

Traditional knowledge on the use of *Hippobromus pauciflorus* as herbal aphrodisiac to treat erectile dysfunction – Nonkululeko Lovejoy Ntshangase

In a world which is continually striving to alleviate disorders of the human body, it is not surprising that male sexual disorders receive a good share of the attention. During ancient times, people used to live on plant-based food but due to advancement and technology, more people now live on fast foods which have a drastic impact on their well-being, health and sexual health. Erectile dysfunction has many possible causes and can be the first symptom of an undiagnosed condition. The major reason why erectile dysfunction is more common with age is that older men are most likely to be on some kind of medication. Plants have served as an ever-ready source and a dependable medicine for the treatment of mankind's acute illness and a number of chronic diseases. A total of 61 plant species from 36 families were found to be used traditionally to treat male sexual disorders. The present study showed evidence that Durban



locals are knowledgeable about the use of medicinal plants and prefer traditional medicine to cure erectile dysfunction and other related diseases. The recorded aphrodisiac plants can potentially provide treatment that is low in cost and available to men in Durban and nationally. These plant species used by Durban locals are being reported for the first time in treatment of ED. Even though some have been tested before, they were tested for different ailments. Therefore, there is a dire need to develop African traditional medicine into acceptable natural medicines for the treatment and management of erectile dysfunction.

Assessing the effectiveness of traditional drinking water treatment and storage methods on water quality in the Tshivhase and Rambuda communities, Thulamela Municipality, Vhembe District – Tahulela Nemavhola

The aim of this investigation was to determine the level of pollution and contamination of rural water sources in the Tshivhase and Rambuda communities of Vhembe District; to investigate possible seasonal differences in water quality, perhaps related to rainfall; and to assess the effectiveness of water treatment methods used by rural communities. A total of 90 samples representing 10 water sources from six different villages were tested in the laboratory for pH, TDS, turbidity, nitrates, orthophosphate, E.coli and total coliform. All water sources were found to be contaminated and exceed World Health Organisation standards during both the dry and wet season. Bleach and store, boil and store and long-standing storage methods are three methods used by communities to improve water quality for drinking purposes. The bleach method was the only method that remained effective after water was stored. The boiling method was effective for a short period of time and became less effective in the storage facilities. The long-standing method was the least effective method. With correct application, the bleach method is recommended for use, with the boiling method as an alternative provided it is used immediately.

