlahla sitfolakala emahlanzeni. Lesihlahla simila kalula ngoba ungajuba ligala laso bese uyalihlanyela liyamila. Gumedze (2017) utsi titselo talesihlahla tiyadiwa. Timbali talesihlahla titfolakala ekugcineni kwemagadlana utikhandza timinyene.

(i) Kusetjentswa

Ngekusho kwaMabuza (2004) naShabangu (2011) batsi bantfwana besivangatane bayadliwa futsi bamnandzi kakhulu. Emagcolo esivangatane bayawagandza abe yimphuphu bese bapheka imbita lelapha sifo semsheko noma sisu lesihlambulukile. Singwane (2013) utsi letinye tifo letilashwa ngulomutsi sifo semacansi, uphindze usite kutfombisa lobekangakatfombi.

4.2.33. Umganunkhomo

Shongwe (2009) utsi lesihlahla siyakhula naso sibesikhulu. Emacembe alesihlahla acishe afane nemacembe emganu. Emagcolo alesihlahla acise afane nemagcolo emganu. Titselo talesihlahla atifani nemaganu.

(i) Kusetjentiswa

Ngekusho kwaTsabetse (2016) naMakhabane (1994) batsi titselo talesihlahla tiyadiwa kodwa sikhumba sato asidliwa. Imbita leyentiwe ngemacembe alesihlahla icedza tinhlungu tesisu.

Ngekusho kwaMabuza (2004) utsi emacembe alesihlahla bayawagandza bese bawanameka etilondzeni kanye netikwematfumba. Imbita leyentiwe ngemagcolo alesihlahla yelapha sifo semsheko kanye nemahlaba asesiswini. Ngekusho kwaShabangu (2017) utsi emacembe alesihlahla uyawagandza bese utsatsa lomutsi sewuwunamatsisela tikwemathuthumba labovu.

Ngekusho kwaHutching nalabanye (1996:178) batsi, emacembe ayasetjentiswa kwelapha umuntfu lofe luhlangotsi. Lomutsi uyasetjentiswa ngenhloso yekwelapha umfati lotetfwele lophetfwe ngemahlaba. Emagcolo kanye netimphandze kuyasetjentiswa kwelapha umuntfu lonesifo sebutfongo.

4.2.34. Umntfuma

Ngekusho kwaShabangu (2017) utsi umntfuma uhlukene kabili ngoba ukhona lone bantfwana labakhulu kanye nalone bantfwana labancane. Lona ngulolotsela bantfwana labakhulu. Lolotsela bantfwana labakhulu bahlala baluhlata njalo kantsi lolonebantfwana labancane uma sebvutsiwe babamtfubi ngelibala.

(i) Kusetjentiswa

Ngekusho kwaMamba (2017) utsi timphandze talomutsi tiyasetjentiswa kupheka imbita yekuvula intalo. Lomutsi ungacatseka ngawo, uwasha imitsambo yonkhe yengati. Uphindze unikete ingati emandla. Timphandze talomutsi tihlanganiswa naleminywe imitsi kwakha emahlungu etinyoka. Timphandze talesihlahla tiyasetjentiswa kupheka umutsi

wematinyo kanye nekwelapha tilondza. Watt naBreyer (1962) bacashunwa nguHutchings nalabanye (1996:277) batsi:

The Tonga use the crushed fruit for toothache while the Manyika use roots for wounds and as protective charm.

Ematfonga abulala letitselo kwentiwe umutsi wematinyo kantsi eMayika asebentisa letimphandze kwelapha emanceba kanye nekutivikela.

Ngekusho kwaShabangu (2011) utsi lomutsi uhlukuhla ngawo nangabe ematinyo akho abuhlungu. Bantfwana balesihlahla upheka umutsi wekucatseka. Lomutsi uyingoti kudzingeka uwusefe kungangeni nayinye inhlavu ngoba uma kungenteka ingene ingakubulala. Lomutsi kumele ukwati kuwukala. Dharani (2002:271) uyangeta aphindze ananatele uma atsi:

Fruits feature in the treatment of skin diseases, a decoction of the roots is taken for abdominal pains, fever, stomachache and indigestion, roots are also used to alleviate toothache.

Titselo tiyasetjentiswa ekwelapheni tifo tesikhumba. Imbita leyentiwe ngetimphandze iyasetjentiswa kwelapha buhlungu lobuhlobene nesisu, Imfiva, buhlungu besisu kanye nebuhlungu lobubangwa kudla lokungakagayeki kahle. Timphandze tiyasetjentiswa kwelapha litinyo libuhlungu.

4.2.35. Umhlafutfo

Ngekusho kwaGumedze (2013) sihlahla semhlafutfo asikhuli kakhulu kodwa emacembe aso aphose afane nematicembe empopo. Sihlahla semhlafutfo asikacini angeke ugibele

kuso. Lesihlahla sitfolakala emahlanzeni lapho kuvundze khona naseceleni kwesibaya setinkhomo. Lesihlahla sitsela bantfwana baso ekugcineni kwemacembe kodvwa nangabe sebvutsiwe bayabhamuka bakhiphe tinhlavu letimnyamane.

(i) Kusetjentiswa

Ngekusho kwaShongwe naShabangu (2009) batsi emacembe alesihlahla ayasetjentiswa kutfoba umuntfu lophetfwe sifulane. Lomuntfu umcala enhloko wehle naye uyofika etinyaweni. Timphandze talomutsi tiyasetjentiswa kuvala umchamo nangabe sewutiphumela. Lapha utsatsa timphandze tingaba timbili bese upheka imbita. Bromilow (2001:91) yena utsi kuletinhlavu temhlafutfo kutfolakala emafutsa lebacale bawahlolisise ngaphambi kwekuwasebentisa. Mabuza (2006) naye utsi emafutsa alesihlahla ayasetjentiswa kwelapha tilondza, tifo tesikhuma kanye nekuphelelwa tinwele enhloko. Loku kufakazelwa nguPamplona nalabanye (2009:262) uma bangeta batsi:

Externally used, both the oil and the seeds of the plant has emollient and healing properties. They are applied for eczema, herpes, wounds, burns, skin rashes, and to fight hair loss, both in the form of lotions and in poultices.

Woyela kanye netinhlavu talesihlahla kuyagcotjiswa emtimbeni ngoba unetintfo letiphilisako. Lomutsi uyasetjentiswa kwelapha umuna, hephisi, emanceba, kusha, kucubuka, uphindze ulwe nekucotfuka kwetinwele. Lomutsi uyawugcobisa noma utfobe ngawe.

Mavimbela (2016) naMamba (2017) batsi emacembe emhlafutfo kanye nesicu sawo uyakugandza bese ucupha kancane upheke imbita. Lomutsi uyasita kwelapha umuntfu lohlushwa tilondza tangekhatsi, ngumshoko kanye nangemahlaba. Thwala (2009) yena utsi tindvumbu talesihlahla atidliwa tinebutsi. Uyachubeka utsi emafutsa latfolakala kuletindvumbu ayasita nangabe uhlushwa yindlebe. Loku kunanatelwa Dharani (2002:260) uma abeka kanje:

The seeds are poisonous, but the oil is heated and used as a purgative. Pure oil extract is also applied to relieve ear problem.

Tinhlamvu tinebutsi kodvwa woyela lohisiwe uyasetjentiswa njengelikhambi lekuhlambulula sisu. Woyela lekunguwona wona uyasetjentiswa kwelapha tindlebe letinenkinga.

Hutching nalabanye (1996:169) nabo bayananatela kuloku lokukhulunywa lapha ngenhla uma babeka kanje:

Seed oil is used for ear ache.

Woyela wetinhlavu uyasetjentiswa kwelapha buhlungu bendlebe.

Purushothaman (2017) uyangeta naye utsi, emafutsa emhlafulfo ayasita nangabe unenkinga yekungagayeki kahle kwekudla noma nangabe udle kudla lokunebutsi lobutsite. Lamafutsa ayashekisana kungako akhipha bonkhe lobutsi. Uyachubeka utsi lamafutsa uyawagcobisa nangabe uhlushwa kucacamba kwemalunga. Loku kunanatelwa ngu-Ojal (2009:15) uma abeka atsi:

Consuming pure castor oil can cure indigestion and food poisoning, it functions as a laxative.

Kudla woyela lekunguwona wona wemhlafulfo uyasetjentiswa kwelapha kudla lokungakagayeki kahle kanye nekudla lokunebutsi. Lomutsi ungadla wona uyashekisana.

Singwane (2013) naMamba (2017) batsi timphandze tiyasetjentiswa kwelapha tifo temacansi. Bayachubeka batsi timphandze talesihlahla uyatihlafuna nangabe uphetfwe ngemanyokane. Lamanyokane abese ayafa. Lomutsi uyasebenta kwekutsi ukhanuke kudla kanye nekulwa netinhlungu tesisu.

Gumedze (2016) naMavimbela (2017) batsi tinhlavu talesihlahla uyatigandza tibe yimphuphu bese utsatsa lomutsi uwugcobise tikwematfumba kanye nasetilondzeni. Bayachubeka batsi emacembe ayasetjentiswa ngenhloso yekwelapha umuntfu lobandvwa yinhloko. Lamacembe uwashikisha lapha enhloko.

Magayeni Khoza (Locashuniwe 2016) utsi emacembe ayasetjentiswa ngenhloso yekutfoba umuntfu lophetfwe ngematfumba. Emacembe nawo ayasetjentiswa kwelapha tilondza. Emacembe uyawasebentisa kwelapha umuntfu lonemahlaba esiswini. Lomutsi ungawunatsa nobe ucatseke ngawo. Sicu kanye nemacembe kuyasetjentiswa kwelapha tilondza taseswini.

Kunene (2005) utsi timphandze kanye nemacembe kuyasetjentiswa ngenhloso yekukhipha inhlaphu tikwemfati losandza kubeleka. Lomutsi baphindze bawusebentise nangabe bafuna kwekutsi umfati abeleke ngekushesha. Fawole (2017) utsi timphandze letomile tiyasetjentiswa kwelapha umuntfu lophetfwe ngumkhuhlane lohambisana nekushisa lokungetulu kunaloku lokulindzelekile kanye nejowundisi. Uyachubeka utsi emacembe kanye netimphandze kuyasetjentiswa ngenhloso yekwelapha umuntfu lophetfwe ngemahlaba, labakhona etimbanjeni noma tikwelucwecwe lwemaphaphu lokubangwa ngemavayirasi.

Shongwe (2016) naMasilela (2017) batsi emacembe kanye netimphandze kuyasetjentiswa kwelapha umuntfu lophetfwe ngemalunga labuhlungu kanye nemisipha. Lomutsi uphindze welaphe buhlungu kanye nensindze lokubakhona uma kubandzeteleke imiva lesuka yehle nesibunu nangemlente. Lomutsi uphindze welaphe umuntfu logulwa lukhalo kanye naletinye tifo tesikhumba. Ngekusho kwaBryant (1983:76) uyangeta naye utsi timphandze temhlafulusho tiyasetjentiswa kwelapha umuntfu logulwa ngematinyo noma litinyo.

Mabuza (2004) naDlamini (2013) batsi timbali kanye netitselo temhlafulusho kuyasetjentiswa kwelapha umuntfu lonetilondza. Emacembe lasemanti lashisako ayasetjentiswa ngenhloso yekutsi umuntfu wesifazane asheshise kuya esikhatsini. Lamacembe lashisako uwabeka lapha esiswini emvakwesikhashana ubese uyaya

esikhatsini. Lona ngumutsi wekwelapha tinso kanye nesilume. Lomutsi uyawugandza bese uyawupheka sekunatsiswa loyo lophetfwe silume (Donda 1997).

4.2.36. Umnyamatsi

Matsaba (2016) utsi umnyamatsi sihlahla lesikhula sibe sikhulu. Lesi lesihlangahlangene kakhulu. Umnyamatsi unembali lemhlophe ngelibala lendvuna nalensikati etihlahleni letehlukene. Sicu salesihlahla simphunga ngelibala.

(i) Kusetjentiswa

Shabangu (2017) utsi emagcolo kanye netimphandze talesihlahla kuyasita nangabe uhlushwa ngemahlaba asemhlane. Mavimbela (2017) uyangeta utsi lomutsi uyasetjentiswa nangabe uphetfwe silungulela kantsi futsi uyasita nangabe uphetfwe ngumkhuhlane. Kutsiwa ngumutsi lomkhulu lotfombisa umuntfu lobekangakatfombi, uphindze usite kakhulu kwelapha umuntfu lohlushwa sifo senhlitiyo. Gumedze (2017) utsi timphandze talomutsi tiyasetjentiswa kwelapha umuntfu lobandvwa yinhloko kanye nekuvala umsheko wengati. Watt naBreyer (1962) bacashunwa nguHutchings nalabanye (1996:157) batsi:

In Transkei, bark is used as a disinfectant and for heart ailment and infertility. Roots are used for dysentery and, with leaves, for scabies in unspecified parts of southern Africa.

Etranskei, emagcolo ayasetjentiswa njenge sibulali magciwane, kulongenantalo kanye nekwelapha tifo tenhlitiyo. Timphandze tiyasetjentiswa kwelapha umuntfu losheka ingati. Emacembe ayasetjentiswa kwelapha sifo lesinwayisako sesikhumba lesatiwa ngekutsi sikebhisi.

Ngekusho kwaMakhubela (2017) utsi emagcolo alesihlahla uyawagandza bese uwanameka tikwematfumba. Titselo talesihlahla tidliwa kakhulu tinyoni kanye natilwane. Loku kunanatelwa nanguPooley (1999:28) uma abeka atsi:

Fruits are popular with birds, baboons and monkeys.

Titselo titsandvwa kakhulu tinyoni, timfene kanye natingobiyane.

4.2.37. Umsenge

Makhabane (2016) utsi lesi sihlahla lesikhula sibe sikhulu kantsi site emacembe lamanyenti. Lesihlahla sitfolakala etindzaweni letingemahlanze lapho kunemahlatsi khona. Shabangu (2017) naye uyananatela utsi emagcolo alesihlahla angemahwele kusukela esicwini udzimate uyofika emagaleni lasetulu.

(i) Kusetjentiswa

Ngekusho kwaShabangu (2017) naMavimbela (2016) batsi timphandze talesihlahla kanye nemagcolo kuyasetjentiswa kwelapha letifo letilandzelako. Lomutsi uyasita kwelapha gcunsula noma tifo temacansi. Lokunye lomutsi uyasita kakhulu nangabe sisu sakho sihlushwa tilondza tangekhatsi. Lomutsi udlala indzima lebalulekile kugaya kudla lobekungakagayeki. Kutsiwa lomutsi uyaselapha sifo samalaleveva uphindze welaphe nemkhuhlane. Pujol (2001:112) uyafakaza naye ubeka utsi:

The bark is also used to treat malaria and fever taken in tea and as a wash. The root can also be used in this way and is considered to be an effective treatment for venereal disease.

Emagcolo ayasetjentiswa kwelapha malaleveva kanye nemfiva. Timphandze tisetjentiswa ngaleyondlela kwelapha tifo temacansi.

Mabuza (2004) naKhoza (2017) batsi timphandze talesihlahla tiyasetjentiswa ngenhloso yekwelapha lonyakulekako noma lohlushwa kunyakuleka. Imbita leyentiwe ngemanti lacandzako iyasetjentiswa kwelapha umntfwana losandza kutalwa lonekinga yesikhumba. Bayachubeka batsi timphandze kanye nemagcolo kuyasetjentiswa

kwelapha umuntfu lolahlekelwa yingcondvo. Thwala (2009) utsi emacembe ayasita kwelapha umuntfu lophetfwe ngumkhuhlane lohambisana nekushisa lokwecile kunaloko lokwemukelile. Hutching nalabanye (1996:221) batsi timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lophetfwe tinhlungu esibeletfweni. Bayachubeka batsi emacembe alesihlahla ayasetjentiswa kwelapha umuntfu lophatfwa tinhlungu ikakhulukati emvakwekudla. Ngekusho kwaNyembezi naNxumalo (1996:75) bayagcizelela baphindze bavete kutsi bantfu bahlanta ngemagcolo emsenge bakhiphe inyongo kantsi eVenda naseZimbabwe khona bawasebentisa kwelapha malaleveva.

4.2.38. Umngoza

Kunene (2017) utsi sihlahla semngoza siyakhula sibe sikhulu kodvwa tiyashiyashiyana ngoba letinye atikhulu tiye etulu kakhulu. Emacembe alesihlahla madze kantsi acijile. Lesihlahla sitala emangoza. Lamangoza aba luhlata nangabe asengakavutfwa kantsi uma sekavutsiwe aliphuti ngelibala.

(i) Kusetjentiswa

Ngekusho kwaMamba (2016) utsi timphandze talesihlahla tiyasetjentiswa kwelapha tifo temacansi kanye nabogcunsula. Emangoza lavutsiwe kwentiwa ngawo ijuzi. Loku kuchazwa nguDharani (2002:125) uma atsi:

The flesh of the fruit is eaten when ripe, also used to make juice and jam.

Sitselo lesisha siyadliwa uma sesivutsiwe. Baphindze basisebentise ekwenteni ijuzikanye najamu.

Fawole (2017) naMtawa (2016) batsi lingoza leliluhlata liyasita nangabe usheka ingati. Lokunye lingoza lelivutsiwe liyasita kwekutsi tindvuku tihlale tikhaliphile. Purushothaman (2017) yena utsi lingoza lelivutsiwe liyasita kwekutsi ungasheshi utfundze kodvwa lenta kwekutsi udvonse lici. Kutsiwa udla lelingoza lelivutsiwe bese unatsa lubisi. Lomutsi wenta kwekutsi ube nengati lenyenti emtimbeni.

kantsi lingoza leliluhlata nalo liyancedza kwekutsi uwakhanuke emacansi. Loku kuchazwa nguLasania nalabanye (2005:58) nababeka kanje:

Sexual debility. Eat sweet, ripen mangos and follow by drinking a glass of fresh milk. This produces blood and sperm. It is also very nutritious to the body.

Uma unesifo sekungakhanuki emacansi kudzingeka udle lingoza lelinongotelako bese unatsa lubisi ngengilazi. Loku kubese kukhucita ingati nebudvodza. Liphindze linikete umtimba emandla.

4.2.39. Umkotapeni

Qwabe (2017) utsi lesihlahla siyakhula siye etulu, emacembe aso aluhlata sakuba mnyama ngelibala. Lesihlahla sitsela emakotapeni, uma asengakavutfwa ayacina kakhulu. Titselo talesihlahla uma setivutsiwe tiyabokotela.

(i) Kusetjentiswa

Ngekusho kwaPurushothaman (2017) naMtawa (2017) batsi sitselo salesihlahla siyadiwa futsi simnandzi. Kutsiwa woyela lotfolakala kulesitselo uyasetjentiswa kugcobisa buso. Lokunye lokutfolakala kulesitselo takhamtimba kanye nemavitamini. Loku kunanatelwa nguDharani (2002:143) uma abeka kanje:

The fruit is edible, rich in fat, protein and vitamins, its oil is used in cosmetics.

Sitselo siyadiwa sinemafutsa lamanyenti, emaprotheni kanye nemavithamini. Lowoyela walesitselo uyasetjentiswa kwekutsi buso bunukelele kahle.

Ngekusho kwaFawole (2016) utsi timphandze talesihlahla tihlanganiswa kanye naletinye tihlahla kute kwelashwe lophetfwe sifo sagcunsula kanye netifo temacansi. Uyachubeka utsi emacembe alesihlahla ayasita nangabe sisu sicumbelene. Lomutsi awunatfwa ngulotitfwele ngoba kungonakala lomtfwalo. Uyenaba utsi, upheka lamacembe bese unatsa lomutsi ngenkhomishi kuphuma bonkhe lobutsi lobuseswini.

Lomutsi nangabe uwunatsile uyasutisana kuphume wonkhe lomoya lobanga lokucumbelana. Garife (2017) utsi likotapeni lelivutsiwe uyaligcobisa ebusweni lenta kwekutsi sikhumba sakho sishelele kahle liphindze livale kugatuka kwesikhumba. Kubheka (2017) utsi emacembe kanye netimphandze talesihlahla tinnedza umuntfu lomsikati longakhoni kuya kahle esikhatsini. Imbita leyentiwe ngalamacembe alesihlahla iyancedza kukhipha i-esidi emtimbeni lebanga nekuvuvuka kwemalunga.

Mtawa (2016) utsi emacembe alesihlahla ayasetjentiswa kuvala umsheko. Utsi emacembe alesihlahla ayasetjentiswa kwelapha umuntfu lohlushwa tigadla letakhiwa ngemafutsa emtimbeni. Mabuza (2006) yena utsi emacembe alesihlahla ayasetjentiswa kwelapha umuntfu lonenkinga yekuvuvuka kwesibindzi. Lokunye lamacembe bayawasebentisa kwelapha umuntfu lohlushwa ngumkhuhlane. Loku kuchazwa nguChevallier (2000:122) nabeka atsi:

Avocado leaves and young bark stimulate menstruation and can induce abortion the leaves are taken for diarrhea, bloating and gas and are valuable for relieving coughs for liver obstruction, for clearing high uric acid and level.

Emacembe emkotapeni kanye nemagcolo lamasha kuyasetjentiswa kwekutsi umuntfu lomsikati akhone kuya esikhatsini kanye nekukhipha sisu. Emacembe ayasetjentiswa kwelapha lophetfwe ngumsheko, kuvuvuka, umoya eswini kanye nekucedza kukhwehlela. Lomutsi

*uphindze usite kwelapha umuntfu lovuvuke sibindzi
nalonemchamo lone-esidi lenyenti.*

4.2.40. Umpopo

Shongwe (2017) utsi umpopo sihlahla lesikhula sicondze etulu. Lesihlahla asikacini ngoba kungagibela umuntfu lomkhulu siyaphuka. Kudzingeka kugibele bantfwana bafuce imbulu nangabe bakha emapopo. Umpopo unemacembe lamakhulu lahhohloka kalula.

(i) Kusetjentiswa

Ngekusho kwaPurushothaman (2016) utsi timphandze tempopo tiyagengedvwa bese kuphekwa imbita lelapha tifo temacansi kanye nabogcunsula. Sitselo salesihlahla ungadla sona siyachamisana. Loku kusita tinso tihlale tihlantekile. Lipopo liyasita kwelapha tilo esiswini, liphindze lilaphe letinye tifo letitsikameta sibindzi. Ngekusho kwaFawole (2017) utsi lipopo liyancedza kwelapha sibindzi lesivuvukile kanye nesifo sekuvuvuka kwemalunga.

Ngekusho kwaMtawa (2017) uyangeta utsi lipopo liyasita nangabe sisu sakho sicumbelene noma nangabe kunekudla lobekungakagayeki kahle. Uma ulidlile lelipopo, emvakwesikhashane libese libhudla lesisu sewukhululeka kalula ukhiphe nalomoya lomubi loseswini. Loku kuchazwa nguGeorge naPamplona (2004:152) uma babeka kanje:

The papaya aids all of the digestive processes due, among other reasons, to its papain content. This enzyme digests proteins and can partially supplement a lack of digestive juices.

Emapopo alusito ekugayeni kwekudla ngenca ye-esidi letfolakala kulo. Le-enzayimu incedza ekugayeni emaprotheni iphindze yelekelele loweswela emajusisi lagaya kudla.

Singwane (2016) utsi lipopo liyadiwa futsi limnadzi. Uyachubeka utsi lipopo lelivutsiwe kwentiwa ijuzi kanye najamu. Loku kuchazwa nguDharani (2002: 209) uma atsi:

The fruit is edible, also features in the preparation of preserves (pickles, jam and juices). The leaves and fruit are used to tenderize meat.

Titselo tiyadiwa kantsi lokunye kuyafakwa uma kwentiwa jam lotawubekwa sikhatsi lesidze. Letitselo baphindze bente ngato ijuzi. Emacembe kanye netitselo kuyasetjentiswa kwenta inyama ibekahle itsambe.

Ngekusho kwaFawole (2016) batsi ijuzi yelipopo iyasetjentiswa kwelapha tinsumphe kanye naletinye tifo tesikhumba. Loku kufakazelwa nguPauwels naChristoffels (2005:16) uma babeka kanje:

The juice or papain, is a remedy for treating warts and rashes.

Ijuzi iyasetjentiswa kwelapha tinsumphe Kanye nekucubuka.

4.2.41. Umpentjisi

Ngekusho kwaQwabe (2016) utsi umpentjisi sihlahla lesinemacembe lamadze kantsi ancama. Lesihlahla sitsela titselo lekutsiwa ngemampentjisi. Umpentjisi sihlahla lesitfolakala lapho kubandza khona. Lesihlahla siyatfolakala nasemahlanzeni kodwa sitsela titselo letincane.

(i) Kusetjentiswa

Ngekusho kwaShabangu (2016) naMtawa (2016) batsi timphandze talesihlahla tiyasetjentisa kwelapha sifo sagcunsula. Lomutsi uhlanganiswa naleminyane imitsi njenge mkotapeni kanye naletinye tihlahla. Emacembe alesihlahla uyawagandza bese ubilisa emanti, emvakwaloko ubese ufaka lomutsi kulamanti. Uma sekutiyile ubese uyawunatsa uhamba nemitsambo yonkhe yengati uphindze uyinikete emandla. Emapentjisi ayasita tikwekwakha ingati emtimbeni wemuntfu. Lokunye emapentjisi ayasita kakhulu kulophetfwe tilondza tasesiswini kanye netangekhatsi. Lomutsi kutsiwa usita nalabo lebaphelelwa yingati emtimbeni. Loku kumanatela nguJensen (1993:190) uma atsi:

Peaches are wonderful in alkalinizing the blood stream, and they help stimulate the digestive juices, they can be used to regulate bowel and build the blood.

Emapentjisi asebenta umsebeni lomangalisako kuntjintja ingati kutsi ingabi ne-esidi lenyenti, kantsi enta emajusi lasita ekugayeni kudla asebente kahle. Emapentjisi ayasetjentiswa kwekutsi ematfumbu asebente kahle, aphindze asite ekwakhekeni kwengati.

Emagcolo alesihlahla uyawabilisa bese ucatseka umuntfu logijinyiswa sisu lesihambisana nengati. Sifundza (2016) naye uyangeta utsi imbita lephekwe ngemacembe alesihlahla icedza tinhlungu tesisu.

4.2.42. Umsinsi

Ngekusho kwaKunene (2016) naShongwe (2017) batsi umsinsi sihlahla lesihle, lesinetimbali letidvonsa umuntfu atihambela lekudzeni. Sihlahla lesitfolakala emahlanzeni. Lesihlahla sinemacembe laluhlata kantsi imbali yaso ibovu ngelibala. Lesihlahla sitsela bantfwana labanemabala lamnyama nalabovu.

(i) Kusetjentiswa

Ngekusho kwaShabangu (2016) utsi emacembe alesihlahla uyawapheka nangabe ugulwa yindlebe. Lomutsi uyayilapha lendlebe buphele bonkhe lobuhlungu. Emacembe uyawapheka nangabe uhlushwa ngematinyo. Lomutsi uhluhluhla ngawo lamatinyo abese ayaphola. Mabuza (2004) naThwala (2010) batsi emagcolo alesihlahla uyawagandza bese unameka emancebeni nasetilondzeni. Lokunye emagcolo alesihlahla uyawangandza bese uwanameka tikwematfumba. Loku kufakazelwa nguVan Wyk naVan Wyk (2000:198) nababeka kanje:

The bark of this species is used topcally to treat sores wounds, abscesses and arthritis. Open wounds may be treated with powdered, burn bark; infusions of leaves are used as ear drops for earache.

Emagcolo aloluhlobo lwalesihlahla ayagcotjiswa kwelapha tilondza, emanceba, ematfumba kanye nekucacamba kwemalunga. Emanceba lavulekile ayalashwa ngemutsi lohisiwe wagaywa waba yimphuphu. Silobekelo lesentiwe ngemacembe siyasetjentiswa njengemutsi lotselwa etindlebeni letibuhlungu.

Mamba (2017) naThwala (2009) nabo bayagcizelela batsi lomutsi uyatilapha tilondza, kanye nematinyo labuhlungu. Lokunye batsi insiti leyentiwe ngemagcolo alomutsi iyagcotjiswa tikwe tilondza tangaphandle kanye naletivulekile. Loku kunanatelwa nguDharan (2000:95) uma abeka kanje:

The bark features in the treatment of sores, wounds, abscesses and arthritis. Powder of burnt bark may be used to dress open wounds, an infusion of the leaves is applied as an ear drop.

Lokutsite kwemagcolo kuyasetjentiswa kwelapha tilondza, emanceba, ematfumba kanye

*nekucacamba kwemalunga. Imphuphu yemagcolo
lashisiwe iyasetjentiswa kwelaphaemanceba
lavulekile kantsi umutsi lolobekiwe emantini
lashisako utselwa endlebeni lebuhlungu.*

Hutching nalabanye (1996:145) naKhoza (2017) batsi emagcolo alesihlahla ayasetjentiswa ngenhloso yekuphekela umfati lotetfwele imbita yekutsi abeleke kalula. Bayachubeka batsi emacembe ayasita kwelapha umuntfu lonesilondza lesinetibungu noma timphetfu. Emacembe emsinsi ayasita kwelapha umuntfu lophetfwe sifo semacansi kanye nalonenkinga yesinye. Lomutsi ubuye welaphe indlebe lebuhlungu (Bryant 1983:75).

4.2.43. Inguduza

Ngekusho kwaSingwane (2013) utsi inguduza simila lesitfolakala cishe yonkhe indzawo kantsi siyahlanyelwa ngisho nasemakhaya. Emacembe alesimila acishe afane nemkhwane wemmbila.

(i) Kusetjentiswa

Matsaba (2004) utsi inguduza ngumutsi longeke usetjentiswe nanobe ngangubani. Lomutsi kudzingeka usetjentiswe ngumuntfu lofundzisiwe njengenyanga letfwasile. Ngekusho kwaMatsaba (2016) utsi sigadla salomutsi sihlanganiswa naleminywe imitsi, bapheke imbita lelapha sinye lesibuhlungu kanye netifo letihambisana nemigogodla. Lomutsi uyasetjentiswa kwelapha umuntfu lowenyele, bamtfobe ngawo, baphindze bawusebentise kubantfu labenyele kanye nalabaphukile.

4.2.44. Umlahlabantfu

Ngekusho kwaGumedze (2017) utsi, umlahlabantfu sihlahla lesitfolakala emahlandzeni lesinesicu lesifisha. Emacembe alesihlahla ayamanyatela kantsi sinemanyeva lamabi. Kunene (2017) naye uyananatela utsi timbali talesihlahla timtfubi sakuba luhlatane. Lesihlahla sinemagama lamanyenti ngoba labanye batsi ngumlahlabantfu, kantsi labanye batsi ngumphafa.

(i) Kusetjentiswa

Mavimbela naSingwane (2016) batsi, timphandze talomutsi uyatfoba ngato nangabe kukhona lapho uvuvuke khona noma nangabe sikhumba sakho sinenkinga. Umutsi lowentiwe ngetimphandze talesihlahla uyasita kwelapha umuntfu lolunywe yinyoka. Timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lophetfwe tinhlungu, kucinana kwemisipha kanye nemalunga. Emagcolo alesihlahla ayasetjentiswa kwelapha umuntfu lophetfwe tinhlungu tesisu. Loku kunanatelwa nguDharani (2002:28) uma abeka atsi:

Poultices from roots and leaves are applied to boils and skin infections. A decoction of the bark is used in the treatment of rheumatism and stomach disorders. A decoction of roots is taken as a remedy for snake bite.

Sitfobo lesentiwe ngetimphandze kanye nangemacembe siyasetjentiswa kwelapha ematfumba kanye netifo tesikhumba. Umutsi lowentiwe ngemagcolo uyasetjentiswa kwelapha buhlungu nekucina kwemalunga nobe imisipha kanye netifo letitfolakala esiswini. Imbita leyentiwe ngetimphandze iyasetjentiswa kwelapha umuntfu lolunywe yinyoka.

Ngekusho kwaShongwe (2008) emacembe alesihlahla ayasetjentiswa nawo kutfoba lapho uvuvuke khona noma nangabe wenyele. Timphandze talomutsi tiyasetjentiswa kuvala sifo semsheko. Makhubela (2017) naye utsi emacembe kanye nemagcolo uyakugandza konkhe bese ucupha kancane ufake emantini lasivuvu sewuyaphalaza nangabe sifuba sakho sibuhlungu noma nangabe sinenkinga. Uma sewuphalazile ngalomutsi lesifuba siyaphola. Gumedze (2013) yena utsi timphandze talesihlahla uyatfoba ngato, kanye nangalamacembe alesihlahla, nangabe uvuvukile noma nangabe unemdlavuza unameka lamacembe kulesilondza. Pujol (2001:14) uyananatela aphindze angete nabeka kanje:

The powder is made into poultice, held in a place with a Bandage and this is believing to draw out the pain. To ensure that the pain does not return the whole poultice is eaten after a time by some tribes. Others bury the poultice and make a fresh one each day which they apply to the area until the pain eases.

Imphuphu yalomutsi kwentiwa ngayo umutsi wekutfoba. Lomutsi ufakwa tikwelibhandishi kantsi kutsiwa kunenkholelo yekutsi lobuhlungu bubese buyaphela. Kutsiwa kwentiwa sicinisekiso sekutsi lobuhlungu bungaphindzi bubekhona futsi. Lesitfobo siyadiwa tive emvakwesikhatsi. Kutsiwa labanye bayasingcwaba lesitfobo bese benta lesisha ngelilanga kucedza lobuhlungu.

Fawole (2017) naKhoza (2016) batsi nangabe uphetfwe ngumkhuhlane longapheli, kudzingeka utsatse emagcolo alesihlahla uwagandze abe yimphuphu bese ucupha kancane ufake emantini lasivuvu sewuyahlanta. Bayachubeka batsi emagcolo kanye nemacembe alesihlahla, kuyasetjentiswa kwelapha umuntfu lonenkinga yekuphefemula. Shabangu kanye naMavimbela (2017) batsi timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lophetfwe ngematinyo. Bayachubeka batsi emagadlana alesihlahla ayasetjentiswa kulandza labaphasi lesebalala nangabe ubatsatsa tikwelikhaya lelidzala ubayisa kulelisha.

Mavimbela (2017) utsi timphandze talesihlahla uyatitsatsa utigengedze bese ucupha kancane upheke imbita ngenhloso yekwelapha umuntfu lophetfwe ngemahlaba asemhlane kanye nelukhalo. Shongwe (2017) naGumedze (2016) batsi, emagcolo alesihlahla ayasetjentiswa ngenhloso yekwelapha umuntfu lonenkinga yesifuba. Timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu losheka ingati. Emagcolo kanye nemacembe kuyasetjentiswa kwelapha umuntfu lophetfwe ngugcunsula. Lesihlahla siyasita kuvikela umbani kwekutsi ungangeni ekhaya.

Singwane (2017) naMabuza (2004) batsi emagcolo kanye nemacembe kuyasetjentiswa nangabe unyaka kahle esikhatsini noma nangabe uva tinhlungu tekuya esikhatsini. Ngekusho kwaHutchings nalabanye (1996:193) batsi imbita leyentiwe ngetimphandze talesihlahla, iyasita kwelapha umuntu lovuvuke emadlala labangwa luhlobo lolutsite lwemagciwane. Bayachubeka batsi emagcolo ayasetjentiswa kwelapha umuntu lonemathuthumba lanebovu labangwa ngemagciwane. Imbita leyentiwe ngemacembe alesihlahla iyasetjentiswa kwelapha umuntu lonencubulundwane, kanye nalophetfwe sifo lesibakhona lesibangwa ngemagciwane emvakwekugulwa ngumphimbo lobuhlungu. Ngekusho kwaGcumisa naNtombela (1993:164) bayagcizelela baphindze bangete batsi, umutsi walesihlahla uyasita kwelapha ematfumba, sichenene, kubetsela litulu kanye nekukhwehlela. Timphandze tiyabiliswa kwentiwe imbita yekwelapha tifo letihamba tiveta emabala emtimbeni wonkhe. Lomutsi uyasita kucedza kukhwehlela kanye nekucinana. Lomutsi baphindze badzambise tinhlungu letihamba nemtimba wonkhe. Lomutsi baphindze batfobe ngawo nangabe wenyele nobe uvuvukile (Nyembezi naNxumalo 1996:74).

4.2.45. Mahlanganisa

Mamba (2016) utsi mahlanganisa wehlukene kanyenti. Mahlanganisa unesigadla lesiphose sifane neliklabishi. Emacembe akhona uyawaphatula atibhelekecane. Ungabamba lamacembe bese uyatibamba utatinwaya ungacedzi.

(i) Kusetjentiswa

Ngekusho kwaLubisi (2016) naShabangu (2017) batsi mahlanganisa ngumutsi lomkhulu wekuhlanganisa ematsambo lephukile aphindze, abuyele esimeni sawo. Mavimbela (2012) utsi lomutsi uyafakwa ngisho nasemancebeni lamakhulu kakhulu, uwahlanganise abuyele esimeni sawo. Emacembe alesihlahla uyawashisa bese bakugata lapho ulimele khona kusheshe kuphole. Lomutsi uyawufaka tikwelisobho lenkhukhu ulunatse. Lelisobho lelinalomutsi ulinatsa kancane kancane udzimate ulicedze.

4.2.46. Umngamazi

Ngekusho kwaKunene (2017) utsi lesi sihlahla lesinemacenjane lamancane kakhulu. Umngamazi sihlahla lesingakhuli kakhulu. Lesihlahla sinemanyeva lacishe abemhloshane ngelibala.

(i) Kusetjentiswa

Matsaba (2016) utsi timphandze kanye nemagcolo alesihlahla kuyasetjentiswa kwelapha imikhuhlane yebantwana. Emagcolo alesihlahla bayawaphotsa bese bagabisa ematfwasane lasatfwasiswa. Lokugabisa lamatfwasane lomutsi bakwentela kwekutsi emadloti atosheshe ahlambuluke. Frans Matsaba (Locashuniwe 2004) utsi emagcolo alesihlahla ayasetjentiswa kwelapha umgogodla. Lona ngumutsi lolusito ekucosheni tinyoka. Ngekusho kwaPalmer naPitman (1972) bacashunwa nguHutching nalabanye (1996:123) batsi:

Ground bark, mixed with water is reported to dispatch snakes,

Emagcolo latfolakala ngaphansi kwemhlaba ahlanganiswa nemanti nangabe bacosha tinyoka.

4.2.47. Manyongwane

Tsabetse (2017) utsi manyongwane sihlahla lesitfolakala emahlanzeni. Lesihlahla asikhuli kakhulu kantsi nesicu sakhona sincane. Lesihlahla sitsela titselo letiluhlata ngelibala.

(i) Kusetjentiswa

Ngekusho kwaNsimbini (2016) utsi lona ngumutsi wekukhipha inyongo esiswini. Hutching nalabanye (1996:93) bayananatela nabo batsi lomutsi uma uhlanta ngawo ukhipha lokuhambelana nenyongo noma ukhipha lokusanyongo lokubangwa kungasebenti kahle kwesibindzi. Bayachubeka batsi lomutsi kumele uwusebentise ngalokukhulu kucophelela ngoba uyingoti. Lapha bagandza lomutsi udzimate ube yimphuphu bese bacupha

kancane sebafera tikwemanti lasivuvu sebyanatsa. Mamba (2016) uyangeta utsi lomutsi kumele uwukale ngoba ungakubulala. Bantswana balesihlahla nabo bayasetjentiswa kodvwa kumele uwusefe kungangeni nayinye inhlabu kulomutsi lotawuhlanta ngawo.

4.2.48. Umgwenya

Makhubela (2016) utsi umgwenya sihlala lesihlala siluhlata emacembe aso busika nehlobo. Imbali yalesihlahla imhlophe ngelibala. Titselo talesihlahla tibovu ngelibala. Titselo talesihlahla tiyasetjentiswa ekwenteni jamu. Titselo tihlukene kabili ngoba kunaletishushutako naletinongotelako. Lesihlahla sikhula sibe sikhulu kantsi titselo taso tivutfwa ebusika. Titselo tiba ngangemunwe lomkhulu (Nyembezi naNxumalo (1996:72).

(i) Kusetjentiswa

Mtshali (2009) utsi emagcolo alesihlahla ayasetjentiswa kwelapha tifo letihlasela sikhumba. Kutsiwa nangabe umtimba wakho uluma noma unwayisa kudzingeka utsatse emagcolo alesihlahla uwagandze bese uwafaka emantini labilako wente liphungulo, ufutse emvakwalo ubese sewugeza ngawo, lokuluma kwalomutimba kuyaphela.

Shabangu (2017) yena unanatela utsi emagcolo alesihlahla uyafutsa ngawo nangabe uphetfwe ngematfumba kanye nangemajiji ebusweni. Lomutsi uyaphalaza ngawo nangabe unesidzinwa siyaphela. Lokunye nangabe uhlushwa ngematfumba kanye nemathuthumba ungafutsa bese uyageza ngalomutsi kuyaphela. Emagcolo baphindze bawasebentise kuhlobisa noma kuhlanta ingati lengcolile, ihlobe ibuyele esimeni sayo. Loku kufakazelwa nguPujol (2001:67) nabeka atsi:

The Zulus use the bark of this tree to clean the blood and to strengthen the body.

Emazulu asebentisa emagcolo alesihlahla kuhlanta ingati kanye nekucinisa umtimba.

Thwala (2010) utsi eMazulu asebentisa emagcolo alesihlahla kuhlobisa ingati kanye nekucinisa umtimba. Shabangu (2017) uyachaza utsi lomutsi kudzingeka kutsi

ubemncane noma ufake kancane. Uyachubeka utsi emagcolo alesihlahla uyawashisa abe yinsiti bese ugata lowenyele nalophukile sewuyamkhuhlela ngalensiti.

Thwala (2009) utsi emagcolo alesihlahla ayasetjentiswa ngenhloso yekwelapha umuntfu locubukile. Hutching nalabanye (1996) batsi timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lofe luhlangotsi. Timphandze talesihlahla tiyasita nangabe kwenteka imilingo letsite. Lomutsi usita kwekutsi umuntfu angakhinyabeteki ngalutfo.

4.2.49. Gebeleweni

Ngekusho kwaMakhabane (2017) utsi gebeleweni sihlahlane lesingumtungulo lesingakhuli kakhulu. Lesi sihlahlane lesinemaphundle lesitfolakala etindzaweni letingemawa.

(i) Kusetjentiswa

Mabuza (2005) naMamba (2017) batsi, emaphundle alesihlahla uyawagengedza bese upheka imbita yekwelapha tilondza tasemaphashini. Tinhlavu kanye nemaphundle uyakugengedza bese upheka imbita yekwelapha tilondza tasemlonyeni, tilondza tasematfunjini. Lomutsi uphindze usite ekwelapheni tifo letidla imisipha yengati. Lokunye kutsiwa lomutsi ulapha tilondza kanye netilondza tasenhloko. Lomutsi uphindze usite ekuvuseleleni imiva. Gertner, (1938) ucashunwa nguHutching nalabanye (1996:209) babeka kanje:

Plants infusions are administered as emetics for chest complainst.

Umutsi lowentiwe ngetifombo uyasetjentiswa ngekucophelela kuhlante ngawo kwelapha tifo letisesifubeni noma nangabe sifuba sakho sinenkinga.

Gumedze (2017) utsi lesihlahla siyasetjentiswa kwelapha umuntfu lovuvuke tinyawo. Utsi utsatsa lesihlahla usishise bese ugata letinyawo. Lomutsi uyawusebentisa noma ngangukuphi lapho kubuhlungu khona emtimbeni. Dlamini (2012) uyangeta utsi, uma uva

buhlungu utsatsa lensiti bakugate ngayo tiyaphela letinhlungu. Lomutsi uyacatseka ngawo uma sisu sakho sinenkinga letsite. Lomutsi uyasita nekucedza emaphupho lamabi. Lomutsi uyasetjentiswa kwelapha umuntfu lonenhlitiyo lete emandla noma lengasebenti ngendlela lefanele.

4.2.50. Umkhokha

Shongwe (2017) utsi umkhokha simila lesitsandzela kuletinye tihlahla noma ngangukuphi. Lesimila sitsela titselo letifana nemabhontjisi. Titselo temkhokha tibatinkhulu kunemabhontjisi. Qwabe (2017) utsi letitselo uma setivutsiwe tiba neboya. Umkhokha uyabhunya uma lilanga selishisa. Ungahlala dvutane nawo utakuluma uyatse ungati kwekutsi kumele wenteni.

(i) Kusetjentiswa

Mtshali (2010) naFawole (2016) batsi titselo talomutsi tingumutsi wenhlanhla lohlala esikhwameni semali. Lomutsi udvonsa imali kute ingene ngebunyenti. Tinhlamvu kanye netimphandze temkhokha kuyasetjentiswa kupheka imbita yekwelapha tilondza tangekhatsi kanye nekwelapha emehlo labuhlungu. Loku kuanatelwa nguHutching nalabanye (1996:142) uma batsi:

Seeds are carried as good luck charm. The seeds, roots and leaves are traditional used for a great variety of ailments in Africa, Asia and Latin America.

Tinhlavu uhlala uhamba nato njenge mutsi wenhlanhla. Tinhlavu, timphandze kanye nemacembe kuyasetjentiswa ngekwendzabuko kwelapha tinhlobonhlobo tetifo eveni lase-Afrika. e-Asia kanye naseLatin Amerika.

Ngekusho kwaMakhubela (2017) naKhoza (2016) batsi lomutsi uphindze usite kwelapha emanceba etinyoka. Timphandze tiyasetjentiswa kwelapha umkhuhlane, kukhwehlela kanye nalohambisana nekushisa lokwecile kunaloko lokwemukelekile.

Shabangu (2017) naNtuli (2009) bayananatela batsi, emacembe kanye netimphandze talesihlahla upheka imbita nangabe uphetfwe sifuba lesibuhlungu. Timphandze temkhokha tiyasetjentiswa ngenhloso yekwelapha umuntfu lomdvuna lonetindvuku letingasavuki. Kutsiwa utsatsa letimphandze upheke imbita sewuyayinatsa tivuka ngemandla. Timphandze tiyasetjentiswa kwelapha umuntfu lophetfwe sifuba semoya. Lokunye lomutsi uyasita kwelapha umuntfu lophetfwe lukhwehlekhehle.

Ngekusho kwaShabangu (2017) naThwala (2009) batsi, emacembe ayasetjentiswa kwelapha umntfwana lokhala bucandvucandvu lokungalawuleki. Lomntfwana bamphekela lembita sewuyayinatsa. Bayachubeka batsi emacembe ayasita kwelapha umuntfu lophetfwe ngumphimbo lobuhlungu kanye nesifo samalaleveva. Singwane (2017) naye uyangeta utsi timphandze nato tiyasita kulwa nesifo samalaleveva. Emacembe kanye netimphandze kuyasetjentiswa kwelapha umuntfu lonetinsumphe kanye netifo tesikhumba letehlukahlukene.

Mabuza (2004) utsi timphandze kanye nemacembe kuyasetjentiswa kukhipha sisu ngendlela lembi noma lengekho emtsetfweni. Timphandze tiyasetjentiswa ngenhloso yekwelapha umuntfu lonesifo sekuwa kanye nekusivimbela kwekutsi singamngeni. Shongwe (2017) utsi lomutsi uyasentjentiswa kwelapha umuntfu lonenkinga yekungasebenti kahle kwesibindzi lokutimphawu tekungagayeki kahle kwekudla. Timphandze tiyasetjentiswa ngenhloso yekwelapha umuntfu lochama ingati.

4.2.51. Gibizisila

Ngekusho kwaShabangu (2017) utsi gibizisila ngumutsi lote emacembe kepha unetindvukwane letitsite letincane. Letindvukwane tagibizisila tiluhlata ngelibala. Kunene (2017) naye utsi gibizisila uba nesigadlane lesingakhuli kakhulu. Kuyenteka umkhandze atungeletele kuletinye tihlahlane. Gibizisila ungambamba ngesandla utatinwaya ungacedzi.

(i) Kusetjentiswa

Ngekusho kwaMtshali (2009) utsi sigadla salomutsi besisetjentiswa ngetikhatsi tetimphi, kuchela emabutfo kute abe nemandla kanye nelulaka. Lomutsi bewenta emabutfo aye

embili kwekuphela. Mamba (2017) yena utsi lomutsi uyasita kwelapha sifo setimbilapho kanye nesinye. Sigadla salomutsi siyasita ekulapheni sifo sagcunsula kanye netifo temacansi.

Gumedze (2017) utsi lomutsi uyasita kwelapha sifo sekopha. Kutsiwa umfati lotetfwele bamnatsisa emagwebu alomutsi kute atositakala nasekabeleka. Lomutsi welapha sifo semehlo labuhlungu kanye netifo tesikhumba letehlukahlukene. Lomutsi uyasita nekuvula imbeleko emfatini longabeleki. Gumedze (2011) yena ubeka utsi lomutsi uyasetjentiswa kwelapha tinhlungu tesinye kanye nenhloko lebuhlungu. Lokunye lomutsi kudzingeka uwusebentise kancane ngoba unebungoti kantsi futsi uyaluma. Loku kuchazwa nguVan Wyk naVan Wyk (2000:122) uma batsi:

This highly toxic is used for a wide of ailments, including headache, oedema, infertility, sore eyes, bladder complaints and venereal diseases.

Loku kunebutsi lobusezingeni leliphakeme lobusetjentiswa ekwelapheni tinhlobonhlobo tetifo, lokufaka ekhatsi nekubandvwa yinhloko, kugcwala kwemanti tikweticubu temtimba noma i-odema, kuphelelwa yintalo, emehlo labuhlungu, sinye lesibuhlungu kanye netifo temacansi.

Masilela (2017) utsi sigadla salomutsi siyasetjentiswa bantfu labadvuna ngenhloso yekusoma baganwe. Uyachubeka utsi lomutsi bahlanta ngawo nangabe bafuna kuganwa. Imbita leyentiwe ngesigadla sagibizisila iyasetjentiswa ngenhloso yekuhlambulula sisu. Mabuza (2004) naSingwane (2003) batsi lomutsi uphindze ugeze ngawo nangabe uneluhambo, ngenhloso yekutsi uvikeleke lapho uhamba khona. Lomutsi uyasita kwekutsi umfati loyinyumba agcine sekatfola bantfwana. Lomutsi uyasetjentiswa kwelapha umuntfu lovuvukile emtimbeni.

4.2.52. Umkhamamasi

Ponono Shongwe (Locashuniwe 2016) utsi umkhamamasi sihlahla lesitfolakala emahlanzeni lesikhula sibe sikhulu. Lesihlahla ungalala ngaphasi kwaso sintonta emanti lacandzako. Ungaphula ligadlana lalesihlahla siphuma lubisi. Emacembe alesihlahla ahlala aluhlata klaba.

(i) Kusetjentiswa

Shongwe (2017) utsi timphandze talomutsi uyatigandza tibe yimphuphu bese ucupha kancane upheka imbita yekuvusa tindvuku. Lomutsi ungawufaka emahewini labilile noma elusobhweni. Gumedze (2016) uyananatela nabeka atsi, lomutsi uyasita kuvula imbeleko kantsi futsi ungamenta umuntfu wesifazane kutsi atfole emaphahla. Lapha kusetjentiswa labantfwana balesihlahla kuphekwe imbita. Lomutsi kudzingeka wentiwe ngumuntfu lomdzala njenge salukati ngoba ungentiwa ngumuntfu losatfole bantfwana kungenteka atfole emaphahla. Emagcolo alesihlahla ayasetjentiswa kwelapha tilondza tangehandle kanye nemehlo lavuvukile. Loku kuchazwa ngu-Omino naKokwaro (1993) bacashunwa nguHutchings nalabanye (1996:245) uma batsi:

Stem latex is used externally for wounds and sore eyes in Kenya.

Lubisi lwesicu luyasetjentiswa kwelapha emanceba angaphandle noma asemtimbeni kanye nemehlo labuhlungu eKhenya.

Mabuza (2004) utsi lubisi lwalesihlahla ulugcobisa etilondzeni nangabe tibhibha noma tivova ingati. Ungagcobisa lolubisi lwalesihlahla tiyaphola kantsi letilondza letophako ungatigcobisa ngalolubisi lokopha kwaletilondza kuyaphela.

4.2.53. Incithamuzi

Mamba (2017) utsi incithamuzi sihlahla lesingakhuli kakhulu lesitfolakala emahlanzeni, ikakhulukati lapho kunemadvwala khona. Emacembe alesihlahla amphunga ngelibala, etulu kwalesihlahla aluhlata sasibhakabhaka. Lesihlahla sitsela titselo letiluhlata bese

tiyagucuka tiba bovu tigucuke tibe bhidzi kantsi uma setivutsiwe tiba mnyama. Lesihlahla sinesicu lesincane.

(i) Kusetjentiswa

Nkosi (2017) utsi lesihlahla asibaswa ekhaya ngoba sicitsa likhaya kodvwa noma kunjalo sidlala indzima lenkhulu emphilweni yemuntfu. Ngekusho kwaGeletfu Shabangu naMakhubela (2017) bayangeta nababeka batsi timphandze talesihlahla bapheka imbita yelukhalo, ibuye ihlobise nengati lengcolile emtimbeni. Timphandze talesihlahla tiyaphekwa tihlanganiswe kanye naletinye tihlahla tibe ngumutsi wekwelapha sifo sagcunsula. Loku kunanatelwa nguPujol (2001:66) uma abeka atsi:

The bark is reducing to a fine powder and boiled in water and left for while to draw. The solution is carefully strained and one wine glass is the prescribed dose taken twice daily to treat venereal diseases.

Emagcolo bayawagandza abe yimphuphu lecolisakele bese babilisa lomutsi bawuyekele utiye kwesikhashana. Lomutsi uwusefa ngekucopelela kantsi kuvumeleke kwekutsi anatse ingilazi yewayini kabili ngelilanga nangabe welapha umuntfu lophetfwe tifo temacansi.

Hutching nalabanye (1996:232) batsi lomutsi uphindze welaphe sifo sesilume kanye nesifo setishwebaba. Timphandze talesihlahla batigengedza bese bapheka imbita lelapha tinhlungu tesisu, kucumbelana, sifo sashukela. Emagadlana alesihlahla bageza ngawo ematinyo. Lomutsi uyasita kuvikela sifo sagcunsula uphindze usite kwelapha sifo sekudlimleka. Emagcolo alesihlahla uyawagandza bese upheka imbita yekwelapha tshwebaba kanye nesimungumungwane. Kutsiwa nangabe umuntfu wesifazane aphetfwe tinhlungu tasesikhatsini bamphekela imbita ngemagcolo kanye nange timphandze talesihlahla bese bayamcatseka ngalomutsi. Timphandze tiyasetjentiswa kwelapha umuntfu lophetfwe sifo sesifuba (Bryant 1983:47).

4.2.54. Umhonono

Shongwe (2016) umhonono sihlahla lesikhula sibesikhulu. Lesihlahla sitfolakala endzaweni lelihlanze. Emacembe alesihlahla aluhlata sakubamphunga ngelibala. Mamba (2017) utsi umhonono wehlukene kabili kukhona lotfolakala etintsabeni kantsi wona unemacembe laluhlata sakuba mnyama ngelibala.

(i) Kusetjentiswa

Ngekusho kwaMavimbela (2017) utsi timphandze talesihlahla uyatebula bese uyawugandza lomutsi, sewuwufaka emantini lasivuvu bese uyaphalaza. Lomutsi uma uhlanta ngawo ukhipha tindzendze kanye nenyongo lenyenti. Lomutsi uyasita kuvala umsheko nangabe bantfwana bahanjiswa sisu. Ngekusho kwaMavimbela (2017) utsi imphandze yalesihlahla uyayigcoba bese ufaka lomutsi emantini lasivuvu sewuyamcatseka, lesisu sibese siyasongeka. Singwane (2013) utsi timphandze talomutsi uyatigandza bese upheka imbita yekusita umuntfu wesifazane nangabe asesikhatsini aphefwe nangemajacamba.

Mavimbela (2017) yena utsi timphandze talomutsi tiyasita nangabe uphetfwe ngemehlo. Lomutsi uyancedza nangabe sisu sinenkinga noma sinetinhlungu letitsite, uphindze uncedze lophetfwe inyumoniya. Gumedze (2016) utsi timphandze talesihlahla uyatigandza bese upheka imbita nangabe uphetfwe silume.

Pooley (1999:53) uyafakaza naye kutsi timphandze talesihlahla tiyasetjentiswa ekwakheni umutsi uma atsi:

The root is used in traditional medicine.

Timphandze tiyasetjentiswa tikwemitsi yesintfu.

4.2.55. Umhlume

Ngekusho kwaMamba (2017) naShongwe (2016) batsi umhlume sihlahla lesimila lapho kunemanti khona noma dvutane nemfula. Lesihlahla sinemacembe lamadze lacijile. Lesihlahla sivamisa kuntonta emanti. Lesihlahla siyakhula sibe sidze kakhulu kantsi sinemagcolo lamhloshane ngelibala. Emacembe alesihlahla aluhlata ngembala.

(i) Kusetjentiswa

Ngekusho kwaMabuza (2004) naThwala (2009) batsi emagadlane nobe emaphundle alesihlahla ayasetjentiswa kugeza ematinyo. Timphandze talesihlahla tiyasetjentiswa nangabe sisu semntfwana sibuhlungu. Lomutsi ucedza kucumbelana kanye netinhlungu tesisu. Emagcolo alesihlahla ayasetjentiswa nangabe ugulwa sifo senhlitiyo kanye nesisu. Lomutsi uyasita nangabe sinye sakho singcolile ngoba uyachamisana.

4.2.56. Inhlaba

Purushothaman (2015) utsi inhlaba ihlukene kanyenti, kukhona lencane kanye nalenkulu. Kukhona inhlaba lenemanyeva kanye nalete emanyeva. Inhlaba lenkhulu ngiyo leba nemanyeva. Kunene (2017) naye utsi emacembe enhlaba atibhelekece, akhula abe makhulu. Inhlaba lenkhulu inemanyeva lamanyenti lahlabanako kantsi lelencane inemanyeva lamancane kantsi lenye ite.

(i) Kusetjentiswa

Ngekusho kwaShabangu (2016) lapha kusetjentiswa tigwabugwabhu talomutsi kwelapha tonkhe tifo tesikhumba, sifo sematsambo kanye netindvuma. Lokunye inhlaba iyasita kwelapha sifo semehlo kanye nesifo seB P lekhuphuke yaba sezingeni leliphakeme. Loku kufakazelwa nguDharani (2002:196) uma abeka kanje:

Leaves or roots, boiled in water, are taken as a laxative, for stress, arthritis, eczema, conjunctivitis and hypertension. Leaf sap is applied external to treat skin irritations, bruises and burns.

Emacembe noma timphandze kuyabiliswa kunatfwe njenge mutsi wekushekisana, kucindzeteleka kwesimo, buhlungu nekucina kwemalunga, umuna, kukhihlita kwemehlo noma ikhonjathivayithisi kanye nekushayela etulu kwenhlitiyo. Inkhovu yemacembe iyagcotjiswa kwelapha tifo tesikhumba kanye nekusha.

Khoza (2017) utsi inhlaba iyasetjentiswa kukhipha inkwetfu enhloko. Mabuza (2005) utsi inhlaba iyasetjentiswa kwelapha tilondza tangephandle kanye nemanceba lamakhulu. Inhlaba iyasita nangabe ushile noma ushiswe lilanga loku lesikubita ngekutsi timbali. Lapha utsatsa lamanti alenhlaba uhlanganise nemafutsa bese uyagcobisa. Loku kuchazwa nguClacherty nalabanye (2012:113) uma babeka kanje:

Aloe ferox was used by herbalists to heal wounds and stomach problems. It is still used today in many modern medicine

Inhlaba beyisetjentiswa tinyanga temakhambi kwelapha emanceba kanye netinkinga tesisu. Iyasetjentiswa kulesikhatsi sanyalo kanye naleminyane imitsi.

Fawole (2017) utsi inhlaba iyasetjentiswa kucedza kucumbelana kanye nekwelapha tilondza tangekhatsi. Inhlaba iphindze isetjentiswe kucedza tinhlungu tesisu. Imbita yenhlaba iyasita kuhlobisa ingati lengcolile, iphindze ikhiphe tifo letisengatini. Umfati lotetfwele unatsa imbita yenhlaba nangabe sekahlanganise tinyanga letisiphohlongo. Uma kungenteka asheshise kuyinatsa tisengakahlangani tinyanga letisiphohlongo, lomtfwalo ungonakala. Dlamini (2012) naMabuza (2002) batsi inhlaba leyomile iyashiswa bese batsatsa lomlotsa bawufaka emantini labilako sebapheka ligusha. Inhlaba iyasetjentiswa kuyekelisa umntfwana kumunya libele. Lapha batsatsa lenhlaba bayigcobise kulamabele alonina, angamunya lomntfwana eve lokubaba uyayekela. Ngekusho kwaWatt naBreyer (1962) bacashunwa nguHutching nalabanye (1996:34) babeka kanje:

Leaf sap is applied to mother's breasts to hasten weaning.

Inkhovu leyentiwe ngemacembe iyagcotjiswa emabeleni ebafati kulumula bantfwana.

Purushothaman (2017) utsi ukhipha lejusi yalenhlaba bese uyigcobisa etilondzeni tiyaphola. Ojal (2009:30) uyananatela aphindze angete uma abeka kanje:

The juice of the leaves and turmeric is mixed together with the roots to dry wounds on the skin.

*Ijuzi leyentiwe ngemacembe nethumeriki
kuyahlanganiswa netimphandze kwelashwe
tilondza letomile letisesikhumbeni.*

4.2.57. Umhlonyane

Shabangu (2017) utsi umhlonyane sihlahlana lesincane lesinemacenjana laphose afane nemacembe ensangu. Emacembe alesihlahlana aluhlatana sakuba mphunga. Umhlonyane sihlahla lesingumutsi lomkhulu lowatiwako kusukela kadzeni eMzansi ne-Afrika. Lesihlahla sinemagadlana lamanyenti.

(i) Kusetjentiswa

Ngekusho kwaMavimbela (2016) naFawole (2017) batsi lapha kusetjentiswa emaphundle alesihlahla kanye nemacembe aso. Bayachubeka batsi nangabe umuntfu ahlushwa silungulela lomutsi uyawupheka bese uyawunatsa. Lomutsi ubalulekile imphele ngoba welapha tonkhe tinhlobo temkhuhlane lokufaka ekhatsi kukhwehlela, umkhuhlane wemakhata kanye naleminyane.

Gumedze (2017) utsi lomutsi uyasetjentiswa nangabe bantfwana labancane baphetfwe tinhlungu tesisu lokufaka ekhatsi nekucumbelana. Shongwe (2009) utsi lomutsi uyasita nangabe ugulwa tilondza tasemphinjani uvele uhahaze ngawo tiyaphela. Kutsiwa nangabe uvuvuke emalunga lomutsi ukhipha le-esidi bese lokuvuvuka kwemalunga kuyetja. Tinsini letivuvukile kanye netilondza tasemlonyeni tilashwa ngalomutsi nangabe utawuhlukuhla ngawo. Loku kufakazelwa nguPujol (2001:227) uma ananatela aphindze angete atsi:

The Zulu make an infusion by grinding up the leaves and adding hot water and give this as an enema to children with worms and constipation.

Emazulu agandza lamacembe bese alobeka lomutsi emantini lashisako. Lomutsi bacatseka ngawo bantfwana lebanemanyokane kanye nalabacumbelene.

Ngekusho kwaSingwane (2017) naGumedze (2016) batsi emacembe ayasetjentiswa ngenhloso yekuhlanta ingati emtimbeni wemuntfu. Kutsiwa unatsa lembita kute lengati ihlobe. Lomutsi uyasita kwelapha umuntfu lophetfwe ngemajiji. Tsabetse (2017) naGumedze (2016) batsi emacembe ayasetjentiswa kwelapha umuntfu lophetfwe sifo sashukela kanye nematfumba. Bayachubeka batsi emacembe alesihlahlana, uyawatsatsa bese uwabeka etimphumulweni ngenhloso yekwelapha umuntfu lophetfwe ngumkhuhlane wemakhata. Emacembe uyawatsatsa uwafake emantini labilako sewuhogela lesimoko nangabe ufuna kwelapha umuntfu lobandvwa yinhloko.

Mavimbela (2017) utsi nangabe unemanyokane ematfunjini, utsatsa lamacembe uwagandze bese ucupha kancane lomutsi uwufake emantini lahlanganiswe nelubisi, sewuyacatseka abese ayaphuma. Bayachubeka batsi lomutsi uyasita ngoba ucedza nekucumbelana. Emacembe ayasetjentiswa kwelapha umuntfu lophetfwe incubulundwane. Thwala (2009) naDlamini (2012) batsi lomutsi uyasita kwelapha umuntfu lophetfwe ngemantjintjiwane. Lomutsi uyatfoba ngawo lamantjintjiwane abese ayaphola. Lomutsi ubuye uhlukuhle ngawo nangabe uphetfwe ngematinyo. Lomutsi uyasita kwelapha umuntfu wesifazane lekeva emakhata nangabe asesikhatsini emvakwekubeleka.

Shabangu (2017) utsi lomutsi uyasita kwelapha umuntfu lonemathuthumba etikwe tinsini. Lomutsi uyasetjentiswa ngenhloso yekwelapha umuntfu logulwa tindlebe. Lomutsi uyasita kwelapha bantfwana labangakhoni kuphefemula nangabe bavuvuke umphimbo. Hutching nalabanye (1996:327) bayananatela nabo baphindze bangete batsi, lomutsi uyasita nekubulala tilwanyana kanye nemanyokane latfolakala esiswini. Bayachubeka batsi lomutsi uyancedza nangabe umtimba ushisa. Lomutsi uyasita kucedza buhlungu lobubakhona esiswini lobubangwa kungagayeki kahle kwekudla. Dlamini (2017) utsi lomutsi uyasita nangabe tinhlitiyo takho timnyama ungakufuni kudla. Lomutsi

ungawusebentisa tinhlitiyo tiyavuleka bese uyakhona nekudla. Emacembe emhlonyane ayasetjentiswa kwelapha umuntfu lonemtimba lomubi (Bryant 1983:53).

4.2.58. Insangu

Gumedze (2016) utsi lesi sihlahla lesihlanyelwako lesitfolakala cishe yonkhe indzawo. Lesihlahla sinemacembe lamancane laluhlata ngelibala. Lesihlahla siyakhula nangabe ungeke usinakekele. Labanye bavamise kusigoba kute sikhulele phasi singayi etulu ngobe emaphoyisa angahle asibone. Lesihlahla asikavumeleki kutsi singahlanyelwa nobe kanjani eNingizimu Afrika. Lesihlahla sitsela bantfwana labaluhlata. Bromilow (2001:146) naye ubeka utsi:

In terms of the Medical and Dental Pharmacy Act, 1928 (Act No, 13 of 1928) it is an offence to cultivate it in South Africa. Nevertheless it is grown in most areas.

Ngekwenmtsetfo wetekwelapha netematinyo ngetemitsi umtsetfo, 1928. (umtsetfo namba, 13 wa1928) kulicala kulima insangu eveni laseNingizimu Afrika. Kutsiwa nanoma kunjalo iyalinywa etindzaweni letinyenti.

(i) Kusetjentiswa

Ngekusho kwaShabangu (2004) emacembe alesihlahla kwentiwa imbita lelula ingabi nemandla, kute kwelashwe sifo sesifuba kanye nesifo sashukela. Lesihlahla siyasetjentiswa nangabe balapha losheka ingati kanye nalophetfwe sifo samalaleveva. Watt naBreyer (1962) bacashunwa nguHutching nalabanye (1996:77) bayananatela baphindze bangete uma babeka kanje:

Plants have been used for bots in horses by the Xhosa and for blood poisoning, anthrax and dysentery in Zimbabwe. Also used for malaria and

blackwater fever in Zimbabwe and west Africa and for snake bite in southern and west Africa.

Titfombo tiyasetjentiswa tikwemabholithi emahhashini ngemaXhosa kantsi tiphindze tisite tikwengati lenashevu, i-anthraksi kanye nemsheko wengati eZimbabwe. Kutsiwa baphindze bawusebentise kwelapha malaleveva Kanye nalochama ingati lemnyama lonamalaleveva eZimbabwe kanye nasenshonalanga nelive lase-Afrika. Kutsiwa baphindze bawusebentise kwelapha lolunywe yinyoka eningizimu kanye nanshonalanga nelive lase-Afrika.

Mtshali (2010) naKunene (2017) batsi lomutsi uyasita nangabe ushaywa yinhloko noma ubandvwa yinhloko lenkhulu. Lomutsi uyasita nangabe ukhwehlela nobe nangabe uphetfwe ngumkhuhlane wemakhata. Lomutsi uyasetjentiswa nangabe uphetfwe sifo sebulepheli. Mamba (2016) yena utsi lomutsi uyasetjentiswa nangabe unemahlaba, kantsi nangabe ucedza kubeleka lomutsi uyasita kucedza tinhlungu talobelekile. Insangu iyasetjentiswa kwelapha tifo letinyenti letehlukahlukene. Insangu iyasetjentiswa ngenhloso yekwelapha bantfwana labaphetfwe ngemahlaba. Iyasita kwelapha umuntfu lophetfwe ligciwane le-anthraksi.

Mavimbela (2017) naShabangu (2016) batsi insangu iyasetjentiswa ngenhloso yekwelapha inhliyo leshaya ngemandla. Iyasetjentiswa njengemutsi wekulalisa umuntfu lokhatsele noma lodziniwe engcondweni. Lomutsi uyasita kwelapha umuntfu lochama ingati lemnyama lolunywe ngumyiyane asanamalaleveva. Lomutsi uyasetjentiswa ngenhloso yekucedza buhlungu lobenta nekutsi imiva ingasebenti.

Matsaba (2004) naMagagula (2017) batsi insangu iyasita kwelapha umuntfu lophetfwe sifo sekuwa kanye nesekudlimleka kanye nesifo semarabi. Uyasetjentiswa nekwelapha umuntfu logulwa ngemalunga kanye nemisipha lebuhlungu. Insangu iyasita kucedza

tinhlungu talosesikhatsini, lokuhambisana nekudvonseka kwemisipha. Lomutsi uyasita kwelapha inhloko lebhulungu ngalokuphindzaphindziwe.

4.2.59. Lugagane

Ngekusho kwaShongwe (2017) utsi lugagane sihlahlane lesikhula sibe sitsingitsingi lesinemacembe laluklayiklayi. Emagcolo alesihlahla aluphuti. Lesihlahla sinemanyeva layihhuka kantsi futsi ayahlabana.

(i) Kusetjentiswa

Ngekusho kwaMamba (2017) utsi timphandze talesihlahla tiyasetjentiswa kwelapha umgogodla kanye nekuvala kopho. Lokunye kutsiwa timphandze talesihlahla tiyasetjentiswa nangabe kukhona logulwa ngematinyo. Lomutsi uyawupheka ubile sewuyawuyekela uphole kancane sewuhlukuhla ngawo. Gumedze (2016) utsi timphandze talomutsi tiyasita kuvala umsheko kanye nekwelapha sifo sagcunsula. Simanga Mamba (Locashuniwe 2017) utsi lembita baphindze bayisebentise kwelapha tifo letihambisana nekuvuvuka kwemilente kanye netifo letitsikameta sikhumba. Lomutsi uyasetjentiswa kwelapha tifo letitsikameta imitsambo ingasebenti gendlela lefanele.

4.2.60. Umfusamvu

Mavimbela (2016) utsi umfusamvu sihlahla lesihlala siluhlata, usikhandza sineticu letinyenti. Emacembe alesihlahla ayashiyashiyana ngebukhulu kantsi etulu kwalesihlahla uwakhandza amnyama sakuba luhatane. Lesihlahla sitfolakala emahlatsini lapho kunematje khona.

(i) Kusetjentiswa

Ngekusho kwaMavimbela (2017) utsi emagcolo alomutsi uyawagandza abeyimphuphu bese ucupha kancane sewufaka emantini. Lomutsi ungahlanta nobe ungacatseka ngawo nangabe ufuna kwelapha tinhlungu tesisu. Mavimbela (2016) yena utsi lomutsi uyawusebentisa nangabe uphetfwe sifo samalaleveva. Kutsiwa lomutsi uyasita kwelapha nemkhuhlane. Timphandze talomutsi tiyasetjentiswa kwelapha sifuba lesibhulungu. Mamba (2017) yena uyafakaza utsi, timphandze talesihlahla tiyasita kwelapha tifo

letisondzelenene nemkhuhlane kanye nesifo sesiyeti noma inzululwane. Mamba (2015) ubuye atsi, emagcolo alomutsi uyahlanta nangawo nangabe ufuna sifuba sakho sihlale sihlobile. Loku kufakazelwa nguManana (1984:70) uma abeka kanje:

*Kuye kusebenze amaxolo kulomuthi, athelwa
amanzi afudumele abe umuthi wokuphalazela
ukukhipha izindenda nenyongo esuke isesibindini.*

4.2.61. Liletsa

Singwane (2013) naSingwane (2017) batsi liletsa sihlahla lesinemacembe lamancane. Lesihlahla asikhuli kakhulu siba semkhatsini. Emagcolo alesihlahla afuna kuba mhloshane ngelibala. Hlophe nalabanye (2015:255) batsi liletsa sihlahla lesingasikhulu kakhulu, lesinesicu lesibovu kantsi sibusheteleti. Bayachubeka batsi emacembe aso afana nesigongo futsi angemahhedle avame kwenta sidlidla, ekugcineni. Timbali taso tincane tibe luhlata lokuphaphatsekile kantsi tihloko tato ticijile. Titselo tiluhlata lokutopele, timila tibe tidlidlana.

(i) Kusetjentiswa

Ngekusho kwaMamba (2016) utsi lapha kusetjentiswa emagcolo alesihlahla. Lamagcolo uyawagandza abe yimphuphu bese ucupha kancane ufake emantini lasivuvu, sewuyaphalaza kuphuma sonkhe silungulela. Manana (1984:34) naye uyengeta utsi, lomutsi ukhipha tonkhe letindzendze kanye netidliso. Kutsiwa nemajaha ayawusebentisa lomutsi nangabe afuna kuganwa. Lomutsi ucima tonkhe tinhlungu letisemtimbeni.

Shabangu (2016) naMakhubela (2017) batsi lomutsi uyahlanta ngawo nangabe ufuna inhlanhla, uphindze ugeze ngawo. Lomutsi uhlanganiswa naleminyane nangabe ufuna sikhundla kanye nalabo lebasuke bafuna umsebenti loisetulu. Emagcolo ayasetjentiswa kwelapha umuntfu lonenkinga yesisu lesingasebenti kahle noma lesingekho esimeni lesikahle. Lomutsi uyasita ngoba ubese uyasihlambulula.

Ngekusho kwaShabangu (2016) naShabangu (2017) batsi emacembe ayasita kwelapha umuntfu lophetfwe ngumkhuhlane lohambisana nekushisa lokusezingeni lelisetulu kunalelo lelemukelekile. Lomutsi uphindze ufutse ngawo, kantsi wenta nemtimba

unukelele kamnandzi kuvakale emakha. Emagcolo ayasita kwelapha umuntfu lonetifo tesikhumba letihambisana nekuvuvuka. Emagcolo ayasetjentiswa futsi kwelapha umuntfu logulwa sibeletfo noma nangabe sibuhlungu.

Ngekusho kwaMavimbela naGumedze (2017) batsi emacembe alesihlahla uwafaka eludzengelweni bese uhosha lomutsi ngenhloso yekwelapha umuntfu lonesifo sekuphelelwa butfongo. Emagcolo kanye nemacembe kuyasetjentiswa njengemutsi welutsandvo. Emagcolo ayasita kwelapha umuntfu lonetinsini letophako kanye nalonemalunga kanye nemisipha lebhuhlungu. Emacembe asetjentiswa bomake nangabe bafuna kugeza inhloko.

Gumedze naMamba (2017) batsi timphandze kanye nemacembe kuyasetjentiswa ngenhloso yekuvusa tindvuku time titsi mpo. Bayachubeka batsi timphandze tiyasita kwelapha umuntfu lokhwehlelako, lobandvwa yinhloko kanye nalophetfwe ngumkhuhlane lohambisana nemakhata. Imbita leyentiwe ngemagcolo kanye nangemacembe alesihlahla, iyaphekwa ngenhloso yekunatsisa lotitfwele kute abeleke kahle. Ngekusho kwaHutching nalabanye (1996:166) batsi timphandze kanye nemagcolo kuyasetjentiswa ngenhloso yekwelapha umuntfu wesifazane lomunyisako lonetilondza emabeleni. Bayachubeka batsi emagcolo kanye netimphandze kuyasetjentiswa kwelapha umuntfu lophetfwe tinhlungu tekuya esikhatsini.

4.2.62. Umdlandlovu (Lidlebelendlovu)

Ngekusho kwaMamba (2017) utsi lesihlahla siyakhula kodvwa asibi sikhulu kakhulu. Lesihlahla sinemacembe laluhlata lahhwabile. Emagcolo alesihlahla amphunga tikwemagadlana lamancane kodvwa kulamagala lamadzala abhidzi sakuba liphuti. Timbali talesihlahla timtfubi ngelibala.

(i) Kusetjentiswa

Ngekusho kwaMamba (2017), umdlandlovu ubalulekile kakhulu ngoba nguwo lokhanyisela lidloti kutsi bantfu labagulako bangalashwa kanjani. Lapha kusetjentiswa timphandze talomutsi. Mavimbela (2016) yena utsi, nangabe kukhona lophetfwe sifo semuti, utsatsa imphandze yalesihlahla uyifake embiteni yemuntfu logulwa ngulesifo uyaphila. Mabuza (2005) yena uyananatela utsi, timphandze talesihlahla tingumutsi lomkhulu wekwelapha liphika. Uyachubeka utsi timphandze talomutsi bayatigandza bese bacupha kancane lemphuphu bayifake emantini lasivuvu sebayahlanta. Shabangu (2016) yena ungeta utsi, baphindze batsatse lemphuphu yalomutsi bayivuvutele ecansini lalogulako kute kubaleke imimoya lemibi nekutsi logulako asheshe alulame. Lomutsi uyamncedza lologulako kute akhanyiseleke kutsi angaphila kanjani. Emacembe ayasetjentiswa kwelapha umuntfu logulwa sisu (Bryant 1983:33).

4.2.63. Umphungankhomo

Ngekusho kwaShongwe (2017) utsi umphungankhomo sihlahla lesitfolakala emahlanzeni. Lesihlahla sinemacenjana lamancane laluhlata. Timbali talesihlahla timtfubi ngelibala. Emagala alesihlahla acala esicwini salesihlahla.

(i) Kusetjentiswa

Ngekusho kwaShongwe (2016) naGumedze (2017) batsi timphandze talesihlahla tilapha emahlaba asesifubeni. Lokunye kutsiwa timphandze talesihlahla tiyasita kwelapha umphimbo lobuhlungu noma lovuvukile. Thwala (2009) utsi timphandze talomutsi tiyasita kwelapha netinhlungu tesisu. Lokunye lomutsi ulapha tifo temacansi uphindze ube lusito ekuhlanteni ingati lengcolile.

Garife (2017) naMavimbela (2016) batsi emacembe alesihlahla ayasetjentiswa nangabe ugulwa ngematinyo. Shabangu (2016) utsi timphandze talesihlahla tiyasetjentiswa nangabe bacinisa likhaya. Uyachubeka utsi nangabe kutawuba nemsebenti ekhaya, kusetjentiswa lomutsi. Loku bebakwentela kwekutsi uma kungenteka bantfu labatsite bangangena kulelokhaya baphetse imitsi yabo ingasebenti kanye nemimoya lemibi.

Mabuza (2005) utsi utsatsa emagcolo emphandze yalesihlahla uyigandze bese unameka lomutsi kuletilondza.

Mabuza (2004) naGumedze (2017) batsi loku kusita kwekutsi lesilondza sisheshise kuphola. Uyachubeka utsi emagcolo alesihlahla umntfwana uyawahlafuna nangabe sisu sakhe sigcwele umoya. Lokunye emagcolo alesihlahla uyawagandza bese ucupha kancane upheke imbita. Lomutsi uyasita nangabe uphetfwe ngemanyokane. Uyachaza utsi nangabe ugulwa ngumphimbo, utsatsa timphandze utigandze bese utsatsa lomutsi ufake emantini lashisako sewuyahahaza noma uhlukuhle lomphimbo uyaphola.

Hutching nalabanye (1996:132) bayangeta batsi, timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu longenantalo kanye nalonesikhukhu. Bayachubeka batsi lomutsi uyachamisana kantsi uyasita kuvikela umfati lotetfwele angaphunyelwa sisu. Kunene (2016) naGumedze (2017) batsi emagcolo alesihlahla ayasetjentiswa kwelapha umuntfu lophetfwe ngumkhuhlane, tilondza taselulwimini kanye netilwanyana letibakhona ematfunjini. Bayachubeka batsi lomutsi uyasita kwelapha umuntfu wesifazane loya esikhatsini ngalokwecile noma sikhatsi lesidze.

Mavimbela (2016) naMavimbela (2017) batsi nangabe ugulwa ngemehlo, utsatsa emagcolo netimphandze bese uyakugandza, emvakwaloko ubilisa emanti sewufaka lomutsi kulamanti sewufutsa lamehlo. Lokunye utsatsa emanti alomutsi uwatsele emehlweni nangabe lenkinga iyinkhulu. Uphindze wangeta kwekutsi nangabe usheka ingati noma sisu sakho sihlambulukile, utsatsa emagcolo etimphandze tesicu uwagandza bese wenta silobekelo sewuyanatsa, umsheko uyavaleka. Lokunye utsi nangabe uphetfwe litinyo utsatsa emacembe alesihlahla uwabilise, lesitimu usicondzise kulelitinyo lelibuhlungu libese liyaphola. Loku kufakazelwa nguVan Wyk naVan Wyk (2000:227) uma bachaza kanje:

Leaves are used for toothache and abdominal pain.

Emacembe asetjentiswa kwelapha litinyo lelibuhlungu kanye netinhlungu tesisu.

4.2.64. Inkhofe

Ngekusho kwaSizane Shongwe (Locashuniwe 2017) utsi ikhofe simila lesitfolakala emahlanzeni sikhula sibe sincane. Lesimila sinemacembe laphose afane nemkhwane wembila. Uyachubeka utsi lesimila sinesigadla lesimtfubi ngelibala. Matobhi Gumedze (Locashuniwe 2016) utsi kunetinhlobonhlobo tenkhofe

(i) Kusetjentiswa

Ngekusho kwaGumedze (2016), inkhofe ibalulekile kakhulu futsi inguzifozonke. Lomutsi uhlanganiswa naleminyane imitsi ekwelapheni tifo letahlukahlukene. Inkhofe imbata yayo ihlambulula sisu, iphindze futsi ivule tindhliyo talongakutsandzi kudla. Gumedze (2017) naye uyachaza utsi, imbata yalomutsi kutsiwa iyasita kukhipha emasi lasamtfubi esiswini semntfwana. Lamasi abangwa kutsi unina wemntfwana usuke sekakhulelwe. Isaac nalabanye (2011:114) nabo bayanatela batsi:

The African potato has been used by the indigenous people of kwaZulu Natal and Pondoland regions as a laxative for a long time.

Inkhofe beyisetjentiswa ngeMazulu akudzala Kanye nangeMampondo sikhatsi lesidze njengemutsi loshekisanako.

Fawole (2017) utsi nangabe uphetfwe siyeti, ugoba inkhofe uyifake emantini lacandzako bese uyaphalaza, siyeti siyaphela. Lomutsi uniketwa bantfwana labangenamandla kute bacine emtimbeni. Loku kuchazwa boWatt naBreyer (1962) bacashunwa nguHutching nalabanye (1996:55) uma batsi:

Plants decoctions are given to weakly children as tonic by the Tswana and Kwena.

Imbata leyentiwe ngetifombo iniketwa bantfwana labangahlambuluki emtimbeni kute bacine. Loku kwentiwa Betswana Kanye neBakwena.

Mamba (2017) utsi nangabe ufuna kulahlekelwa yingcondvo nobe kusangana, kumele uphalaze ngemutsi lowentiwe ngesigadla senkhofe. Manana (1984:40) ubeka kanje:

*Uma sigxotshiwe nje sangabiliswa, siye sithelwe
amanzi kube isichongco esiphalazela isiyenzi
nokuphambana kwengqondo.*

4.2.65. Silulwane

Ngekusho kwaGumedze (2013) utsi silulwane simila lesincane lesinesigadla losiphatulako njengeliklabishi noma lesinemacembe latibhelekecane. Lesimila sinemacembe lamadze lacondze etulu kantsi sinetimpanjane letincane. Ungabamba emacembe alesimila ngetandla ayanwayisa.

(i) Kusetjentiswa

Ngekusho kwaShabangu (2017) utsi sigadla salomutsi usihlanganisa naleminyane imitsi kwelapha tifo letinyenti kakhulu. Tigwabugwabhu talomutsi tiyaphekwa nangabe ufuna kwelapha sifo sagcunsula. Lokunye lomutsi uwodvwa uyawahlanganisa ematsambo laphukile. Lubisi (2016) utsi silulwane ngumahlanganisa ngoba uyakhona kuhlanganisa nenyama lehlukene ibuyele esimeni.

Shabangu (2016) uyangeta utsi lona ngumutsi wetilondza tangekhatsi kanye netangehandle. Silulwane kumele uwusebentise ngekucopehelela ngoba unjalo nje uyashekisana. Loku kusho kutsi akalungi kumunfu logijinyiswa sisu. Ngekusho kwaMtshali (2010) utsi, silulwane uhlanganiswa nemitsi leminyenti ekulapheni. Silulwane uyinkhunzi ekulapheni tilondza tangehandle kanye netangekhatsi.

4.2.66. Sinhlonhlwane

Masilela (2016) utsi sinhlonhlwane sihlahla lesitsi nangabe sikhula sidzandzele kuletinye tihlahla. Lesihlahla singumtungulo loluhlata ngembala.

(i) Kusetjentiswa

Singwane (2012) utsi lapha ujuba lomtungulo bese uyawugandza, emvakwaloko sewunameka lomutsi etilondzeni tisheshe tiphole. Lomutsi ulapha tonkhe tinhlobo tetilondza. Lokunye uyasita kukhipha timphetfu etilonzdeni tebantfu nasetinkhomeni. Gumedze (2017) yena ubeka utsi, lomutsi uyakhona kubulala tibungu nangabe tingekhatsi emtimbeni wemuntfu. Loku kufakazelwa nguVan Wyk naVan Wyk (2000:198) nababeka batsi:

The crushed fresh succulent stems are applied to heal sores and wounds, as well as wounds infested with maggots in humans as well in livestock.

Sicu lesidlevetiwe noma lesigayiwe lesinemanti uyasigcobisa nangabe welapha tilondza kanye nemanceba kanye lanetimphetfu ebantfwini nasemfuyweni.

Singwane (2016) naSingwane (2017) batsi emacembe alesihlahla kanye nalomtungulo uyakugandza bese ukunameka etilondzeni tekusha kanye nasemancebeni. Lomtungulo uyasetjentiswa ngenhloso yekwelapha umuntfu lobonakala timphawu tekushisa kwemtimba. Lomtungulo uyasetjentiswa kwelapha umuntfu lonemajacamba esiswini kanye nasematfunjini.

Mtshali (2009) utsi umtungulo kanye nemacembe kuyasetjentiswa kwelapha umuntfu lophetfwe ngumalaleveva. Emacembe kanye nalomtungulo kuyagandvwa bese kufakwa emantini kute inkhomo itowuba nelubisi lolunyenti. Ngekusho kwaHutching nalabanye (1996:196) batsi emacembe ahlanganiswa nemafutsa ngenhloso yekwelapha umuntfu lophetfwe tinhlungu tasemhlane, temtimba wonkhe kanye nelicolo. Lomutsi uyasita kuvikela umuntfu tikwebatsakatsi.

4.2.67. Sikenama

Mamba (2017) utsi sikenama simila lesinemacembe lamadze. Lesimila sitfolakala lapho kunemahlatsi khona. Sikenama sinesigadla lesiphose sifane nasilulwane.

(i) Kusetjentiswa

Thwala (2010) utsi sikenama naso sisebenta umsebenti lomkhulu ekulapheni tifo letehlukahlukene. Sikenama nangabe unesifo sagcunsula uyasifaka noma tifo letehlukahlukene temacansi nakhona siyangena. Lona ngumutsi lomkhulu wetilondza tangekhatsi. Kunene (2017) lomutsi uyasetjentiswa kwelapha imidlopha kanye nekuwasha imitsambo.

Ngekusho kwaManana (1984:51) yena utsi, lona ngumutsi lomkhulu wemhlabelo lowenta kwekutsi inyama lelimele ngekhatsi iphindze ihlume. Lokunye lona ngumutsi wekuhlanganisa ematsambo laphukile. Uyenaba utsi lomutsi uphekwa ngelubisi lwenkhomo noma ngemhluti wenkhomo lengakanoni.

Ngekusho kwaMtshali (2009) naMabuza (2004) batsi, sikenama ngumutsi loyingoti kodwa uyasita kwekutsi ukhiphe ematse netikhwehlehle. Bayachubeka batsi lomutsi uyahlanta nangawo. Lomutsi uyachamisana uphindze usite kwekutsi inhliyo ihlale icinile isesimeni lesikahle. Mavimbela (2017) utsi, sikenama siyasetjentiswa kwelapha umuntfu lonemehlo lagcwele intfutfu kanye nalogulwa sifuba semoya. Thwala (2009) uyananatela naye utsi, lesigadla siyasita kwelapha umuntfu lophetfwe ngemahlaba aseswini kanye nekuvuvuka. Lomutsi uyasita kuvusa tindvuku time tisi mpo kanye nekwelapha umuntfu logulwa siyeti.

Hutching nalabanye (1996:39) batsi, lomutsi uyasita kwelapha umuntfu lohlushwa tifo letenta kwekutsi angakhoni kuphefemula ngendlela lefanele. Lomutsi uyasita kwelapha umuntfu lovuvuke emalunga kanye nemisipha. Lomutsi ulwa netinhlungu letitsintsa emalunga kanye nemisipha. Lomutsi uyawutsatsa utfobe ngawo. Uyasita kwelapha umkhuhlane. Masilela (2017) uyananatela naye utsi, lomutsi uyasetjentiswa kuchela ngawo ekhaya ngenhloso yekuvikela imimoya lemibi kute ingangeni ekhaya.

Shabangu (2017) utsi sigadla salomutsi uyasishikisha esifubeni ngenhloso yekwelapha umuntfu laphetfwe ngemahlaba lagwazako labuhlungu. Lomutsi uyaphalaza ngawo ngenhloso yekwelapha umuntfu lophetfwe tinhlobonhlo tetifo tesisu. Lomutsi uyasita kwelapha tilo esiswini. Matsaba (2004) utsi lomutsi uyasetjentiswa kwelapha umuntfu

lonenhlitiyo leshaya ngemandla uma impompa ingati. Lomutsi uyasita kwelapha emadvodza latenwayako.

4.2.68. Imphinda

Ngekusho kwaGumedze (2017) utsi, imphinda kuba ngumtungulo lotsandzela esihlahleni. Imphinda ihlukene kabili ngoba kunalena lebovu ngatsi ingati. Uyachubeka utsi ungayijuba ngabhusha kubonakala umbala lobovu. Kunalelenye ungayijuba ngabhusha imhlophe ngelibala. Masilela (2017) utsi emacembe alesihlahla aluhlata ngembala kantsi atfolakala etulu kulesihlahla.

(i) Kusetjentiswa

Ngekusho kwaKunene (2016) utsi lapha kusetjentiswa umtungulo wemphinda. Lapha ugandza lomtungulo wemphinda bese ucupha kancane uwusebentise nangabe ufutsa. Lomutsi uyangena tikwemitsi yekuhlanta, yekugata kanye nasetimbiteni. Singwane (2017) uyananatela utsi, lomutsi uphindze ungene tikwetihlati lokuchelwa ngato likhaya kute kucoshwe noma kuvikelwe imimoya lemibi. Lomutsi uyasetjentiswa kwelapha sifo sebulephelo, sifo samalaleveva kanye nemkhuhlane. Loku kuchazwa nguHutching nalabanye (1996:208) uma batsi:

In Mozambique, the Zulu and Ronga administer root decoctions for malaria and leprosy and use leaf decoctions as a steam bath for malaria.

EMozambique, eMazulu kanye neMaronga babilisa timphandze ngekucopelela nangabe bafuna kwelapha sifo samalaleveva kanye nebulepheli. Baphindze basebentise umutsi lowentiwe ngemacembe bafutse ngawo ngenhloso yekwelapha sifo samalaleveva.

Ngekusho kwaGumedze (2016) naGumedze (2017) batsi, imphinda iyasetjentiswa kwelapha umuntfu lophetfwe ngemahlaba asesifubeni lagwazako. Timphandze tiyasetjentiswa kwelapha umuntfu longenantalo. Timphandze tiyasita kwelapha umuntfu

wesifazane loya esikhatsi sikhatsi lesidze ophe kakhulu. Ntuli (2009) utsi, emacembe uyawagandza abe yimphuphu bese ucupha kancane lomutsi uwufake emantini lasivuvu sewuyahlanta. Uyachubeka utsi lomutsi uyasebenta kakhulu ngoba ukhipha tonkhe letindzendze.

4.2.69. Umwelela

Gumedze (2017) utsi umwelela, sihlahla lesingumtungulo lesitfolakala emfuleni. Lomtungulo uba nelitsanga lelitfolakala ekhatsi emfuleni. Lelitsanga lidliwa tingulube, utikhandza tivukuta ekhatsi emfuleni tifuna lona.

(i) Kusetjentiswa

Ngekusho kwaSingwane naMamba (2013) batsi, lomutsi usetjentiswa kumemeta umuntfu lowahamba waduka nelive. Lomutsi awusetjentiswa wodvwa kepha uhlanganiswa naletinye tihlahla njenge mmemezi nelozililo. Batsi lomuntfu noma akhashane kakhulu kodvwa nitamtfuka atseleka ekhaya. Sibonginkhosi Mavimbela naMavimbela (2017) batsi lomutsi uyasetjentiswa kwelapha umkhuhlane.

Singwane naGumedze (2016) batsi, lomutsi uyasetjentiswa kwelapha sifo sekudlimleka kanye nesifo sekuwa. Batsi utsatsa lomutsi uwugandze bese ucatseka lomuntfu lohlushwa ngulesifo. Dlamini (2012) utsi, lomutsi uyasetjentiswa kwelapha umuntfu lofe luhlangotsi noma logulwa yimfa nganhlanye. Mavimbela na Mabuza (2006) batsi lomutsi uyasetjentiswa kwelapha umuntfu lohlushwa sifo sematsambo. Lomutsi uyasetjentiswa ngenhloso yekwelapha umuntfu lovuvuke emalunga kanye nemisipha. Bayachubeka batsi lomutsi ungawunatsa uphindze ukukhiphe ngaphasi.

Shongwe (2016) naThwala (2009) batsi, lomutsi ulusito nangabe uwuhlanyeke ekhaya ngoba ucosha tinyoka tingasondzeli. Timphandze tiyasetjentiswa ngenhloso yekwelapha umuntfu lohisa ngalokungetulu kunaloko lokulindzelekile. Hutching nalabanye (1996:37) batsi, timphandze tisetjentiswa ngemajaha ngenhloso yekusoma tintfombi. Lomutsi wenta kwekutsi uma lomunye angekho dvutane nalomunye bahlala bakhumbulana njalo. Bayachubeka batsi lesihlahla bayacabanga kwekutsi ngulesinye lesinashevu loyingoti lobulala emaselisi engatini.

4.2.70. Inkhakha

Ngekusho kwaMavimbela (2017) utsi, inkhakha simila lesitfolakala emakhaya kanye nasesigangeni. Inkhakha ihlukene kabili, kukhona inkhaka lebayibita ngekutsi inkhakha yesibhulantane lena lebaba kakhulu. Lenkhakha yesibhulantane itfolakala kakhulu esigangeni lapho kunemahlatsi khona. Lenkhakha inemacembe lamakhulu. Shongwe (2017) uyangeta naye utsi, siphindze sibe nenkhakha letfolakala emakhaya kanye nasemasimini. Lenkhakha lena kutsiwa inkhaka yesiswati nayo iyababa kodwa hhayi kakhulu. Lenkhakha lena inemacembe lamancane. Inkhakha iyadzandzela edaladini, etihlahleni nobe inabe phasi.

(i) Kusetjentiswa

Ngekusho kwaMavimbela (2016) inkhakha njenge simila lesibabako silapha tifo leyinyenti emtimbeni wemuntfu. Timphandze tenkhakha uyatigandza bese upheka imbita lelapha tinhlungu tesisu kanye netifo tasematfunjini. Hulme (1954) acashunwa nguHutching nalabanye (1996:304) batsi:

Roots infusions are used for stomach and intestinal complaints.

*Silobekelo lesentiwe ngetimphandze
siyasetjentiswa kwelapha tifo tesisu kanye
nekugula lokusematfunjini.*

Ngekusho kwaGumedze (2017) utsi, lomutsi uticedza ngekushesha letinhlungu. Imbita lephekwe ngemacembe kanye nangetimphandze tenkhakha ilapha sifo sashukela. Lomutsi ukhipha bonkhe lobutsi lobugijima ngemitsambo yengati. Mabuza (2004) naMavimbela (2009) bayananatela nabo batsi, ungatsatsa tihhaka nobe bantfwana balesihlahla upheke imbita, iyasita kakhulu ekuhlambululeni sisu nangabe sisongekile. Imbita leyentiwe ngetimphandze tenkhakha ungayinatsa ikhipha bonkhe butsi noma nangabe kunalokungahambi kahle ematfunjini. Lokunye inkhakha iyasetjentiswa kwelapha tilondza nangabe ushile. Inkhakha unganatsa lamanti ayo ilwa nenyongo iphindze iwashe imitsambo kanye nengati.

Nkosi (2016) utsi, inkakha iyasihlambulula sisu uma singcolile. Inkakha iyasita kuhlenga inyongo lesesibindzini iphume ngaphasi. Shabangu (2017) naGumedze (2013) bayafakaza nabo batsi, inkhakha ilwa netifo letinyenti letitfolakala esibindzini. Inkhakha iyasetjentiswa njengemutsi wekuvusa tindvuku time tisi mpo. Tindhavu letitfolakala tikwetinkhakha tiyasetjentiswa ngenhloso yekwelapha umuntfu lohile kanye nalovuvuke imitsambo engungwini nangemuva. Inkhakha iyasetjentiswa ngenhloso yekunciphisa ematfuba ekuvuvuka kanye nekuba bovu emtimbeni.

Qwabe (2017) utsi, inkhakha iyasetjentiswa nangabe welapha umuntfu lohlantako. Uyachubeka utsi lona ngumutsi lomkhulu lovala kuhlanta uphindze uhlambulule sisu. Lomutsi uyasita kwelapha umuntfu lophetfwe ngumkhuhlane lahambisana nekushisa lokungetulu kunaloko lokulindzelekile.

4.2.71. Umnugwane

Ngekusho kwaKunene (2017) utsi, umnungwane sihlahla lesingakhuli kakhulu siba semkhatsini nendzawo. Lesihlahla sinemacembe lamancane laluhlata ngembala kantsi timbali talesihlahla timtfubi ngelibala. Emagala alesihlahla kusukela esicwini, anemachutu laphose afane nemabele emntfwana. Lesihlahla sitfolakala emahlanzeni lapho kunetihlahla letidzalingene kanye nalapho kunematje khona (Gcumisa naNtombela 1993:166).

(i) Kusetjentiswa

Gumedze (2013) utsi, timphandze talomutsi tiyasetjentiswa kwelapha ematinyo labuhlungu. Lokunye utsatsa lamacembe alesihlahla upheke imbita nangabe uphetfwe yinkhwanjtu esiswini. Titselo talesihlahla tiyasita nangabe umntfwana sisu sakhe sicumbelana. Timphandze talesihlahla tiyasetjentiswa nangabe ugulwa ngematinyo. Lokunye imbita leyentiwe ngemagcolo iyasetjentiswa nangabe uwasha ematinyo. Makhubela (2016) utsi, emagadlana alesihlahla ayasetjentiswa kuhlukuhla ematinyo.

Thwala (2009) naMabuza (2005) batsi, lomutsi uyasetjentiswa nangabe ufuna ematinyo akho ahlale asesimeni lesikahle, angacetuki futsi tinsini takho tingavuvuki. Bayachubeka batsi emacembe kanye netimphandze talesihlahla tiyasetjentiswa kwelapha umkhuhlane

kanye nekukhwehlela. Imbita yalomutsi iyasetjentiswa ngetindlela letinyenti kanye nekwelapha tifo letehlukahlukene. Lomutsi uyasetjentiswa kwelapha umuntfu lofe luhlangotsi kanye nesifo sekudlimleka kanye nesifo sekuwa.

Shabangu (2017) naShabangu (2016) batsi, emagcolo esicu kanye netimphandze letigandziwe taba yimphuphu, kuyasetjentiswa kwelapha umphimbo lovuvukile kanye nekuhlanta ingati lenebutsi lobutsite. Emacembe ayasetjentiswa kwelapha tilo esiswini. Lapha upheka lamacembe wente imbita unatse letilo tiyaphela. Shabangu (2016) utsi, titselo talesihlahla ungatihlafuna utidle, tilapha tifo letihambisana nekucumbelana kwesisu semntfwana kanye netinhlungu tesisu. Loku kuchazwa nguPujol (2001:113) nakabeka kanje:

The chewed fruit is an old folk remedy for treating colic, flatulence, stomach aches, pains and cramp

Bantfu labadzala bahlafuna lesitselo nangabe bafuna kukhokha umoya, kwelapha tinhlungu taseswini, emahlaba kanye nemajacamba.

Umnungwane uyasetjentiswa kwelapha umuntfu logulwa tinso, lico, tinso letivuvukile, sinye, sitfutwane kanye nesisu lesihambisanako Gcumisa naNtombela (1993:166).

4.2.72. Ummemezo

Ngekusho kwaMatsaba (2017) utsi, ummemezo sihlahla lesikhula sibe sikhulu lesinemagcolo lamhlophe. Emacembe aluhlata sasibhakabhaka.

(i) Kusetjentiswa

Singwane (2013) naGumedze (2017) batsi, ummemezo kusetjentiswa wona nangabe umuntfu bamtsebulile. Lomutsi bayawugandza ubeyimphuphu bese batsatsa lomncane bayambhemisa etimphumulweni. Kutsiwa angatsimula kukhombisa kona kutsi

sewuyabuya. Loku kukhombisa kona kutsi angahle aphile, kantsi nangabe angatsimuli kusho kona kutsi imphilo ilukhuni. Shabangu (2017) utsi lapha kusetjentiswa timphandze talesihlahla bagandze tona tize tibe yimphuphu.

4.2.73. Umtfombotsi

Ngekusho kwaMasilela (2017) utsi, umtfombotsi sihlahlaha lesikhula sibe semkhatsini nendzawo. Lesihlahla sinemacembe lamancane laluhlata. Timbali talesihlahla tiliphuti ngembala kantsi emagcolo alesihlahla amnyama sakuba bhidzi ngembala.

(i) Kusetjentiswa

Ngekusho KwaKhoza (2017) naMahlalela (2016) batsi, emagcolo alesihlahla ayasetjentiswa kwelapha letifo letilandzelako, tinhlungu tasesiswini. Lomutsi uyasetjentiswa kwelapha sifo semsheko kanye nesifo sekusheka ingati. Lubisi lwalesihlahla luyasetjentiswa nangabe uphetfwe ngematfumba. Bayachubeka batsi lapha batsatsa lolubisi lwalesihlahla balugcobise kulamatfumba bese ayaphola ngekushesha. Lomutsi nangabe uwusebentisa kufanele ungawufaki ngebunyenti, kumele ucuphe kancane uwukale. Ngekusho kwaMtshali (2010) utsi, lolubisi lunebungoti lobutsite kufanele ulusebentise ngekucopehela ngoba lungenta sikhumba sakho sibe nemathuthumba, uphindze uve buhlungu lobumetima. Akusikahle kusebentisa tinkhuni nangabe ufuna kosa inyama ngalesihlahla, siyingoti.

Mabuza (2004) utsi, lesihlahla akusikahle kwekutsi singabaswa kuphekwe kudla ngaso ngoba intfunfu yalesihlahla ungayihogela ungabandvwa yinhloko. Lokunye unghogela lentfutfu kungenteka ubenesicanucanu. Lenyama ingakushekisa uma unebhadi ungafa. Loku kufakazelwa nguVenter nalabanye (1996:276) nababeka batsi:

The milky latex is extremely toxic, resulting in severe diarrhoea if meat roasted on coals from its wood is eaten. In severe cases death may result.

Lubisi lwalesihlahla lunebutsi lobuyingoti lobenta kwekutsi umunfu asheke kakhulu. Uma inyama

*yosiwe ngemalahle alesihlahla nayo iyashekisana.
Loku kungenta kwekutsi ekugcineni ashone.*

4.2.74. Inkhunzane

Ngekusho kwaKunene (2017) utsi, inkhunzane sihlahlana lesinabako lesinemacembe lamancane. Inkhunzane itfolakala kakhulu emahlanzeni. Lesihlahla sinemanyeva lahamba ngamabili. Kutsiwa angakuhlaba kutsatsa sikhatsi kuphola ngoba anesitfozi. Masilela (2017) naye uyananatela utsi, emacembe enkhunzane amphunga kantsi timbali tiphuti ngelibala.

(i) Kusetjentiswa

Ngekusho kwaGumedze (2013) utsi, emacembe alesihlahla asetjentiswa bantfu labasikati kugeza inkhwetfu enhloko. Emacembe alesihlahla bekasetjentiswa njengensipho kadzeni. Lokunye lamacembe bayawasebentisa nangabe bafuna kucancatsa inhloko. Van Wyk na Van Wyk (2000:232) nananatela batsi:

All parts of the plant contain saponins and are markedly soapy and slimy. If crushed plants are left in water overnight, the resultant mucilage is useful substitute for soap and shampoo.

Tonkhe tincenye tesitfombo tinesaposini leyenta lokusansipho kanye nalokushelelako. Uma sewucedzile kugandza letitfombo ubese ufaka lomutsi emantini uhlale busuku bonkhe. Kutsiwa kubese kuyanembuluka kusetjentiswe esikhundleni sensipho kanye neshampo.

Nkosi (2017) naSingwane (2013) batsi, timphandze tenkhunzane tiyasetjentiswa kupheka imbita nangabe bafuna kwelapha sifo senhlitiyo. Timphandze tenkhunzane tiyasetjentiswa kwelapha tinhlungu tesisu. Lokunye lona ngumutsi lomkhulu wekuhlambulula sisu. Inkhunzane iyasetjentiswa banatsise umfati losandza kubeleka nangabe indlu yemntfwana solo ingaphumi esiswini.

Ngekusho kwaMabuza (2002) utsi, timphandze tenkhunzane tiyasetjentiswa nangabe ufuna kukhipha kungcola esiswini. Thwala (2010) utsi, timphandze tenkhunzane tiyasetjentiswa nangabe ugulwa ngematinyo kanye nenhloko. Lokunye utsatsa timphandze kanye nemacembe upheke imbita. Lomutsi uvula inhliyiyo kute ukhone kudla. Umfati anganatsa lomutsi uyashelelisa bese kuphuma konkhe kanye nekungcola.

4.2.75. Insikane

Ngekusho kwaGumedze (2013) utsi, insikane tjani lobumila endzaweni lesihlambo, ngasemfuleni noma esigangeni. Insikane tjani lobusikanako njenge nsingo. Lapho bukusike khona ukhandza kuchinsika ingati.

(i) Kusetjentiswa

Ngekusho kwaGumedze (2016) utsi, timphandze talomutsi tiyasetjentiswa kwelapha silume. Gumedze (2017) utsi, lomutsi uyasetjentiswa kwelapha umuntfu lova sinye sakhe simsika njengemasikela. Lomutsi uyasita kwelapha umuntfu lomsikati loya esikhatsini angacedzi. Timphandze talomutsi tiphekwa neliphalishi lemmbila bese liphakelwa phasi emnyango, alidle njengenja alicedze. Ngekusho kwaMabuza (2006) naGumedze (2013) batsi, lomutsi uyasetjentiswa kwekutsi umuntfu abe nenkhanuko futsi uvusa netindvuku time tisi mpo. Bayachubeka batsi lomutsi uyasetjentiswa kupholisa tinhlungu tesisu. Purushothaman (2017) naFawole (2016) batsi, timphandze talomutsi uyatihlafuna nangabe kunekudla lokungakagayeki kahle esiswini. Lomutsi baphindze bawusebentise nangabe umuntfu wesifazane afuna kusheshisa kuya esikhatsini. Lona ngumutsi losita umuntfu lophetfwe tinhlungu tesisu angativa.

4.2.76. Maphipha

Shabangu (2016) utsi, maphipha sihlahla lesikhula sibe sikhulu. Emagcolo alesihlahla aliphuti sakuba mphunga ngembala. Lamagcolo alesihlahla asibhadlati tikwemagala lamancane kantsi futsi atsambile. Lamagcolo tikwe magala lamadzala wona amphunga sakuba bhidzi ngembala. Gumedze (2017) naye uyananatela utsi, lamagcolo asibhadlati ayahhedla. Emacembe alesihlahla abutsana ekugcineni tikwemagadlana abesidlidli. Kutsiwa timbali talesihlahla tiluhlata sakubamhlophe ngelibala.

(i) Kusetjentiswa

Emagcolo alomutsi uyawagandza abe yimphuphu bese ucupha kancane sewuwufaka emantini lasivuvu sewuyaphalaza. Ngekusho kwaManana (1984:64) asekelwa nguShabangu (2017) batsi, lomutsi uyasita kuncandza luvalo kanye nekuvimba emaphupho lamabi. Lomutsi ungaphalaza ngawo uniketa ingati emandla. Watt naBreyer (1962) bacashunwa nguHutching nalabanye (1996:228) bayangeta nabo batsi:

Emetics made from unspecified parts are taken to dispel bad dreams.

Umutsi wekuhlanta lowentiwe ngalokutsite lokungakadzalulwa bahlanta ngawo kucosha emaphupho lamabi.

4.2.77. Intfolwane

Masilela (2017) utsi, intfolwane sihlahlana lesincane. Lesihlahlana sinemacembe lamnyama sakuba luhlatana. Intfolwane inetimbali letimtfubi sakuba sagolide. Timphandze talesihlahlana tibovu njenge ngati.

(i) Kusetjentiswa

Ngekusho kwaKhoza (2017) timphandze talomutsi tiyasetjentiswa kwelapha sifo senhlitiyo. Lapha kuphekwa imbita bese banatsisa lesigulane, iyancedza kakhulu nangabe uphetfwe sifo senhlitiyo. Makhubela (2016) naMavimbela (2017) nabo bayananatela babeka batsi, letimphandze uyatigandza bese utsatsa lomutsi sewuwufaka emantini lasivuvu sewuyaphalaza kucedza sidzina. Baphindze bangete batsi lomutsi bayawutsatsa bacatseke ngawo bantfwana nangabe basheka ingati. Lomutsi uyasita kwelapha tinhlungu tesisu letihlupha bantfwana. Lapha kusetjentiswa lamantfweshu latikwemagcolo.

Mavimbela (2017) utsi, timphandze talomutsi tiyasetjentiswa kwelapha umuntfu lonesisu lesihlambulukile. Gumedze (2017) utsi, timphandze talomutsi tiyasetjentiswa kwelapha umuntfu losandza kubeleka. Lomutsi uyasita kuwasha sibeletfo semfati losandza

kubeleka. Timphandze tiyasita kwelapha umuntfu lophetfwe ngemahlaba aseswini kanye nemuntfu lophelelwe yintalo. Hutching nalabanye (1996:126) bayangeta nabo batsi, timphandze talesihlahla tiyasetjentsiswa njengemutsi wesifuba, welutsandvo, sisu lesibuhlungu kanye nemkhuhlane lohambisana nekushisa lokusezingeni lelisetulu. Lomutsi uyasetjentsiswa njenge mvusankhunzi. Lomutsi kutsiwa ubovu ukhipha kakhulu inyongo ubuye ukhuculule netindzendze (Msimang 1991:238). Thwala (2009) uyangeta utsi timphandze tiyasetjentsiswa kwelapha umuntfu lophetfwe tifo temacansi, lonenkinga ematfunjini kanye nalowophako. Timphandze talesihlahla tiyasetjentsiswa kukhipha inyongo (Nyembezi 1992:370).

4.2.78. Matfunga

Mavimbela (2017) utsi, matfunga simila lesitfolakala emahlanzeni. Lesimila sinemacembe lamadze laphose afane nemkhwane wemmbila. Emacembe alesimila aluhlata ngembala.

(i) Kusetjentsiswa

Khoza (2016) utsi, sigadla salomutsi siyasetjentsiswa kugata umuntfu lophukile. Lapha ugata lomuntfu lophukile dvutane nalapho aphuke khona. Lomutsi ngumhlabele losebenta ngekusheshisa. Thwala (2009) utsi, lomutsi uyasetjentsiswa kwelapha ematinyo labuhlungu. Lomutsi uphindze ucatseke ngawo nangabe licolo libuhlungu kanye nalophetfwe ngumkhuhlane. Lomutsi uyasita nangabe unenkinga yekuphefemula. Lomutsi ukhipha ematseketeke lenta lukhalo lube buhlungu. Watt naBreyer (1962) bacashunwa nguHutching nalabanye (1996:42) batsi:

Bulb decoctions are taken for coughs and other respiratory ailments and administered as enemas for biliousness and lumbago.

Imbita leyentiwe ngelisigadla iyasetjentsiswa kwelapha kukhwehlela kanye netinkinga letitsite letimayelana nekuphefemula. Lomutsi baphindze bacatseke ngawo ngekucopehlela kukhipha

ematseketseke kanye nekwelapha lophetfwe lukhalo.

Thwala (2009) utsi, lomutsi uyasetjentiswa nangabe kukhona lotfole ingoti wophela ngekhatshi. Lapha kubiliwa lesigadla bese uyanatsa, kuphuma yonkhe lengati leme lengekhatshi uphindze uhlanganise inyama lelimele.

4.2.79. Magucu

Mamba (2017) utsi, magucu sihlahla lesitfolakala lapho kunemahlatsi khona. Magucu unemacembe lamakhulu kantsi uneticu letimizacana noma tindvukwana.

(i) Kusetjentiswa

Ngekusho kwaMamba (2016) utsi, timphandze talesihlahla bayatigandza bese bacupha kancane lomutsi sebawufaka emantini lasivuvu sebyanhlanta, baphindze bageze ngawo. Lomutsi usetjentiswa etindzaweni letinyenti. Lomutsi bayawusebentisa nangabe bafuna kugucula likhaya libuyele esimeni salo noma nangabe bagezisa umuntfu.

Mabuza (2004) utsi, lomutsi bayawusebentisa nangabe bafuna kugucula umuntfu losemnyameni abuyele ekukhanyeni. Shabangu (2017) uyafakaza naye utsi, lomutsi nangabe uphalaze ngawo ukhipha tindzendze, uphindze usite nesifuba kutsi sibe sesimeni lesikahle. Uyachubeka utsi, lomutsi ugeza ngawo nobe ufutse ngawo, emvakwaloko babese bakugezisa ngetihlati tenhlanhla kute ubuyele ekukhanyeni. Kutsiwa magucu uyasetjentiswa kugucula bafelokati kute baphume ebumnyameni babe sekukhanyeni.

Thwala naGumedze (2009) batsi, emacembe kanye nesitselo lesiluhlata uyakugandza bese ucupha kancane lomutsi uwunameke emancebeni kanye nasetilondzeni. Bayachubeka batsi timphandze tamagucu tiyasetjentiswa ngenhloso yekwelapha lukhalo. Utsatsa lomutsi uwushise bese ugata umuntfu logulwa lukhalo sewuyamkhuhlela. Mavimbela naMavimbela (2017) batsi, emacembe ayasetjentiswa kwelapha umuntfu lolunywe yimbuzulwane noma malaleveva kanye nemuntfu losheka ingati. Bayachubeka batsi titselo talesihlahla tiyasetjentiswa kwelapha umuntfu lonesisu

lesihlambulukile. Lomutsi uyasetjentiswa kwelapha umuntfu logulwa tifo temehlo letehlukahlukene kanye nesifo sagcunsula.

Ngekusho kwaMatsaba (2002) utsi, timphandze tiyasetjentiswa kwelapha umuntfu lovuvuke emalunga kanye nalogulwa imisipha. Uyachubeka utsi timphandze kanye nesitselo kuyasetjentiswa kwelapha umuntfu lophetfwe ngumkhuhlane lohambisana nekushisa lokusezingeni lelisetulu kunalelo lelemukelekile. Sitselo siyasita kwelapha umuntfu lophetfwe tinhlungu eswini. Shabangu (2017) utsi, timphandze kanye nemacembe kuyasetjentiswa kwelapha umuntfu lobandvwa yinhloko kanye netilondza tangekhatsi. Lomutsi ungawunatsa uyachamisana. Titselo tiyasetjentiswa ngenhloso yekwelapha umuntfu lova tinhlungu uma achama. Mabuza (2004) utsi, emacembe netimphandze kuyasetjentiswa kuvimbela kungabanjwa ngemajacamba kanye nekudvonseka kwemisipha. Emacembe kanye nembewu noma inhlanyelo, kuyasetjentiswa kwelapha tinsini, ematinyo kanye neticoko.

Makhubela (2017) utsi, emacembe lanyetiwe ayasetjentiswa kwelapha ematfumba, tilondza kanye nemadlala lavuvukile. Emacembe kanye netselo kuyasetjentiswa kwelapha umuntfu lovuvuke sinye, tifo temehlo, tifo tenhlitiyo kanye netifo tesibindzi. Inkhovu yalomutsi iyasetjentiswa kwelapha umuntfu lonemarabi.

Dlamini (2012) utsi, emacembe ayasetjentiswa kwelapha sifuba semoya, lukhwehlekhwehle, kukhwehlela kanye nekukhwehlela ingati. Uyachubeka utsi emacembe ayasetjentiswa kwelapha kuvuvuka, kusha kanye nemuntfu lovuvuke imisipha engungwini kanye nangemuva. Shabangu (2017) utsi, emacembe ayasita kwelapha umuntfu lophetfwe ngemanyokane. Uyachubeka utsi timphandze kanye nemacembe kuyasetjentiswa kuvimbela kubanjwa ngemajacamba kanye nekudvonseka kwemisipha.

4.2.80. Libhume

Mamba (2017) utsi, libhume litfolakala etindzaweni letihlala tinemanti, etihlanjeni kanye nasemifuleni. Libhume litfolakala cishe yonkhe lendzawo yaseMzansi ne-Afrika. Libhume licishe lifane nemhlanga. Libhume liyasikwa nalo njengemhlanga. Libhume likhipha imbali

lebhidzi ngembala. Emacembe elibhume aluhlata ngelibala. Ngekusho kwaHlophe nalabanye (2015:234) batsi sishakato semhlanga lesingakavuleki sisebumbene.

(i) Kusetjentiswa

Gumedze (2016) utsi, timphandze talomutsi tibalulekile tikwebesifazane natikwemadvodza ngoba tiwasha imitsambo yentalo. Timphandze tiyasetjentiswa nangabe tindvuku tingasasebenti kahle. Lomutsi utenta tikhaliphe kakhulu.

Timphandze talomutsi tiyasita kuvala umsheko wengati kanye nemsheko lotayelekile. Lomutsi uyasita kuncedza umfati lotetfwele, kute sisu sakhe singonakali kalula. Mavimbela naKhoza (2017) batsi, timphandze tolomutsi tiyasita kwekutsi ingati ikhone kuhamba ngendlela lefanele emtimbeni. Lokunye lomutsi uyasita kwekutsi umuntfu lotitfwele abeleke kahle. Timbali telibhume tiyaphekwa nangabe kukhona lonetilondza. Lomutsi ugcotjiswa lapha etilondzeni tibese tiyaphola. Loku kunanatelwa nguChevallier (2000:279) uma atsi:

The pollen may be mixed with honey and applied on wounds and sores, or taken orally to reduce internal bleeding of almost any kind.

Imphova ihlanganiswa neluju bese bakugcobisa emancebeni kanye nasetilondzeni. Lomutsi baphindze bawudle nangabe bafuna kunciphisa noma kuvala kopha lokungekhatsi emtimbeni noma ngangukuphi.

Mavimbela (2017) naWatt banaBreyer (1962:1) batsi, timphandze tiyasetjentiswa kwelapha umuntfu lophetfwe ngugcunsula kanye netifo temacansi. Bayachubeka batsi timphandze tiyasetjentiswa kwelapha umuntfu lomdvuna lohlaselwe tifo temphambili. Lomutsi baphindze bawusebentise kwelapha umuntfu wesifazane longenantalo. Singwane (2013) naGumedze (2012) batsi, tihloko telibhume noma lesishakato besisetjentiswa nangabe umfati asesikhatsini, kwentiwe sishubelo. Lomutsi baphindze bawusebentise nangabe bancamula kopha kwetilondza letibhibhako.

Gumedze naMamba (2017) batsi, timphandze telibhume tiyasetjentiswa kwelapha umfati losandza kubeleka. Lomutsi ukhipha lenhlaphu lesele esibeletfweni. Bayachubeka batsi libhume liyasetjentiswa kwelapha umuntfu logulwa tinso kanye nesinye. Emacembe ayasetjentiswa kwelapha umuntfu logulwa sibeletfo. Lomutsi baphindze bawusebentise kuhlanta ingati lengcolile. Lenhlanyelo kanye naloboya belibhume kuyasetjentiswa kufinyeta imitsambo yengati kute kutewuvaleka lokopha.

4.2.81. Umdolofiya

Masilela (2017) utsi, umdolofiya sihlahla lesingakhuli kakhulu. Emacembe emdolofiya atigwabugwabhu noma tibhelekece. Lamacembe emdolofiya anemanyeva kantsi nebantfwana bakhona ngalokunjalo. Titselo talesihlahla timnandzi kantsi nangabe ufuna kutidla kudzingeka utihlabe ngendvukwane bese ukhipha lamanyeva ngemukhwa kanye nalesikhumba.

(i) Kusetjentiswa

Ngekusho kwaLubisi (2016) naMabuza (2006) bachaza batsi, tigwabugwabhu temdolofiya tiyasetjentiswa kuhlanganisa ematsambo emuntfu lowephukile. Lomutsi uhlanganiswa naleminyane imitsi njengemitsi yemihlabelo kanye nabomahlanganisa labatsite. Tigwabugwabhu tiyasetjentiswa kumuntfu lophetfwe sifo sashukela. Ubata lesigwabugwabhu ukhiphe lamanyeva nesikhumba bese upheka lembita. Ijuzi yalesihlahla iyasita kwelapha umkhuhlane kantsi sitselo salesihlahla ungadla sona siyasita kuvala umsheko. Loku kuchazwa kancono nguPamplona (2009:352)

The fruit has astringent properties, and render good results in stopping summer diarrhoea. Their juice is used in Mexico as a syrup to calm coughs.

Sitselo siyasetjentiswa kunciphisa ticubu tenyama siphindze sivete imiphumela lemihle kuvala umsheko wasehlobo. Ijuzi iyasetjentiswa eMexico njenge siraphu kwelapha kukhwehlela.

4.2.82. Mahlabekufeni

Matsaba (2017) utsi, mahlabekufeni sihlahla lesikhula sibe sikhulu kakhulu. Lesihlahla sitfolakala emahlatsini lamakhulu lapho kunetihlahla letiluhlata letinyenti. Emagadlana lamancane anembala losaliwolintji. Thwala (2009) utsi, emacembe alesihlahla aluhlata sakuba bhidzi. Timbali talesihlahla tikhilimu ngembala. Titselo talesihlahla tibovu saliwolintji ngembala.

(i) Kusetjentiswa

Thwala (2009) utsi, lomutsi uyasebenta kakhulu kodvwa kudzingeka kwekutsi ube nelwati lokuwusebentisa. Lomutsi kukahle kwekutsi usetjentiswe tinyanga letinelwati ngoba unebungoti. Singwane (2013) naMabuza (2004) batsi, lomutsi kutsiwa ubulala nobe ngangusiphi sifo lesikhona emtimbeni wemuntfu. Ngalamanye emagama lomutsi ungutifotonkhe. Lapha kutsiwa umuntfu lohanjiswa sisu akukafaneli awunatse lomutsi ngoba uyagijimisana. Kusho kwekutsi lomutsi ungambulala umuntfu.

4.2.83. Madakwane

Kunene (2017) utsi, madakwane ngumtungulo lokhula utsandzele esihlahleni. Licembe lamadakwane lilinye lihlukaniseke katsatfu. Lesihlahlane siba netigadlana letitfolakala emhlabatsini. Letigadlana tinetimphanjana letincane. Imbita lephekwe ngalomutsi iyadzakwana kudzingeka uwufake kancane etimbiteni.

(i) Kusetjentiswa

Thwala (2009) utsi, lapha kusetjentiswa sigadla salesihlahla kwelapha tifo letehlukene. Lomutsi uyangena etimbiteni ngoba ungumutsi locosha tilwane letisemtimbeni wemuntfu. Lomutsi ufemba tonkhe tilwane letisemtimbeni tiphumele ngaphandle. Mabuza (2006) naMabuza (2002) batsi, lomutsi kumele uwukale ungagabeli sonkhe lesigadla. Lomutsi uyasentjentiswa nakubantfu labagulwa yingcondvo. Lomutsi wenta lomuntfu angakhoni kubaleka ngoba ukugila lamadvolo. Gumedze (2017) naSingwane (2013) batsi, lomutsi wenta umuntfu lohlanyako angakhoni kubaleka kute alapheke kalula. Lona ngumutsi wekwelapha sifo sekuwa kanye sekudlimleka.

4.2.84. Lijikantamo

Mamba (2017) utsi, lijikantamo sihlahla lesingumtungulo lesisima etihlahleni. Lesihlahla sinemacenjane laluhlata ngelibala.

(i) Kusetjentiswa

Mamba (2016) naMavimbela (2016) batsi, lapha kusetjentiswa timphandze talesihlahla. Lemphandze iyashiswa bese bagata umuntu lohlushwa yintsamo.

4.2.85. Mabophe

Shongwe (2017) utsi, lesi sihlahlana lesinabako lesinemacembe layindilinga. Imbali yalesihlahla iliphuti ngembala. Lesihlahla sitfolakala lapho kusiganga khona. Hlophe nalabanye (2015:292) batsi ngumutsi wetinyanga lokukhomba kutsi ungakhoni kwentalutfo.

(i) Kusetjentiswa

Ngekusho kwaMabuza (2004) naThwala (2009) batsi, lomutsi uyasetjentiswa kubopha emacala kwekutsi angatekwa. Lomutsi uphinzde usite kuvimba umbani kutsi ungangeni ekhaya. Khoza (2017) utsi, timphandze tamabophe uyatigandza tibe yimphuphu bese uyakhofwa lomutsi kucedza tinhlungu tesisu. Lomutsi uphindze usite kucedza kucumbelana. Lomutsi uyasita nangabe umuntu ahlanta, kuvala angaphindzi ahlante. Pujol (2001:68) utsi:

The roots are first ground and made into a fine powder and teaspoon at a time is swallowed in a raw from the hand in order to stop stomach pain.

Timphandze uyatigandza kucala tibe yimphuphu lecolisakele. Ucupha lomutsi ngethisipuni uwutsele esandleni bese uyawudla nangabe ufuna kwelapha emahlaba aseswini.

Mabuza (2004) utsi, emacembe ayasetjentiswa ngenhloso yekubopha lokhuluma naye angakhoni kukhuluma kanye nekukuphendvula. Lelicembe ulifaka ngaphansi kwelulwimi kute abopheke. Shabangu (2017) utsi, lomutsi uyasetjentiswa ngenhloso yekubopha lenilwa nabo kute nibehlule. Lomutsi ubenta baphelelwe ngemandla. Timphandze tamabophe tiyasetjentiswa kuhlambulula sisu. Timphandze nato tiyasetjentiswa njengemacembe.

4.2.86. Phayabashimane

Ngekusho kwaMamba (2017) naMtshali (2010) batsi, lesihlahla sikhula sibe semkhatsini nendzawo. Emacembe alesihlahla aluhlata ngelibala, abutsana abe manyenti ekugcineni kwemagadlana. Emagcolo alesihlahla aluhlata sakuba mphunga ngelibala. Timbali talesihlahla tiluhlatane ngelibala.

(i) Kusetjentiswa

Ngekusho kwaMamba (2017) utsi, timphandze talesihlahla tiyasetjentiswa tikwemitsi yemacala. Lomutsi uyangena natikwemitsi yenhlanhla ugeze ngawo. Lomutsi baphindze bawusebentise bahlante ngawo nangabe kunemuntfu lonelicala. Mavimbela (2016) utsi, lomutsi bayawusebentisa nangabe lawuhamba khona kuyindzawo leyingoti uyandlula betfuke sewengcile.

4.2.87. Mabusane

Mamba (2017) utsi, mabusane sihlahlane lesingumtungulo longakacini, losima kuletinye tihlahla. Lesihlahla sinemacembe lacijile.

(i) Kusetjentiswa

Mavimbela (2016) naMvimbela (2017) batsi, emagcolo alesihlahla ayasetjentiswa kuvimbela umbani kutsi ungangeni ekhaya. Bayachubeka batsi lomutsi bayawushisa bese bawubeka emnyango ubhanye khona. Lomutsi uyaphekwa ngenhloso yekusita bantfu lebatsi nabakhwehlela tikhwehlela tabo tihambisane nengati.

Mavimbela naMavimbela (2017) batsi, timphandze kanye nemagcolo alomutsi kuyasetjentiswa kwelapha sifo samalaleveva kanye nesifo sejondisi. Mabuza (2006) utsi,

timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lobandvwa yinhloko. Utsi utsatsa letimphandze utishise tibe yinsiti, emvakwaloko ubese ugata lona logulako lapha enhloko iyaphola.

Mavimbela naMakhubela (2017) batsi, lomutsi uyasetjentiswa kwekutsi utsandzeke esiveni noma bantfu ubahehe. Bayachubeka batsi imbita leyentiwe ngetimphandze talomutsi iyamsinta umuntfu lophelelwa ngemandla kanye nekuhamba.

Shabangu (2017) naMabuza (2002) batsi, timphandze talomutsi uyatigandza bese ucupha lomutsi kancane sewuwufaka emantini lasivuvu sewuyahlanta. Bayachubeka batsi lomutsi uyasita kuvikela litulu kanye nekukhweshisa emabhadi. Bayachubeka batsi timphandze talomutsi tiyashiswa tibe yinsiti uma ufuna kwelapha umuntfu lohlushwa sifo sebulephelo kanye netilondza. Batsi utsatsa lensiti uyigcobise kuletilondza tibese tiyaphola.

Mavimbela (2017) naGumedze (2017) batsi, lomutsi baphindze bawusebentise nangabe kukhona lohlushwa tinhlungu esifubeni. Batsi emacembe amabusane ayasetjentiswa kumuntfu lohlushwa ngemehlo. Kutsiwa lamehlo uwakhandza abovu ngoba asuke ahlaselwe ngemagciwane. Lapha ugandza lomutsi bese uyawulobeka, sewuwutsela lapha emehlweni. Mavimbela (2017) naMabuza (2004) batsi, timphandze tiyasetjentiswa kuvikela lotitfwele kwekutsi angonakalelwa sisu noma ngumtfwalo.

Hutching nalabanye (1996:110) bayangeta batsi timphandze letinsha tiyasetjentiswa kwelapha umuntfu lonesisu lesihlambulukile. Lomutsi uyasetjentiswa ngenhloso yekukhipha tikhwehlela kumuntfu lophetfwe ngumkhuhlane. Lomutsi uphindze uchamisane nangabe uwunatsile. Lomutsi uyasetjentiswa ngenhloso yekwelapha umuntfu lophunyelwe sisu. Utsatsa lamagcolo uwagandze bese uwafaka emantini lacandzako seniyamnatsisa loyo lophunyelwe sisu.

Mavimbela (2017) naMamba (2017) batsi, timphandze kanye nemagcolo kuyashiswa ngenhloso yekucosha sangcotfo. Emacembe uyawahlafuna nangabe ulunywe yinyoka. Timphandze tiyasetjentiswa ngenhloso yekwelapha umuntfu locinene emaphaphu longakhoni kuphefemula kahle. Timphandze tiyasetjentiswa kuvikela kwekutsi umuntfu angaculeki lokubangwa kopha ebucosheni.

4.2.88. Mababaza

Mavimbela (2017) utsi, mababaza sihlahlane lesincane lesikhula sibe sisingitsingi. Lesihlahlane sinemanyeva lamancane.

(i) Kusetjentiswa

Mamba (2017) naKhoza (2016) batsi, lomutsi uyasetjentiswa ekucheleni likhaya kute imimoya lemibi ingangeni ekhaya. Lomutsi awusebenti wodvwa kepha usetjentiswa naleminye imitsi.

4.2.89. Lumphondvongoti

Tsabetse (2017) utsi, lesi sihlahla lesincane lesisamtsanyelo lesinemacembe lamancanyane. Lesihlahla siliphuti ngelibala.

(i) Kusetjentiswa

Ngekusho kwaTsabetse (2016) asekelwa nguMamba (2010) batsi, timphandze talomutsi tingumutsi lomkhulu wetindvuku. Lomutsi uwasha imitsambo yengati. Mabuza (2004) utsi, timphandze talomutsi tiyagandvwa tibeyimphuphu bese bacupha kancane sebakheka umutsi wekucatseka. Lomutsi uvula yonkhe imitsambo levalekile. Kutsiwa nalongenantalo angacatseka ngawo iyavuleka atfole bantfwana.

4.2.90. Lidlutjana

Ngekusho kwaNtuli (2009) utsi, lidlutjane sihlahla lesinabako lesinemacembe lebatisi ligobandlebe. Lesihlahla sikhula ngekutfungana kantsi sinematsangane lamancane.

(i) Kusetjentiswa

Ngekusho kwaThwala naNtuli (2007) batsi, lomutsi nawo ubalulekile kakhulu ngoba ngumutsi losetjentiswa kucitsa imihlolo ekhaya. Lapha kutsiwa nangabe umuntfu bekaye ekufeni nobe emngcwabeni bekudzingeka nakefika ekhaya bese utsatsa imphandze yalesihlahla sewuyayigcoba sewucatseka labantfwana. Kutsiwa labantfwana bebacatsekwa etaleni asengakangeni ekhaya. Labantfwana bebacatsekwa bonkhe

bakulelo khaya. Kutsiwa lesihlahla siyasetjentiswa kwelapha umuntfu lophetfwe sifo semacansi. Lesifo kutsiwa ngulesitsatselanako lesibonakala ngesilondza lesingasibuhlungu. Thwala (2009) utsi, timphandze uyatigandza wente umtsimliso ngenhloso yekwelapha umuntfu lobandvwa yinhloko. Lomutsi uyasita kugcina timphumulo tihlobile. Lomunye umutsi uwufaka tikwemafutsa ngenhloso yekwelapha tilondza. Lomutsi uyasita kulwa netilwanyana kanye nemanyokane lasesiswini. Gumedze (2017) yena ungeta utsi, timphandze tiyasetjentiswa kwelapha umuntfu lolahlekelwa yingcondvo kanye nalohlaselwe tifo temchamo. Timphandze talesihlahla tiyasita kwelapha umuntfu lokhwehlela njalonjalo noma lokungapheli. Lomutsi uyawupheka.

Ngekusho kwaShabangu (2017) naMamba (2016) batsi, timphandze tiyasetjentiswa kwelapha umuntfu lolunywe yinyoka. Timphandze tiyasita kwelapha umuntfu lophetfwe tinhlungu esiswini. Matsaba (2017) utsi, lomutsi uyasetjentiswa kwelapha umuntfu lonemkhuhlane lohambisana nekushisa lokwecile kunaloko lokulindzelekile kanye netifo tesikhumba. Hutching nalabanye (1996:314) batsi lomutsi baphindze bawusebentise kulwa nemagciwane. Timphandze tiyasetjentiswa kwelapha umuntfu lobona dvutane lotsi uma abuka ekudzeni lamehlo afiphale. Lomutsi uphindze welaphe umuntfu logulwa ngemehlo.

4.2.91. Likhatsato

Gumedze (2017) utsi, likhatsato sihlahla lesingafi sitfolakala busika nelihlobo. Lesihlahla sitfolakala ngasemfuleni. Sinemacembe lamakhulu laluhlata ngelibala. Lesihlahla siwela kulemitsi lebitwa ngekutsi tintseleti.

(i) Kusetjentiswa

Ngekusho kwaThwala (2007) naShabangu (2017) batsi, timphandze talomutsi tiyasita nangabe sisu sikuluma tiphindze tilwe netinhlungu tesisu. Nangabe sisu sicumbelene lomutsi uyasihlambulula. Kubheka naMamba (2016) batsi, lona ngumutsi lowasha ingati emtimbeni, uphindze ucegise netikhwehlela kute tiphume kalula. Timphandze talomutsi tilwa netinhlobo tonkhe temikhuhlane. Gerstner (1939) acashunwa nguHutching nalabanye (1996:223) babeka kanje:

Roots are eaten raw or cooked for colds, coughs and influenza.

Timphandze tiyadiwa njengobe tinjalo noma tiphekwe nangabe bafuna kwelapha umkhuhlane wemakhata, kukhwehlela kanye ne-Imfuluwenza.

4.2.92. Lozililo

Matsaba (2017) utsi, lozililo sihlahlana lesikhula sibe sincane. Lesihlahla sinemanyeva mbumbulu nangabe uwabamba akahlabani.

(i) Kusetjentiswa

Magagula (2016) utsi, lomutsi uyasetjentiswa kwelapha tifo letisanganisanako. Lokunye lomutsi uyasetjentiswa kwelapha tifo letifinyeta imisipha. Mabuza (2004) naJThwala (2009) batsi, lomutsi uphindze usite kumemeta umuntfu lowaduka nelive, longatiwa nekutsi washonaphi. Lomutsi uhlanganiswa naleminyane imitsi kumemeta lonyamalele. Magagula (2017) naDlamini (2012) batsi, lomutsi uyasetjentiswa kwelapha umuntfu lohlushwa ngemahlaba emtimbeni.

Batsi utsatsa lomutsi uwushise bese uyamgata sewumkhuhlela ngalensiti, lamahlaba ayaphela. Thwala (2009) utsi, utsatsa lomutsi uwugandze bese ucupha kancane sewuyahlanta. Lomutsi uyasita kwelapha umuntfu lohlushwa lihabiya. Lokumhlantisa usuke wentela kwekutsi kuphume tonkhe letilwane letenta lomuntfu aphokumemeta nekukhala lokungapheli. Mamba (2016) naMabuza (2006) batsi, lomutsi uyasetjentiswa kuvikela umuntfu kutsi angaloywa kalula. Lomutsi uyachela ngawo nangabe lapha ekhaya kutawufika tivakashi letinyenti. Lomutsi uchilita konkhe lota nelutfo lwakhe lolubi.

4.2.93. Lulwimilwenkhomo

Ngekusho kwaKunene (2017) utsi, lulwimilwenkhomo sihlahlana lesincane lesinemacembe lamakhulu. Emacembe alesihlahla ayahlabana noma ayahashana. Ngekusho kwaHlophe nalabanye (2015:284) batsi, lulwimilwenkhomo sihlahlana lesikhula sinamatsele phasi kuvele emacembe kuphela. Lesihlahla sineboya lobuhashanako.

(i) Kusetjentiswa

Khoza (2015) naManana (1984:62) batsi, timphandze talomutsi uyatigandza tibe yimphuphu bese ucupha kancane sewupheka imbita yesinye lesibuhlungu. Timphandze kanye nemacembe alesihlahla uyakugandza kube yimphuphu bese ucupha kancane sewuyapheka. Lomutsi welapha letifo letilandzelako: kuluma kwemtimba, kukhwehlela kanye nelukhwekhwe. Lomutsi bayawusebentisa kwelapha umuntfu locubukile. Loku kuchazwa nguPujol (2001:65) nakatsi:

The powder of the ulimi lwenkomo is also used to treat skin.

Iphawuda leyentiwe ngelulwimi lwenkhomo iyasetjentiswa kwelapha sifo sesikhumba.

Ngekusho kwaMamba (2017) naMavimbela (2016) batsi, imphuphu yalomutsi bayivuvutela etilondzeni nasemancebeni. Lomutsi baphindze bawunamake emancebeni kute asheshe aphole. Lomutsi bayawuvuvutela emancebeni ekushiswa ngumililo kute udvonse emanti lasesilondzeni kanye nebovu. Gumedze (2016) utsi, emacembe alesimila ayasetjentiswa kwelapha umuntfu lohlushwa lishashati. Utsi utsatsa lamacembe uwafake emantini labilako bese uyatigubetela sewuhogela lesimoko.

Thwala (2009) naMamba (2016) batsi, timphandze talomutsi tiyasetjentiswa kwelapha umuntfu lonengati lengcolile. Lapha utsatsa letimphandze utigandze bese ucupha kancane lomutsi sewupheka imbita sewuyayinatsa. Lomutsi uyayihlanta lengati ibuyele esimeni sayo. Mavimbela (2017) utsi, timphandze kanye nemacembe kuyasetjentiswa kwelapha sifo sematsambo kanye netilondza. Lapha utsatsa letimphandze kanye nalamacembe ukugandze kube yimphuphu bese ukuvuvutela lapha etilondzeni. Lomunye umutsi upheka imbita yekwelapha umuntfu lohlushwa sifo sekuvuvuka emalunga kanye nemisipha lebhuhlungu.

Shabangu (2017) utsi, timphandze talomutsi uyatigandza tibe yimphuphu bese upheka imbita sewuyanatsa. Lomutsi welapha sifo sesikhumba kanye nemahlaba emtimbeni. Hutching nalabanye (1996:334) batsi timphandze talomutsi uyafutsa ngato nangabe

uhlushwa ngemehlo. Timphandze talesimila tiyasita nangabe unenkinga yekungachami kahle kanye netifo letihambisana nemchamo. Emacembe uyawasebentisa ngenhloso yekwelapha umuntfu logulwa ngemehlo. Lesifo senta lamehlo agucuke abe bovu. Lapha utsatsa lamacembe uwabilise bese ufutsa lamehlo. Dlamini (2012) uyangeta naye utsi, timphandze tiyasetjentswa kwelapha umuntfu lophetfwe tifo letimenta kwekutsi angaphefemuli kahle.

4.2.94. Linyatselo

Gumedze (2017) utsi, linyatselo sihlahla lesingakhuli kakhulu lesitfolakala emahlandzeni kanye nakuletinye tindzawo. Emacembe alesihlahla aluhlata kantsi nangabe uwabamba ayahashana. Imbali yalesihlahla imhloshane ngembala.

(i) Kusetjentswa

Ngekusho kwaFawole naPurushothaman (2016) batsi, emacembe alesihlahla angumutsi lomkhulu wemkhuhlane. Lomutsi ulwa netinhlobo letinyenti temkhuhlane, lokufaka ekhatsi nemkhuhlane lohambisana nemakhata. Lomutsi uphindze ulwe netinhlungu tesisu. Lomutsi ucatseka ngawo nangabe ugulwa licolo kanye nesinye

Mabuza (2004) utsi, lomutsi ucedza tinhlungu tesinye. Uyachubeka utsi umuntfu lonelilumbo letintfwala, ucatseka ngalomutsi tiphele nya. Manana (1984:44) utsi lomutsi uphindze ugeze ngawo enhloko nasemtimbeni kucedza lilumbo letintfwala. Lomutsi ungaphalaza ngawo ulwa nenyongo lenyenti letfolakala esibindzini. Lona ngumutsi lomkhulu wemacala. Lapha kusetjentswa imphandze yalesihlahla kucedza licala. Garife (2017) naShabangu (2016) batsi, emacembe kanye nemagcolo kuyasetjentswa kwelapha umuntfu lophetfwe ngemajacamba emtimbeni.

Mamba (2017) naMatsaba (2006) batsi, emacembe elinyatselo ayasetjentswa kwelapha umuntfu lophetfwe yinsindze aphile saka. Bayachubeka batsi timphandze talomutsi tiyasetjentswa kwelapha umuntfu lohlushwa tinhlungu tesisu. Singwane naShabangu (2016) basekelwa nguHutching nalabanye (1996:310) batsi, emacembe alesihlahla ayasetjentswa kwelapha umuntfu lohlushwa ngumkhuhlane longapheli, logulwa sinye

kanye nalohlushwa ngemahlaba asesifubeni. Purushothan (2017) naMavimbela (2016) batsi, timbali telinyatselo tiyasetjentiswa kwelapha tifo tesikhumba kanye nelukhwekhwe.

4.2.95. Liphakama

Ngekusho kwaMakhubela (2017) utsi, liphakama sihlahla lesincane lesimila kulesinye sihlahla. Lesihlahla siba nemacembe laluhlata. Liphakama liyahlanyelwa tinyoni nobe ulutsatse ulubeke etikwe tigodvo tesibaya luyamila. Liphakama lihlukahlukene kaningi, kukhona liphakama lemtelemba, lementsane, lemkhuhlu njalonzalo.

(i) Kusetjentiswa

Lubisi (2016) naKhoza (2017) batsi, lona ngumutsi lomkhulu wetikhundla lowenta kwekutsi uphakame ubesetulu. Lomutsi awusetjentiswa wodvwa usetjentiswa naletinye tihlahla. Bayachubeka batsi emagcolo alesihlahla bayawagandza abeyimphuphu bese bacupha kancane sebahlaganisa nelubisi lwenkhomo sebacatseka bantfwana nangabe baphatfwe yinyoni. Mabuza (2006) naThwala (2009) batsi, liphakama liyasetjentiswa kwelapha umuntfu lohlushwa sifo sekudlimleka kanye sifo sekuwa. Bayachubeka batsi liphakama liyasetjentiswa kwelapha umuntfu lonetilondza emphinjeni kanye nemunfu lohlushwa lukhalo.

Dlamini naSingwane (2013) batsi liphakama liyasetjentiswa kwelapha umuntfu lonenkinga yekuphefemula kanye nalohlushwa sifuba semoya. Bayachubeka batsi lomutsi uyasita kwekutsi umuntfu wesifazane akhone kuya esikhatsini kalula ngaphandle kwekukhinyabeteka. Gumedze (2013) utsi lomutsi uyasetjentiswa kwelapha umuntfu lohlushwa kopha. Hutching nalabanye (1996:81) bayangeta batsi sitselo seliphakama siyasetjentiswa kwelapha umuntfu lonetinsumphe. Mavimbela (2017) naDlamini (2012) batsi, liphakama liyasetjentiswa kwelapha tifo tesikhumba kanye nemphimbo lonetilondza.

4.2.96. Sihlangusetindzala

Shongwe (2017) naMvimbela (2016) batsi, lesihlahla asikhuli kakhulu kodwa siba nemagadlana. Lesihlahla sinemacembe laluhlata sakubamhloshane. Lokunye lesihlahla sinemanyeva lakhaliphile lanesitfozi lesibi kabi. Lesihlahla sinemagcolo langemahwele.

(i) Kusetjentiswa

Mavimbela naMavimbela (2016) batsi, timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lohlanta ingati. Lesihlahla asisetjentiswa lapho kwake kwafela umuntfu khona. Lapha kudzingeka ugengedze letimphandze, emvakwaloko bese upheka imbita sewuyayinatsa. Garife (2017) utsi, timphandze talesihlahla tiyasetjentiswa kwelapha umuntfu lokhwehlela ingati noma lofinya ingati.

Fawole (2017) naPurushothaman (2016) batsi, emagcolo kanye nemacembe kuyasetjentiswa ngenhloso yekwelapha umuntfu losheka ingati. Lomutsi uphindze usetjentiswe kuvimba emagciwane kute angakhuli. Lomutsi uyasita kwelapha umuntfu longaphefemuli kahle. Lomutsi usetjentiswa ngenhloso yekwelapha umuntfu lonenkinga noma nganguyiphi lemayelana nekuphefemula. Timphandze tiyasetjentiswa kwelapha umuntfu lolunywe yinyoka.

Hutching nalabanye (1996:182) batsi timphandze tiyasetjentiswa ngenhloso yekwelapha umuntfu lophetfwe inyumoniya kanye nesifo seT B noma sifuba semoya. Lomutsi uyasita kwelapha umuntfu lonesifo sekuwa, sekudlindleka kanye nesifo sagcunsula. Timphandze kanye nemacembe kuyasetjentiswa kwelapha umntfwana lokhala bucandvucandvu noma lokhala kakhulu lokungalawuleki.

Mamba (2017) naMavimbela (2016) batsi, timphandze tiyasetjentiswa kwelapha tinhlobonhlobo temahlaba. Lomutsi uyasitjentiswa kuvala umsheko kanye nalovaleke intalo. Lomutsi uyasita kwekutsi umuntfu wesifazane angonakalelwa sisu. Lomutsi uyasita kwelapha umuntfu lofundza umtfondvongati. Shabangu (2017) utsi, lomutsi uyasitjentiswa kwelapha umuntfu longakhoni kubona kahle ebusuku. Lesifo sibangwa kukhula, sifo sashukela kanye nekushoda kwevithamini. Lomutsi uyasita kwelapha umuntfu locumbelene kanye nalogulwa sibeletfo. Emagcolo alesihlahla uyawagandza

abe yimphuphu bese ucupha kancane sewugcobisa lapho kunetintfwala khona. Leti tintfwala letitfolakala enhloko.

4.3. Imitsi Yekwelapha Umgogodla

(i) Umganu (Emagcolo)

Ngekusho kwaSingwane naMabuza (2013) batsi, emagcolo alesihlahla uyawagandza abe yimphuphu bese ucupha kancane lomutsi sewupheka imbita sewuyanatsa. Lomutsi umunya bonkhe lobutsi lobulapha kulomgogodla buphumele ngaphandle.

(ii) Inhlatfu (Ematsambo emgogodla)

Ngekusho kwaMabuza naThwala (2006) batsi, ematsambo emgogodla wenhlatfu uyawatsatsa uwashise lamanye ungawashisi bese uhlanganisa lomutsi loishiwe kanye nalolongakashiswa sewugata logulwa ngumgogodla.

4.4. Imitsi Lesita Lote Imbeleko

(i) Umganu (Emagcolo)

Ngekusho kwaGarife (2017) utsi, emagcolo alesihlahla uyawagandza bese ucupha kancane lomutsi sewupheka imbita. Lomutsi uyasita kuvula imbeleko kumuntfu longatfoli bantfwana.

(ii) Umhlala (Timpandze)

Ngekusho kwaMabuza (2006) utsi, lapha utsatsa timpandze utigandze tibe yimphuphu bese ucupha kancane lomutsi sewupheka imbita. Lomutsi uyasita kuvula intalo kulongatfoli bantfwana.

(iii) Umkhammasi (Emagcolo, bantfwana)

Ngekusho kwaMavimbela naMavimbela (2018) batsi, lapha utsatsa emagcolo alesihlahla uwagandze abe yimphuphu bese ucupha kancane lomutsi sewupheka imbita

sewuyanatsa. Lomutsi kutsiwa akufuneki kwekutsi uphekwe ngumuntfu losatfolo bantwana ngoba kungenteka lomuntfu atfole emaphahla.

4.5. Imitsi Lesita Logula Kakhulu Longasavuki Ecansini

(i) Umdlandlovu (Timpandze)

Ngekusho kwaMamba (2019) naMabuza (2006) batsi, timpandze talesihlahla uyatigandza tibeyimphuphu bese ucupha kancane lomutsi sewuwuvutela ecansini lapho kulele lesigulane khona. Lapha usuke uvimbela imimoya lemibi lengahle ikhinyabete lologulako.

4.6. Imitsi Lesetjentiswako Nangabe Kunemigidvo

(i) Umganu (Emagcolo)

Ngekusho kwaShabangu (2017) naKhoza (2019) batsi, emagcolo alesihlahla uyawagandza abe yimphuphu bese ucupha kancane lomutsi sewutsela emantini sewuyageza. Lomutsi uyasita nangabe kunemsebenti lotsite. Lomutsi bageza ngawo ngaphambi kwekuba ucale umsebenti. Lomutsi ugeza ngalomkhwenyane kanye nalomakoti.

4.7. Imitsi Lesetjentiswako Nangabe Ulunywe Yinyoka

(i) Umhlala (Lihlala netimpandze)

Ngekusho kwaShongwe (2018) naKhoza (2015) batsi, lapha utsatsa lihlala leliluhlata ulibulale bese ulifaka emantini lacandzako utamatise kuhlangu kahle. Emvakwaloko ubese uyawunatsa lomutsi awugcwalise sisu sewuyahlanta ngenhloso yekukhipha leliphukuphuku lokumele limbulale. Loku kuyasita nekutsi bangakuphutfumisa esibhedlela solo usengakafi. Ncenekile Tsabetse naSiyaphi Gumedze (Labacashuniwe 2013) bayavumelana batsi timpandze kanye nemahlala laluhlata kuyasetjentiswa

kwelapha umuntfu lonemanceba ekulunywa yinyoka. Timphandze tiyasita kwelapha umuntfu lolunywe yinyoka, Hutching nalabanye (1996:238).

(ii) Inhlaba (Emacembe)

Ngekusho kwaShabangu naThwala (2009) batsi, uma ulunywe yinyoka, kudzingeka utfole inhlaba uyigabele sewuyifaka emantini sewuyanatsa. Batsi uma sewuwunatsile lomutsi ubese uyakuhlantisa ukhiphe bonkhe lobutsi. Loku kungakusita uze ufike esibhedlela.

(iii) Ihlungunyembe (Timphandze)

Ngekusho kwaMamba (2017) naThwala (2010) batsi, timphandze talesimila tiyasetjentiswa kwelapha umuntfu lolunywe yinyoka.

4.8. Sifo Lesibangwa Kucitseka Kwenyongo Engatini (Ijondisi)

(i) Ingabe (Timphandze)

Purushothaman naShongwe (2017) batsi, timphandze tengabe tiyasita kwelapha sifo lesibangwa kucitsekela kwenyongo engatini. Loku kuchazwa nguKloos (2009:237) uma asekela atsi:

It is a splendid remedy for jaundice.

*Ingumutsi lomangalisako ekulapheni simo lapho
sikhumba nemehlo laliphuti nobe laluhlata
ngembala lokubangwa yinyongo.*

(ii) Umpentjisi (Emacembe)

Mabuza (2018) utsi, emacembe empentjisi uyawagandza bese upheka imbita. Lomutsi uyasita kwelapha umuntfu locitsekelle inyongo engatini. Kubheka (2018) utsi, lomutsi uwasha lengati ukhiphe bonkhe lobutsi.

(iii) Emagilibisi (Tindvumbu)

Purushothaman (2017) utsi, utsatsa letindvumbu temagilibisi utilobeke tikweliwayini lelineviniga bese ngakusasa sewufaka kancane sawoti lomncane sewunatsisa lomuntfu logulako.

(iv) Umlemanane (Emacembe)

Ngekusho kwaMtawa naPurushothaman (2016) batsi, utsatsa lamacembe emlemanane uwawashe bese uyawalobeka emantini lashisako. Batsi uma sekutiyile ubese uyawunatsa lomutsi. Lesifo sejondisi sibese siyaphela.

(v) Umlayimu/ umlemanane (Ijuzi)

Ngekusho kwaMtawa (2017) utsi, ijuzi yelayimu iyasetjentiswa kwelapha umuntfu lonejondisi. Keeka naLasania (2006:51) nabo bayananatela baphindze bangete uma babeka kanje:

Combine a teaspoon or two of lime juice with half to one cup of beet juice and take frequently. This is an excellent remedy for jaundice and hepatitis?

Hlanganisa sipuni lesincane nobe timbili tejuzi yelilamula nehafu yenkhomishi yejuzi yebhithrudi bese ukunatsa njalo nje tikhatsi etikhatsini letinyenti. Loku kungumutsi lokahle wekwelapha sikhumba nobe emehlo laphuti nobe laluhlata kanye nesifo sesibindzi lesibangwa ligciwane le-virus lesingena ngekuya emacansini ungakativikeli.

4.9. Imitsi Yekwelapha Kungagayeki Kahle Kwekudla Esiswini/Kucumbelana (Dyspepsia)

(i) Umpentjisi (Emacembe)

Mtawa (2018) utsi, utsatsa lamacembe uwagandze bese upheka imbita nangabe ucumbelene. Lomutsi uyasita kakhulu, lesisu sibese siyetja. Magagula (2019) naye uyabeka utsi lomutsi uyasita kwekutsi kudla kugayeke kahle esiswini.

(ii) Umkhiwa (Emakhiwa)

Kubheka (2018) utsi, emakhiwa ayasita nangabe sisu sakho sicumbelene. Lokunye asita kwekutsi kudla kugayeke kahle esiswini. Loku kunanatelwa nguKeeka naLasania (2006) uma babeka batsi:

Figs digest easily and are good for a person prone to constipation.

Emakhiwa agayeka kalula esiswini futsi akahle emntfwini lohlaselwa kalula kungagayeki kahle kwekudla esiswini.

(iii) Umlemanane (Lilemane)

Ngekusho kwaMtawa (2016) utsi, lilemane liyasita kwekutsi kudla kugayeke kahle esiswini. Loku kufakazelwa boKeeka naLasania (2006:56) uma babeka kanje:

A ripe lemon, eaten with food, is an excellent digestive agent.

Lilamula lelivutsiwe lelidliwa nekudla liyintfo lemangalisako ekugayekeni kwekudla.

(iv) Tinyosi (Luju)

Ngekusho kwaPurushothaman (2016) naShongwe (2009) batsi, luju lwetinyosi lungumutsi lomkhulu, futsi luyasita kwekutsi kudla kugayeke kahle esiswini.

(v) Sihhenga (Sihhenga)

Ngekusho kwaFawole naShongwe (2016) batsi, sihhenga siyasita nangabe unenkinga yekungagayeki kahle kwekudla esiswini. Batsi utsatsa lesihhenga usibate ukhiphe lesikhumba bese uyasisika sibe tincetu sewuyasidla.

(vi) Umpopo (Lipopo)

Ngekusho kwaSiyaphi Gumedze (Locashuniwe 2013) naSizane Shongwe (Locashubniwe 2017) batsi lipopo lelivutsiwe liyasita kwekutsi kudla kugayeke kahle esiswini.

(vii) Liklabishi (Emacembe)

Ngekusho kwaKubheka (2016) naShongwe (2016) batsi, liklabishi liyasita kwekutsi kudla kugayeke kahle esiswini.

(viii) Inhlaba (Emacembe)

Ngekusho kwaKloos (2009:237) naGumedze (2013) batsi, tinhlaba tonkhe tiyasita nangabe ucumbelene. Batsi utsatsa lenhlaba upheke imbita sewuyayinatsa. Baphindze bachubeke batsi inhlaba iyasita kwekutsi kudla kugayeke kahle.

4.10. Imitsi Yekwelapha Umuntfu Lonemphefumulo Lonukako

(i) Umkhiwa (Emacembe)

Ngekusho kwaPurushothaman naKubheka (2016) batsi, utsatsa emacembe emkhiwa uwapheke bese uhlukuhla ngalomutsi uma sewusivuvu. Lomutsi uyalicedza liphunga lelibi emlonyeni nasesiswini. Loku kunanatelwa nguKloos (2009:213) uma abeka atsi:

Tea is good for mouth wash and gargle, for sore throat, and badbreath.

Litiya likahle ekugezeni umlomo nekuhahata nobe khlukuhla ngalo umphimbo lobuhlungu kanye nemoya wemlomo lonuka kabi.

(ii) Umgilibisi (Emagilibisi)

Ngekusho kwaMtawa (2016) naGarife (2018) batsi, uma unenkinga yekunuka kwemlomo kudzingeka udle emagilibisi emalanga lambalwa. Batsi leliphunga liphela kancane kancane.

(iii) Umlemanane (Lilemanane)

Ngekusho kwaKubheka (2016) naShongwe (2009) batsi, lilemanane liyasita kucedza liphunga lelinukako emlonyeni. Batsi kudzingeka utsatse ijuzi yelilemanane uyitsele emantini lasivuvu bese uyahlukuhla lomlomo uze uhlobe. Batsi loku kudzingeka ukwente emalanga lambalwa. Keeka naLasania (2006:46) bona babeka kanje:

Add lemon juice to some warm water gargle several times a day. Also drink some of the mixture.

Ngeta ijuzi yelilemanane emantini lafutumele bese uhluhluhla emahlandla lamanyenti ngelilanga. Uphindze unatse lenye yalenhlanganisela.

4.11. Imitsi Yekwelapha Umuntfu Lonesikhukhu (Dropsy)

(i) Ibozane (Emacembe netimphandze)

Ngekusho kwaJames Thwala (2008) utsi, lapha utsatsa lomutsi uwugandze bese upheka imbita yekwelapha sikhukhu. Loku kusekelwa nguPujol (2001:88) yena ubeka kanje:

A sangoma from the Louis Trichardt area who comes to my herb garden for plants told me of her forefather's treatment of dropsy

Sangoma sasenzaweni leyatiwa ngekutsi i-Louis Trichard lesike site engadzeni yami yemakhambi sasitjela kutsi bokhokho baso bebalapha njani kuvuvuka kweticubu temtimba lokubangwa kugcwala kwemanti.

(ii) Ingabe (Timpbandze)

Kubheka naShongwe (2018) batsi, lapha upheka timpbandze tengabe nangabe uhlushwa sikhukhu. Lomutsi uyachamisana ukhiphe onkhe lamanti lagcwele kuletikhwama. Loku kufakazelwa nguKloos (2009:237) uma atsi:

The roots are used to increase the flow of the urine, and is slightly laxative. It is a splendid remedy for dropsy.

Timpbandze tisetjentiswa kungeta umchamo. Tiphindze tisetjentiswe njengemutsi wekushekisana. Tiphindze tibe ngumutsi lolapha ticubu tenyama letivuvukile ngenca yekugcwala emanti.

(iii) Umkhiwa (Emacembe)

Ngekusho kwaSingwane (2013) utsi, utsatsa lamacembe emkhiwa uwapheke uma uhlushwa sikhukhu. Loku kufakazelwa nguKloos (2009:213) uma abeka kanje:

Fig tea is a splendid medicine for dropsy.

Litya lemkiwa lingumutsi lomangalisako lolapha ticubu tenyama letivuvukile ngenca yekugcwala emanti.

4.12. Imitsi Yekwelapha Umuntfu Lonenkhwantju/Insindze (Spasm)

(i) Umkhiwa (Emacembe)

Fawole (2019) utsi, utsatsa lamacembe bese upheka imbita sewuyayinatsa. Kubheka (2017) utsi, ungawunatsa lomutsi lokuhlushwa ngulensindze kuhamba kuphele.

4.13. Imitsi Yekwelapha Umuntfu Loshe Livi (Hoarseness)

(i) Umkhiwa (Emacembe)

Purushothaman (2014) utsi ugandza lamacembe bese upheka umutsi nangabe unenkinga yelivi lelihoshotelako. Kubheka (2016) utsi lomutsi uhahaza ngawo wehle udzimate uyofika emphinjeni. Lesifo naso siphela kancane kancane nangabe seloku uchubeka unatsa lomutsi.

Zwane (2014) utsi, utsatsa lamacembe emkhiwa upheke imbita bese unatsa lomutsi nangabe livi lakho lihoshota. Loku kuchazwa nguKubheka (2018) utsi, lomutsi kufanele uwunatse sikhatsi size lesifo siphela nya.

4.14. Imitsi Yekwelapha Sifo Sekudlimleka (Fits)

(i) Umkhiwa (Emacembe)

Fawole (2018) utsi, upheka lamacembe bese unatsa lomutsi lesifo siyaphela kancane kancane. Singwane (2013) utsi, lomutsi uyasebenta kumele ugandze lamacembe sewupheka lembita.

4.14. Imitsi Yekwelapha Lubendze (Spleen)

(i) Umlemanane (Ijuzi)

Ngekusho kwaFawole (2017) utsi utsatsa lelilemanane ulikhame kuphume lejuzi bese uyayinatsa nangabe lubendze lwakho luvuvukile. Loku kuchazwa nguKeeka naLasania (2006:47) uma batsi:

*For enlargement of spleen, make liberal use of
lemon juice.*

*Kukhulisa lubendze, sebentisa kakhulu ijuzi
yelilamula.*

(ii) Ingabe (Emacembe, timphandze)

Ngekusho kwaShongwe (2009) utsi, ingabe ilusito kumuntu lohlushwa lubendze. Utsi utsatsa letimphandze kanye nalamacembe ukupheke bese unatsa lomutsi. Loku kuchazwa nguKloos (2009:124) uma atsi:

*Has a beneficial effect on the female organs?
increases the activity of the spleen.*

*Ikahle inemiphumela lemhle etitfweni talabasikati,
yenta kutsi lubendze lusebente kahle.*

(iii) Inhlaba (Emacembe)

Ngekusho kwaShabangu naGumedze (2016) batsi, inhlaba iyasita kwelapha umuntu lonenkinga yelubendze. Utsi ugabela inhlaba lencane sewuyayipheka, uma sewuvutsiwe lomutsi ubese sewuyawunatsa. Loku kufakazelwa nguKloos (2009:86) uma abeka atsi:

*This is one of the finest body cleansers and brings
most gratifying results. It cleans the morbid matter
from the spleen.*

*Lena ngulenyeye yetintfo letisecophelweni lelisetulu
letikwati kuhlanta umtimba bese iletsa imiphumela
lemhle noma lencomekako. Ihlanta ikhuculule
tintfo letimbi naletinganayo imphilo naletingabanga
tifo elubendzeni.*

(iv) Umhhabhula (Emagcolo)

Ngekusho kwaPurushothaman (2016) utsi emagcolo emhhabhula ayasita kwelapha umuntu lohlushwa lubendze. Utsi utsatsa lamagcolo uwagandze bese ucupha kancane lomutsi sewupheka imbita. Loku kufakazelwa nguKloos (2009:205) uma abeka kanje:

*Tea made from apple tree bark is an old fashioned
remedy. It has been used for spleen.*

*Litiya lelentiwe ngemagcolo esihlahla
semahhabhula lingumutsi wakudzala
wasemandvulo. Lisetjentiswa kwelapha lubendze.*

(v) Umpopo (Lipopo)

Ngekusho kwaShongwe (2009) naMtawa (2016) batsi, lipopo liyasita nangabe uhlushwa lubendze noma nangabe luvuvukile. Lelipopo kudzingeka uhlale ulidla kuze kuphele lokuvuvuka. Loku kuchazwa nguKeeka naLasania (2006:95) uma batsi:

*For an inflamed spleen consume a large slice of
papaya together with a teaspoon of honey daily.*

*Uma lubendze luvuvukile dlani tincetu letinkhulu
telipopo kanye kanye nesipunu lesincane seluju
onkhe malanga.*

(vi) Umngoza (Lingoza)

Ngekusho kwaFawole (2016) utsi lingoza nalo liyasita kwelapha umuntu lohlushwa lubendze. Loku kuchazwa nguKeeka naLasania (2006) uma babeka batsi:

*Add a teaspoon of honey to a cup of a ripe mango
pulp. Take twice or thrice a day.*

*Ngeta sipunu lesincane seluju enkomishini
yemdoko welingoza lelivutsiwe. Dlani loku kabili
nobe katsatfu ngelilanga.*

4.15. Imitsi Yekwelapha Sibindzi

(i) Ingabe

Purushothaman (2017) utsi, ingabe iyasita kwelapha umuntu logulwa sibindzi noma lesivuvukile. Loku kunanatelwa nguGeorge naPamplona (2001:192) uma batsi:

Dandelion relieves liver congestion, promotes liver detoxifying functions

Ingabe idzambisa kugcwala kwaboshevu esbindzini. Ikhutsata sibindzi kutsi sikwati kukhipha shevu kuso.

Green (2000:31) naye uyananatela aphindze angete nangabe abeka kanje:

The root is a general tonic and an effective liver tonic, hepatic, which acts to cool the liver, its cholagogue action decongests the gall bladder by increasing bile flow, and its choloretic action promotes bile production.

Imphandze ingumutsi lolapha tifo letinyenti letahlukahlukene futsi ungumutsi lolapha sibindzi. Ubuye usetjentiswe kucedza kushisa kwesibindzi. Umsebenti wayo kukhipha inyongo esikhwameni sayo ibuye yente kutsi inyongo ingagcwali esikhwameni lesiyigcinako ngekutsi yenta inyongo ihambe ngebunyenti. Isebenta njengemutsi lokhutsata sibindzi sikhicite inyongo ngebunyenti.

(ii) Umgilibisi (Emagilibisi)

Ngekusho kwaMtawa naFawole (2018) batsi, emagilibisi ayasita nangabe sibindzi singasebenti kahle noma nangabe sinenkinga. Loku kunanatelwa nguRoger (2001:81) uma abeka kanje:

Grapes activate the detoxifying effect of the liver increasing bile production.

Emagilibisi akhutsata sibindzi kute sikwati kukhuculula kungcola aphindze angete kukhicitwa kwenyongo.

(iii) Banana (umkhova)

Purushothaman naMtawa (2018) batsi, sicu kanye nemacembe alesihlahla uyakugandza bese upheka imbita lelapha sifo sesibindzi. Loku kuchazwa nguDharani (2002:91) utsi:

A decoction of the stem is used to treat liver problems. Leaf or fruit juice as well as burnt stalk ash, is taken for hepatic diseases.

Umutsi lowentiwe ngekubilisa sicu usetjentiswa kwelapha tinkinga tesibindzi. Ijuzi yemacembe nobe titselo nemlotsa wesicu lesishisiwe kusetjentiswa kwelapha tifo tesibindzi.

(iv) Umhhabhula (Emagcolo)

Ngekusho kwaKubheka (2016) utsi, emagcolo emhhabhula ayasita nangabe uhlushwa sibindzi. Loku kuchazwa nguKloos (2009:206) uma abeka atsi:

Tea made from apple tree bark is an old fashioned remedy. It is most useful for liver.

Litiya lelentiwe ngemagcolo esihlahla semhhabhula ngumutsi wekwelapha wakudzala. Usetjentiswa ekwelapheni sibindzi.

(v) Umpopo (Lipopo)

Ngekusho kwaPurushothaman (2016) naMtawa (2017) batsi, lipopo liyasita kwelapha umuntfu lovuvuke sibindzi. Loku kuchazwa nguKeeka naLasania (2006:95) uma babeka kanje:

For inflamed liver consume a large slice of papaya together with a teaspoon of honey daily.

Kwelapha sibindzi lesivuvukile kudzingeka udle lucetu lelikhulu lelipopo kanye nesipunu lesincane seluju onkhe malanga.

(vi) Tinyosi (Luju)

Ngekusho kwaMtawa (2016) utsi, luju lwetinyosi luyasita kwelapha umuntfu lovuvuke sibindzi. Loku kuchazwa nguKeeka naLasania (2006:47) uma babeka batsi:

Honey is an abluent and an aperient, it contains detergent and tonic properties that cleanse the arteries and opens obstructions of the liver.

Luju luyintfo yekuhlanta noma kuhlobisa luphindze lube ngumutsi lodzambisa kucumbelana. Lunesihlanti nemandla ekwelapha imitsambo yengati luphindze lususe tintfo letivimbe indlela leya esibindzini.

4.16. Imitsi Lebulala I-Esidi Engatini

(i) Ingabe (Timpbandze, Emacembe)

Mabuza (2006) utsi, lapha ugandza lamacembe engabe bese upheka imbita sewuyanatsa. Lomutsi uhlanta ingati nangabe igcwele i-esidi lenyenti. Loku kuchazwa nguKloos (2009:237) uma abeka kanje:

The natural nutritive salts purify the blood and destroy the acids in the blood.

Labosawoti bemvelo labanemsoco bahlanta ingati bacedze kuba munyu engatini.

George naPamplona (2001:192) bayananatela nabo batsi:

Blood cleansing, by neutralizing and eliminating many foreign and toxic substances flowing into the blood system.

Kuhlanta ingati ngekucedza emandla nekususa tintfo tangaphandle emtimbeni naletingushevu letingena engatini.

(ii) Umkotapeni (Emacembe)

Ngekusho kwaGumedze (2013) utsi utsatsa emacembe emkotapheni upheke imbita sewuyayinatsa. Lomutsi uyasita kuhlanta ingati kanye nekukhipha butsi lobusengatini. Lomutsi uhlanta ingati legcwele i-esidi leningi. Lomutsi uwunatsa ngenkhomishi legcwele.

4.17. Imitsi Yalokhushukelwa Ngushukela/lhayihayi

(i) Ingabe (Emacembe)

Mabuza (2006) utsi, utsatsa lamacembe alengabe upheke imbita bese unatsa lomutsi. Lomutsi uyasita kwelapha umuntfu lophetfwe sifo sekukhushukwelwa ngushukela. Lomutsi uyachamisana kakhulu. Loku kunanatelwa nguChevallier (2000:141) uma atsi:

Dandelion leaf is used as a diuretic and to treat high blood pressure by reducing the volume of fluid in the body.

Licembe lengabe lisetjentiswa njengentfo lekhutsata kuchama, liphindze lincenze kumpompeka kwengati lokunemandla ngekutsi kwehliswe umtsamo wengati.

4.18. Imitsi Yekwelapha Umuntfu Lonetilo (Worms)

(i) Iblekisidi (Tinhlavu)

Ngekusho kwaMtawa (2018) utsi, nangabe uphetfwe ngemanyokane esiswini, kudzingeka udle iblekisidi. Loku kunanatelwa ngu-Ahmed (1959:31) uma abeka kanje:

If taken with vinegar, it kills the stomach-worm.

Uma udla iblekisidi kanye neviniga, ubulala tilo tasesiswini.

(ii) Umdakane (Timpbandze)

Ngekusho kwaThwala naKhoza (2018) batsi, timpbandze talomutsi uyatigandza tibe yimphuphu bese ufaka lomutsi emantini lashisako. Uma sewutiyile ubese ucatseka ngawo nangabe ufuna kubulala noma kukhipha tilo esiswini. Lomutsi uyasita nangabe sisu sakho sinetinhlungu letitsite.

(iii) Umnyamatsi (Emacembe nemagcolo)

Ngekusho kwaMavimbela naGumedze (2018) batsi, emacembe kanye nemagcolo alesihlahla uyakugandza kubeyimphuphu. Emvakwaloko ubese ucupha kancane upheke imbita, sewuyayinatsa nangabe uhlushwa tilo esiswini noma nangabe sisu sakho sibuhlungu.

(iv) Magucu (Titselo)

Ngekusho kwaMamba (2017) naNyembezi (1992:76) bayafakazelana batsi, titselo tamagucu tiyasetjentiswa kwelapha umuntfu lophetfwe tilo.

(v) Inhlaba (Sigwabhugwabhu)

Ngekusho kwaFawole (2017) naBryant (1983:59) batsi, inhlaba iyasetjentiswa kwelapha umuntfu lophetfwe tilo.

(vi) Umpentjisi (Emacembe)

Kubheka (2017) utsi, utsatsa lamacembe uwagandze bese ucupha kancane lomutsi upheke imbita, nangabe kukhona lohlushwa tilo esiswini. Ntuli (2014) uyasekela utsi, lomutsi uyaticosha tilo esiswini noma utibulale ngesikhashana.

(vii) Makuthula (Emacembe)

Ngekusho kwaThwala (2010) naBryant (1983:2) batsi, emacembe amakuthula ayasetjentiswa kwelapha umuntfu lohlushwa tilo.

(viii) Umhhabhula

Ngekusho kwaMtawa (2016) utsi, kudzingeka udle lihhabhula ngaphambi kwekutsi uyolala. Uyachubeka utsi ungabese unatsa emanti emvakwaloko. Loku kudzingeka ukwente emalangana lambadlwana, letilo titawubese tiyaphuma. Loku kufakazelwa nguKeeka naLasania (2006:12) uma babeka kanje:

*Eat an apple just before going to bed for few days.
Do not take any water thereafter. The worms
will pass out within a week.*

*Dlani lihhabhula ngaphambi kwekutsi uyolala. Loku
ukwenta emalangana. Kutsiwa awukunatsi
lokungemanti emvakwaloko. Letilo titawubese
setiyaphuma.*

4.19. Imitsi Yekwelapha Umuntfu Lonemtimba Lomubi (Scrofula)

(i) Umhlonyane (Emacembe)

Ngekusho kwaThwala (2010) naBryant (1983:53) batsi, emacembe emhlonyane ayasita kwelapha umuntfu lonemtimba lomubi. Batsi utsatsa lomutsi upheke imbita bese uyayinatsa.

(ii) Matfunga (Sigadla)

Ngekusho kwaMabuza (2005) naBryant (1983:53) batsi, sigadla samatfunga siyasetjentiswa kwelapha umuntfu lonemtimba lomubi.

(iii) Umfusamvu (Timpandze)

Ngekusho kwaMavimbela naMavimbela (2017) batsi, lona ngumutsi lomkhulu wekwelapha umuntfu lonemtimba lomubi. Lomutsi uphalaza ngawo uphindze ucatseke ngawo.

4.20. Siphetho

Ecinisweni sive seMaswati besingahlupheki, besitiphilela ngemitsi yesintfu, naso sasitwa bokhokho baso. Kubalulekile kutsi naso silulondvolote lololwati, kute situkulwane sikhone kusitakala. Lokunye sive seMaswati siyakhutsatwa kwekutsi singayekeli timbita. Umutsi wesintfu uyasebenta kakhulu kundlula lowesilumbi. Imbita iyakhona kukhipha butsi lobitsite emtimbeni kantsi futsi iyakhona kwelapha tilondza tangekhatsi. Lokunye sive seMaswati siyacelwa kwekutsi sinakekele imvelo, lokufaka ekhatsi tihlahla, timila, tibandza, tinyamatane kanye nalokunye.

Tihlahla kuyadzingeka kwekutsi tinakekelwe ngoba kuto kutfolakala emagcolo, emacembe, timpandze kanye netimbali. Sive siyecwayiswa kwekutsi lapho sikhipe khona emagcolo kumele sigcobise bulongo kute kutovaleka. Lokunye kumele eMaswati bawakhutsate kufundzisa labanye kwelapha tifo letehlukahlukene ngekusebentisa letihlahla. Emaswati bekakwati kubelekisa nanyalo basekhona labakwatiko. Kubalulekile kwekutsi kufundziswe lolusha ngoba kuyenteka uma umfati abeleke endleleni asaya esibhedlela, kufanele bakwati kutsi bangamsita kanjani. Loku kufakazela kona kwekutsi kusengakafiki badzeshi, sive lesimnyama besinelwati nanobe besingakafundzi.

SEHLUKO SESIHLANU SIPHETFO SELUCWANINGO

5.1. Singeniso

Lolucwaningo belukadze lubukene nendzima lebanjwa timila, imitsi netilwane esiveni lesimnyama noma lesimphisholo. Lolucwaningo belukadze lugcile kakhulu tikwetihlahla lokwakhiwa ngato imitsi yesive seMaswati. Lolucwaningo lubukene netinhlobonhlobo tebelaphi nekutsi imitsi bayisebentisa kanjani. Lokunye lolucwaningo belubukene nekutsi sive seMaswati besiphila kanjani kungakefiki badzeshi kuleli laseNingizimu Afrika. Lokunye belaphi besintfu abasebentisi timila kanye netihlahla kuphela kodvwa baphindze basebentise tilwane noma tinyamatane. Lokunye belaphi baphindze basebentise kanye netilwane letitfolakala emantini. Lolucwaningo luphindze lwabuka nendzima ledlalwa tinyoni kanye netinyoka ekwelapheni. Lubuye lwabuka kwekutsi imitsi yesintfu lokutihlahla ihlanganiswa kanjani netilwane, tinyoka, tinyoni kanye nalokunye lokunyenti. Lolucwaningo lubuke imibono leyehlukahlukene levetwa belaphi nobe bantfu labanelwati mayelana nemitsi yesintfu.

5.2. Lokutfolakele Elucwaningweni

Lokutfolakele kutsi tihlahla letinyenti tiyasetjentiswa ekwelapheni. Lapha kubutwe tinyanga, tingedla, babholofithi kanye nebantfu labadzala labati kabanti ngemitsi yesintfu. Lokutfolakele kutsi tihlahla letidliwako kanye naletingadliwa tilusito ekwelapheni bantfu labagulako. Lokunye kuyenteka utfole kwekutsi lesihlahla asidliwa kodvwa ungasishisa lomutsi ubese uyadliwa. Lokunye lokutfolakele kutsi kunetihlahla letingangeni ekhaya njengencithamuzi ngoba kutsiwa icitsa umuti. Lencithamuzi iyasetjentiswa ifakwe etimbiteni tekuwasha imitsambo. Lokunye lokutfolakele kutsi bantfu bebaphila sikhatsi lesidze nje kutsi bebadla tibhidvo, lokufaka ekhatsi ingabe, imbuya, mbilikicane kanye naletinye letinyenti. Letibhidvo kutsiwa betilusito ekuhlanteni ingati kanye nasekungeteni ingati. Lokunye lokutfolakele kutsi imitsi yesintfu inemandla kakhulu.

Kulolucwaningo kuvelile futsi kutsi imitsi yesintfu inemandla ekwelapheni kanye netitselo tasendle. Letitselo betisita ekwelapheni tifo letehlukahlukene. Kulolucwaningo kuvelile kwekutsi bantfu bebaphila sikhatsi lesidze, tingekho letibhedlela letafika nebelumbi.

Lokunye nangabe bafuna kuhlanguanisa ematsambo lephukile bebakwenta loko ngaphandle kwenkinga. Kuvelile futsi kutsi umntfwana bebacala kumvikela tikwetifo asasesiswini senina. Kutsiwa bekaniketwa timbita lebetimsita kwekutsi angabanjwa tifo nekutsi angahabuli kalula. Kutsiwa bekuvikelwa nalonina kute lomtfwalo ungonakali. Luvete nekutsi lomntfwana bekutsiwa nangabe sekabelekiwe, bekudzingeka atfole tinyamatane takulelo khaya kute angahabuli noma kute avikeleke tikwetifo letehlukahlukene. Luvete nekutsi sive lesimnyama sicale kutsatsa umutsi wesintfu njengentfo yebusathane, ngobe kwanele kufika kwebadzeshi babese batsi abalahle konkhe lokumayelana nemitsi yesintfu. Luvete nekutsi kwatsiwa kumele bangayisebentisi imitsi yesintfu ngobe ingcolile, kumele basebentise imitsi yabo leyesilungu. Luvete nekutsi kufika kwebadzeshi kuleli babese bantjintja nemagama abo babese betsiwa kabusha lawo lasebhayibhelini. Loku ngulokunye lokwabenta kwekutsi balahle lenkholo yabo yesintfu.

Lucwaningo lubuye lwaveta nekutsi kunetinhlobonhlobo tetinyanga letitwasile kanye nebelaphi labangazange batfwase, kepha imitsi bayifundza kuletinye tinyanga. Kutsiwa kunetinyanga, tingendla, babholofithi njalonjalo. Lolucwaningo lubuye lwaveta nekutsi labelaphi basebentisa tindlela letehlukahlukene ekwelapheni. Lokunye lolucwaningo luveta kwekutsi inyanga kumele yetfwase iminyaka lesukela kulemitsatfu kuya etulu. Loku bebakwentela kwekutsi letinyanga titofundza kahle lemitsi futsi tikwati nekuyisebentisa. Kuvetwe nekutsi kukhona bantfu lebahamba bayokhendla batibite ngekutsi batinyanga kodwa bangazange batfwasa. Kutsiwa labo ngulabahamba bakhendla imitsi yekubulala bantfu. Luveta nekutsi inyanga letfwasile ayinayo imitsi yekubulala, kepha tingedla letisebentisa imitsi lemetima neyekubulala kanye neyekucitsa emakhaya. Lucwaningo luveta kwekutsi sive lesimnyama siyayisebentisa imitsi yesintfu kunemitsi yesilumbi. Luveta nekutsi labo labanemali baya kulamave angephandle kantsi labo labete imali balashwa dvutane.

Lolucwaningo luveta nekutsi emakholwa ayaya esintfwini, hhayi emini kepha ebusuku. Luveta nekutsi tinyanga betingehlulwa tifo ngobe nangabe kukhona umntfu logulwa sifo lesicakile betibese tiyasihlanganyela logulako aphile. Lolucwaningo luveta nekutsi tinyanga uma tingasebentisana nabodokotela bantfu labagulako bangaphila. Luveta

nekutsi ngesintfu kute sifo lesingalashwa. Loku kwentiwa kutsi tinyanga titjelwa lidloti kutsi kudzingeka imitsi lenjani kute logulako aphilile. Lokunye luveta nekutsi inyanga isebentisa tinhlola kubuka tinkinga tebantfu. Lolucwaningo luveta nekutsi nanoma imitsi yesintfu ibalulekile kodwa kukhona nalabo labayinyembenyako batsi yintfo yebumnyama. Kuvetwe nekutsi imitsi yesintfu isetjentiswa ngetindlela letehlukahlukene ngobe leminywe isetjentiswa iyimphuphu. Lomunye umutsi uyashiswa ube yinsiti. Luveta nekutsi kuyenteka lomutsi loshisiwe uhlanganiswe nalowo longakashiswa. Kuyenteka kwekutsi lowo nalowo usetjentiswe wodvwane. Luveta nekutsi kuyenteka kusetjentiswe timphandze, emagcolo, emacembe, titselo kanye nalokunye lokutsite. Luveta nekutsi kuyenteka kusetjentiswe nemanyeva. Lolucwaningo luveta tihlahla letelapha tifo letehlukahlukene kanye netifo letelashwako.

5.3. Tincomo

Lucwanigo lubuka kakhulu imitsi yesintfu ekwelapheni tifo letehlukahlukene. Lapha kubukwe kakhulu tihlahla, tilwane, tinyoni kanye netilwane letitfolakala emfuleni naselwandle. Lokutfokotisako ngalolucwaningo kutsi sive sonkhe sesibonile kutsi imitsi yesintfu ibaluleke kangakanani. Lokunye kutsi linyenti lebantfu seliyayisebentisa imitsi yesintfu, kungako bantfu abasabulawa tifo taboshukela kalula. Sive sonkhe kumele sibuyele emvelweni sikhutsalele kusebentisa imitsi yesintfu njengobe kuyacaca nakubani kwekutsi imitsi yesintfu inemandla kakhulu. Loku kukhombisa kona kwekutsi uMdali wadala imvelo yonkhe kute sive siyisebentise uma sigula. Sive lesimnyama sesiyabona kwekutsi imitsi yesintfu ilusito kakhulu ngoba sesiyisebentisa ngemandla. Sive kumele sati kwekutsi nguMdali lowadala letihlahla ngenhloso letsite. Lokusho kwekutsi inkholo yebelumbi kumele ingasididi sive lesimphisholo ngobe bokhokho bebavele bakholwa kadzeni kungakefiki badzeshi. Kutsiwa bebakholwa badla tona letihlahla. Loku kufakazela kona kutsi sive lesimnyama kumele siyisebentise ebaleni hhayi ekhwace.

Hulumende waseNingizimu Afrika wacela kwekutsi tibhedlela tisebentisane netinyanga kute sive sitophila. Loku kushiwo ngoba kunetifo letingalashwa sibhedlela sisodwa. Kunentfo lenhle leyentiwa betemphilo ngoba sebayakhona kucela bantfu lebanelwati mayelana nemitsi yesintfu babachazele kabanti ngekubaluleka kwayo. Loku kufakazela kona kutsi kunetifo letingelashwa sibhedlela njengelikhubalo kanye nesifulane. Lokuhle

kutsi tibhedlela tiyatifundzisa tinyanga kutsi nangabe umuntfu sekaphelelwe yingati, ngemanti emtimbeni kumele timfumele esibhedlela. Hulumende waseNingizimu Afrika kumele ente sicinisekiso sekutsi tinyanga tonkhe tibhalisiwe futsi kudzingeka kwekutsi tibe netincwadzi tekwelapha. Tinyanga letite imvumo yekwelapha, kumele tingelaphi bantfu ngoba tifundzela lakubo.

Lokunye kudzingeka kwekutsi belaphi labangafuni kubhaliswa batsatselwe tinyatselo baboshwe. Belaphi kumele bafundziswe kutsi umutsi usetjentiswa kanjani. Loku kushiwo ngoba labanye batsakatsa ngayo bantfu basebentisa yona lemitsi. Lokunye kwakhiwa emakhubalo kubulawe labanye. Loku kubangwa kwekutsi tingedla tifundza lemitsi ngenca yendlala. Lokunye kutsi kumele kubhalwe tincwadzi letinyenti letikhuluma ngemitsi yesintfu kute sive sitokhutsala kusebentisa letihlahla. Loku kutawusita situkulwane nesitukulwane ngelwati lokumele lusetjentiswe. Lokunye kutfolakele kwekutsi kudzingeka kuhlanyelwe letihlahla, baphindze balondvolote leti letikhona.

Ecinisweni kuhle kutsi sive sibenalo lwati mayelana netihlahla, kepha akusho kutsi sesitawutsatsa umsebeni wetinyanga. Akushiwo emakholwa kuphela lebekangawufuni umutsi wesintfu. Bantfwana betinyanga babese bayatinikela emasontfweni uma beva kwekutsi loku lokwentiwa tinyanga busathane. Lokunye kudzingeka kwekutsi bantfwana betinyanga bafundze kabanti ngetifo kanye nangetihlahla letitelaphako. Loku kusho kwekutsi abafundze kancane batosala nalolwati. Kumele bati kwekutsi uma nabo bangafuni kufundza ngalemitsi sive singabhubha

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Lokukhulunywe Nabo

Luhlu lolungentasi lufaka ekhatsi tatimitsi nebelaphi labehlukene labalandzelako: tinyanga, tingedla, balozi, bahlahluli netangoma.

| Ligama Sibongo | Ligama | Umnyaka | Indzawo |
|----------------|--------------|---------|-------------------------|
| 1. Dlamini | Jabulane | 50 | Kamhlushwa |
| 2. Fakude | Glory | 80 | eBarberton |
| 3. Fawole | Awofolaju | 60 | eLogosi, Nigeria |
| 4. Garife | Michael | 72 | KaBulawayo, Zimbabwe |
| 5. Gumedze | Siyaphi | 77 | kaMatsamo |
| 6. Gumedze | Matobhi | 75 | eNhlatatje |
| 7. Gumedze | Logadaza | 61 | eNdwabangeni |
| 8. Gumedze | Gidion | 61 | eMhlangatane |
| 9. Gumedze | Fulatsa | 76 | Kamatsamo |
| 10. Gumedze | Ntombitodvwa | 73 | eMhlangatane |
| 11. Gumedze | Vani | 62 | eNdwabangeni |
| 12. Khoza | Lameki | 78 | eDriekopies |
| 13. Khoza | Magayeni | 81 | eBosfontein |
| 14. Khoza | Roselinah | 55 | Kamatsamo |
| 15. Kubheka | Thoko | 45 | Kanyamazane |
| 16. Kunene | Sabelo | 40 | eMashobeni |
| 17. Kunene | Makhubu | 54 | eMhlambanyatsi |
| 18. Lubisi | Mafika | 56 | eDriekopies |
| 19. Mabuza | Guduza | 70 | ENtunda |
| 20. Magagula | Bhoyi | 64 | eNdwabangeni |
| 21. Magagula | Bongane | 39 | eNdwabangeni |
| 22. Mahlalela | Mlonyeni | 67 | Kamatsamo |
| 23. Makhubela | Sabelo | 52 | eMhlambanyatsi |
| 24. Mamba | Simanga | 45 | eMbhojeni |
| 25. Mamba | Mandlenkhosi | 71 | eMashobeni |

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| 26. Masilela | Kuseni | 45 | eNdwabangeni |
| 27. Matsaba | Frans | 53 | eDriekopies |
| 28. Matsaba | Elias | 48 | eDriekopies |
| 29. Mavimbela | Lambuso | 86 | eMagogeni |
| 30. Mavimbela | Bheki | 57 | eMagogeni |
| 31. Mavimbela | Petros | 46 | eMagogeni |
| 32. Mavimbela | Sibonginkosi | 40 | eMagogeni |
| 33. Mavimbela | Colane | 40 | eMagogeni |
| 34. Mngobeni | Rheyila | 70 | EGiyane |
| 35. Mongo | Sarah | 68 | Kamatsamo |
| 36. Mtawa | Ahmed | 47 | eBarberton |
| 37. Mtshali | Petros | 80 | ESiteki |
| 38. Nkosi | Evelinah | 69 | Kamatsamo |
| 39. Nsimbini | Berlina | 75 | eBoscfontein |
| 40. Ntuli | Zamekile | 48 | ePhongolo |
| 41. Purushothaman | Anish | 36 | ENdiya |
| 42. Qwabe | Derick | 56 | Kamatsamo |
| 43. Shabangu | Geletfu | 75 | eNdwabangeni |
| 44. Shabangu | Robert | 73 | eMbhojeni |
| 45. Shabangu | Norman | 77 | eJerusalema |
| 46. Shongwe | Sizane | 54 | kaMatsamo |
| 47. Shongwe | Roselinah | 49 | Kamatsamo |
| 48. Shongwe | Ponono | 61 | Kamatsamo |
| 49. Shongwe | Mgudwa | 62 | eMbhojeni |
| 50. Shongwe | Lomzwane | 89 | eMbhojeni |
| 51. Sifundza | Willian | 59 | Kashewula |
| 52. Singwane | Nhlanhla | 50 | eNdwabangeni |
| 53. Singwane | Msindvo | 87 | eNdwabangeni |
| 54. Singwane | Qwabe | 45 | eNdwabangeni |
| 55. Thumbathi | Ngcetfu | 88 | Kamatsamo |

| | | | |
|--------------|-----------|----|-------------|
| 56. Thwala | James | 90 | eNhlazatje |
| 57. Tsabetse | Ncenekile | 82 | eBarberton |
| 58. Tsabetse | Tsibabo | 80 | Kahhohho |
| 59. Zwane | Velephi | 77 | eMbondvweni |

Emagama Etihlahla

| SISWATI | SINGISI |
|--------------------|-------------------------|
| Umntfokolovu | Wild grape |
| Umhlala | Monkey orange |
| Umkhwakhwa | Black monkey Orange |
| Umkhiwa | Ficus sur |
| Umntulwa | Medlar/ Wild medlar |
| Umtelemba | Wild custard-apple |
| Umtfundvuluka | Sour plum |
| Umcozi | Water berry |
| Inhlalamahubhulu | Tassel berry |
| Umnumbela | Transvaal milk plum |
| Umphushane | Transvaal red milk wood |
| Unganu | Marula tree |
| Sineyi lesimhlophe | Brown ivory |
| Gcumgcumu | Cape gooseberry |

| | |
|--------------|--------------------------------------|
| Umgalandela | Granadilla |
| Umchafutane | Toweroghwarrie Magic guarrie |
| Umkhuhlu | Natal Mahogany |
| Umsutane | Fever tea/ Lemon bush |
| Umnulu | Torchwood tree /Torchwood |
| Umtfolo | Catthorn/ Common hook thorn |
| Umvongotsi | Sausage tree |
| Umsilinga | Syringe/ China berry tree |
| Sibhaha | Paper bark tree |
| Umzilazembe | Sickle bush |
| Lusekwane | Cork bush |
| Sindiya | Water white ash |
| Umvangati | Blood wood/ Wild Beak |
| Sivangatane | Large-leaved false thorn |
| Umganunkhomo | False Marula |
| Umntfuma | Apple of Sodom/ Fei apple |
| Umhlafutfo | Castor oil plant |
| Umnyamatsi | Cape ash |
| Umsenge | Common cabbage tree |

| | |
|---------------|--|
| Umngoza | Mango tree |
| Umkotapeni | Avocado tree |
| Umpopo | Pawpaw/ Papaya |
| Umpentjisi | Peach tree |
| Umsinsi | Common Coral tree |
| Inguduza | Boulberglelie |
| Umlahlabantfu | Buffalo thorn/ ShinyLeaf/ Wait abit |
| Mahlanganisi | Orygiadecumbens |
| Umngamazi | Common hook thorn |
| Manyongwane | Orygiadecumbens |
| Umgwenya | Wild palm |
| Gebeleweni | Bostou |
| Umkhokha | Grab's eyes/Jequirity bean |
| Gibizisila | Climbing potato |
| Umkhamamasi | Quinine tree |
| Inchithamuzi | Bush guarri/Magic guarri |
| Umhonono | Silver cluster leaf |
| Umhlume | Matum |
| Inhlaba | Aloe Ferox |
| Umhlonyane | Wild worn wood |

| | |
|------------------|----------------------------|
| Insangu | Dagga |
| Lugagane | Sickle bush |
| Umfusamvu | Cheesewood |
| Liletsa | Lavender croton |
| Lidlebe lendlovu | Round leaf teak |
| Umphungankhomo | African wattle |
| Inkofe | African potato/Yellow star |
| Sinhlonhlwane | Climbing Cactus |
| Sikenama | Jeukbol |
| Impinda | Modecca gummfera |
| Umwelela | Wild garlic |
| Inkaka | Bursting beauty |
| Umnungwane | Small knob wood |
| Ummemezo | Fluted milkweed |
| Umtfombotsi | Tamboti |
| Inkuzane | Guarrri |
| Insikane | Nut grass |
| Maphipha | Milk weed |
| Intfolwane | Elephant's foot |
| Matfunga | Pine apple flower |

| | |
|---------------------|----------------------------------|
| Magucu | False assegai |
| Libhume | Water flag/ Bulrush |
| Umdolofiya | Sweet prickly pear |
| Mahlabekufeni | Forest croton/Croton Lavender |
| Madakwane | Wild yam |
| Mabophe | Moth fruit |
| Phayibashimane | Carrot tree |
| Mabusane | Gueinzii sond |
| Mababaza | Caudatum ait |
| Lidlutjana | Asper wood |
| Likhatsato | Kalmoes |
| Lozililo | Giant carrion flower |
| Lulwimi Iwenkhomo | Pink and white gerbera |
| Linyatselo | Silver leafed vernonia |
| Liphakama | Mistle toe |
| Sihlangu setindzala | Red spike thorn |
| Sihlangu | Common spike thorn |
| Bhebbhe | Pig's ear cotyledon |
| Umvuthuza | Brand blare |
| Sigibanyongo | Carrot weed |

| | |
|----------------|---------------------------------------|
| Umkhanyakude | Fever tree |
| Lubangalala | Silk bark |
| Ludzangamane | Yellow wondering jew |
| Manukane | Stink wood/ Laurel wood |
| Ludvonca | Wild foxglove |
| Sidletjana | Aster/ Dead man's tree |
| Umkhiwane | Broom cluster fig |
| Umkhwangu | Wild gardenia |
| Indodemnyama | Hairy star apple |
| Umvitsi | Shepherd tree |
| Umbhongabhonga | Wild poplar |
| Inkhokhokho | Wild fig |
| Emakhowe | Mushroom |
| Ummoringa | Drumstick/ Moringa/ Horse radish tree |
| Indlulamitsi | Eucalyptus tree |
| Intsane | Forest elephants foot |
| Sinwathi | Wild grape |
| Luphehlwane | Purple broom |
| Umvutfwamini | Turkey berry |
| Umtabhane | River nettle |

| | |
|-----------------------------------|---|
| Liklolo | Raisin tree |
| Umphendulo | Heart leaved |
| Umlulama/ Umadlozana | Wild honey suckle tree |
| Vuma lomhlophe | Synaptolepis |
| Vuma lobovu | Wild plum / Bush veld cherry |
| Lubangalala | Broun bonnets |
| Mavumbuka | Wolwekos |
| Bhubhubhu | Soap plant |
| Umtsentsse | Cotton wool grass |
| Bukhwebeletane | Lantana |
| Umuzi | Water grass |
| Tjwala benyoni | Lion's tail/Minarest flower |
| Umphatsankhosi lomhlophe | Chaka's wood /Cape teak |
| Umphatsankhosi lomnyama | Blue bitterberry/Little monkey orange |
| Imphilane | Ox-eye daisy |
| Indzema | Melkbol / Vingerpol |
| Lusingalwesalukati/ Mangwazane | Milk weed balloon/Cotton bush/ Milk bush |
| Ibhucu | Rooi storm /Water pypie |

| | |
|----------------------|------------------------------------|
| Umbangandlala | Parsley tree |
| Godide | Hairy leaved jatropa |
| Incumbe | Candelabra flower |
| Imphepho | Everlasting |
| Umtfongwane | Bastard camphor tree / Cape quince |
| Imbabatane | River nettle |
| Liloyi / Luhhemane | Sinkweed/ Prickle apple |
| Ishongwe | Milkbush /Wild Cotton /Milk wort |
| Ingcino | Baurii bak |
| Vovovo | Tree fuchsia /Weeping schotia |
| Mlomomnandi | Liquorice |
| Inhlungunyembe | Bushman's poison bush |
| Maluleka | Soap dogwood /Krantz berry |
| Sicalabi | Cape beech |
| Dzelunina | Hoeded meadow star |
| Mabophe wasentsabeni | Weeping boer-/bean |
| Malubhe wesiganga | Wild bramble |
| Sihhomuhhomu | Apple leaf |

| | |
|---------------------|----------------------------------|
| Umsilawengwe | Lesser yellow head |
| Lihlinzafuku | Water penny wort/Navel wort |
| Vimbophu | Indian ginseng /Winter cherry |
| Sondeza | Wild cape bush |
| Imbune | Sensitive plant |
| Sihlabamakhondlwane | Gryshout /Kalwerbossie |
| Mayime | Wild water mint /Orange lily |
| Umwane | Wild pear |
| Hlakahla | Blue lily |
| Lihlunguhlungu | Wild sugar bush |
| Jundumlahleni | Assegai |
| Inkhambane | Paper-barked thorn |
| Inkhehli | Podmahogany |
| Umfanawezimbuzi | Bush veld arum |
| Bongcongcoshi | Curpressaceae |
| Umfazothethayo | Horse wood |
| Licishamlilo | Wild verbena /Russet bush-willow |
| Sihlalavane | Russet bush willow |

| | |
|----------------------|----------------------------------|
| Minya | Forest fever-berry/Forest croton |
| Umrosilina | Camphor tree |
| Imbondvo lemnyama | Lead wood |
| Imbondvo lemhlophe | Velvet bush willow |
| Phuphuma | African holly |
| Umkhaya | Knob-thorn |
| Impila | Ox eye daisy |
| Umfomfo | Quinine berry /Strawberry bush |
| Libohlololo | Aptenia /American groundsel |
| Gobho | River pumpkin |
| Lisendzelenja | Bitter apple /Wild cucumber |
| Maphipha loyintelezi | White albuca |
| Shaladi wetinyoka | Wild garlic |
| Chuchuza | Black jack |
| Inkaka | Burning beauty |
| Mbilikicane /Sidwaba | Fathen |
| Emahenjane | Wild purslane |
| Mavululu | Gif apple |

| | |
|--------------------------|---------------------------------------|
| Umsobo | Black night shade |
| Umsobo lomncane | Woody night shade |
| Sisefo | Red beech /Transvaal boeken hout |
| Vedle | Wild geranium |
| Ndvwendvweni | Waaier lelie |
| Intfuma lencane | Sodom apple |
| Intfuma lenkhulu | Apple of Sodom |
| Umtsantane | Sickle bush |
| Igaligi | Garlic |
| Anyanisi | Onions |
| Liklabishi | Cabbages |
| Litamatisi | Tomatoes |
| Iminti | Mint |
| Shumeriki | Turmeric |
| Iphomigranathi | Pomegranates |
| Sikwenge semabalabala | Mother-in-law's tongue / Pile root |
| Umtoma | Cape ash / dog plum |
| Singa | Sweet thorn |

| | |
|-------------------|--|
| Icena | Soap aloe / White spotted aloe |
| Tinyosi | Honey |
| Umdlebe | Gum tree |
| Libota | Ginger bush |
| Sihhenga | Pinepple |
| Lihwabha | Watermelon |
| Litsanga | Pumpkin |
| Umjumbulo | Cassava |
| Ludvonca | Sesame |
| Itayimu | Thyme |
| Irosemary | Rosemary |
| Ikhayeniphephe | Cayenne |
| Umlleman | Lemon |
| Sivalasangwane | Natal gardenia /Horned |
| Emanti-lanasawoti | Salt water / Brine /Saline / Sea water |
| Emakherotsi | Carrots |
| Bleckseed | Iblekisidi |
| Umdakane | White-pear / |
| Isena | Eland's pea |

Emagama Etilwane

| SISWATI | SINGISI |
|------------------|----------------|
| Imfene | Baboon |
| Libhubesi | Lion |
| Ingwenya | Crocodile |
| Singwe | Bush baby |
| Lishongololo | Kudu |
| Ingwemishi | Leopard |
| Imphala | Springbok |
| Likati | Cat |
| Inja | Dog |
| Imvukunyane | Mole |
| Funtafuntane | Bagworm |
| Lidvuba | Zebra |
| Indlulamitsi | Giraffe |
| Indlovu | Elephant |
| Imamba leluhlata | Green mamba |
| Umgololo | Lizard |
| Imfeti | Crobra |
| Imamba lemnyama | Black mamba |

| | |
|-------------------|----------------|
| Inhlatfu | Python |
| Lufudvu | Tortoise |
| Shaka | Shaka |
| Bhejane | Rhino |
| Sikhova Sakhukulu | Owl |
| Chamu | Monitor lizard |
| Intfulo | Salamander |
| Ihudla | Giraffe |
| Inkunzi | Bull |
| Sicoco | Frog |
| Inkhalankhala | Crab |
| Imfishi | Fish |
| Phemphetfwane | Rinkhals snake |
| Inshigwa | Earthworm |
| Bulembu | Spider web |
| Inkhukhu | Chicken |
| Ingculungculu | Eagles |
| Imbuti | Goat |
| Logwaja | Hare / Rabbit |
| Imbongolo | Donkey |

| | |
|--------------|----------------------|
| Lihhashi | Horse |
| Ingobiyane | Monkey |
| Likhatane | Tick / Parasite |
| Ligwababa | Ravel |
| Lingce | Vulture |
| Tsekwane | Swainson's francolin |
| Lilandza | Cattle egret |
| Inkhonjane | Swallow |
| Tinyosi | Bees |
| Inkhomo | Cattle |
| Inyatsi | Buffalo |
| Imvubu | Hippopotamus |
| Ingungumbane | Porcupine |
| Imvu | Sheep |
| Imfeti | Cobra |
| Lunwabu | Chameleon |
| Incocodzi | Woodpecker |
| Inhlava | Honeguide |