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No. 1

Tree, Shrub, Plant

VAIVAI NI VALAGI
Rain Tree
Monkey Pod

Botanical Name & Family
Samanea saman
(Mimosaceae)

Uses
Planted as a shade tree and ornamental, roadside and plantation. Wood used for general construction, flooring, carving, handicraft and firewood.

No. 2

Tree, Shrub, Plant

RED PALM
Lipstick Palm, Sealing Wax Palm, Red Sealing Wax Palm

Botanical Name & Family
Cyrtostachys renda
(Palmae)

Uses
A special for Landscapers and Garden lovers. A striking palm indeed.

No. 3

Tree, Shrub, Plant

MAVU
Gadoa

Botanical Name & Family
Macaranga harveyanna
(Euphorbiaceae)

Uses
A softwood tree, firewood, box making, best feeding spot of Doves

No. 3A

Tree, Shrub, Plant
WELETI
(Maoli, Uto Weleti, Papaya, Pawpaw)

Botanical Name & Family
Carica papaya
(Caricaceae)

Uses
Delicious and healthy fruit, eaten alone, or in fruit salad, also makes jam, cakes, juice and desserts. Mashed and sieved pulp ideal for first solids for baby. Green pawpaw makes a good chutney, pickle or salad, and is also used as a vegetable.
Fiji medicinal - Leaves used for herbal medicine, and also stopping the flow of blood in a wound. Resin from green fruit used for meat tenderizing etc. Mouthwash made from scrapings of the inner bark for tooth ache.
For ringworm – a slice of green Pawpaw placed over the affected area.

No. 4
Tree, Shrub, Plant
GOLDEN PALM

Botanical Name & Family
Chrysalidocarpus lutescens
(Palmae)

Uses
Low growing ornamental palm with many slim yellow ringed trunks and leaves which turn an orange colour with age

No. 5
Tree, Shrub, Plant
BALAKA PALM

Botanical Name & Family
Balaka Semanni
(Palmae)

Uses
Slender palm which is common in the dense Forest. A very straight Stem, often used for making walking sticks, Once used for making Spears. Widely used for an ornamental both in Fiji and overseas.
Tree, Shrub, Plant
MOLAU

Botanical Name & Family
Glochidion seemannii
(Euphorbiaceae)

Uses
Stems and leaves are used in traditional herbal medicine. Wood is used in general construction and for firewood.

No. 7

Tree, Shrub, Plant
VADRA

Botanical Name & Family
Pandanus vitiensis
(Pandanaceae)

Uses
Weaving mats and baskets, thatching. Nuts can be eaten, after roasting in the fire. (In Papua New Guinea they are called Karuka nuts). Landscaping – ornamental.

Fiji medicinal – infusion of roots used for Asthma.

No. 8

Tree, Shrub, Plant
BALABALA
Tree Fern

Botanical Name & Family
Cyathea lunulata
(Cyatheaceae)

Uses
The most common tree fern. The trunk used in for building and planting ferns and orchids in.

No. 9

Tree, Shrub, Plant
GADOA

Botanical Name & Family
Macaranga vitiensis
(Euphorbiaceae)

Uses
House posts, good firewood, Doves feeding spot

No. 10

Tree, Shrub, Plant
HAWAIIAN BLUE GINGER
(Actually Purple)

Botanical Name & Family
Dichorisandra thyrsiflora

Uses
A beauty in the garden, and also nice in floral arrangements.

No. 11

Tree, Shrub, Plant
SEKOULA
(Flame Tree)

Botanical Name & Family
Delonix regia
(Caesalpiniaceae)

Uses
A beautiful ornamental tree now naturalized. Introduced before 1860.

No. 12

Tree, Shrub, Plant
YASIYASI
Botanical Name & Family
Syzygium neurocalyx
(Pink fruit like a large Pear – related to Kavika)

Uses
No. 13

Tree, Shrub, Plant
VUGA

Botanical Name & Family
Metrosideros collina
(Myrtaceae)

Uses
Large tree used for timber and house posts. Flowers often used for decoration.

No. 14

Tree, Shrub, Plant
LOSILOSI

Botanical Name & Family
Ficus barclayana
(Moraceae)

Uses
A shrub or small tree which is moderately common in Viti Levu and Vanua Levu. (Economic importance). Edible fruit.

Fiji medicinal - Chew young leaves for cough. Juice of leaves used for boils under the arms.

No. 15

Tree, Shrub, Plant
MAHOGANY
Botanical Name & Family
*Swietenia macrophylla*
(Meliaceae)

Uses
High valued timber with excellent characteristics. Wide range of application e.g. furniture, paneling, flooring, construction, arts and crafts.

No. 16

Tree, Shrub, Plant
VAULEKA
Short Hibiscus

Botanical Name & Family
*Hibiscus tiliaceus*
(Malvaceae)

Uses
Rough side of leaf is bandaged on sprained ankle overnight to reduce swelling and pain. Also used for diarrhea.

No. 17

Tree, Shrub, Plant
BUABUA NI IDIA

Botanical Name & Family
*Fragraea species*
(Loganiaceae)

Uses

No. 18

Tree, Shrub, Plant
MAQO
(Mango)
Botanical Name & Family
Mangifera indica
(Anacardiaceae)

Uses
Tannins, Fruits and ornamental. A very early introduction, now common throughout the group. Ripe fruit contains an abundance of Vitamin A.

Fiji medicinal - Liquid of bark is used against diarrhoea. Scrape the outside bark off and take the inside bark to make tea against thrush. Young leaves chewed to stop diarrhoea, dystenery, and skin ulcers.
India medicinal - Boil 15 fresh Mango leaves with a glass of water, leave overnight and drink in the morning - for diabetes.

No. 19

Tree, Shrub, Plant
VUTU RAKARAKA

Botanical Name & Family
Barringtonia asiatica
(Lecythidaceae)
(Particularly dark core)

Uses
Both flower and fruits are buoyant. In early times fruits were used as floats for fishing nets. The flesh of the fruit is crushed to stupefy fish.

No. 20

Tree, Shrub, Plant
UTO

Botanical Name & Family
Artocarpus altillis
(Moraceae)

Uses
The fruit is boiled or roasted, and is still preserved underground to make madrai or bread. The wood is useful.

No. 21

Tree, Shrub, Plant
LERA
Botanical Name & Family
Adenanthera pavonina
(Mimosaceae)

Uses
An introduced tree, now naturalized, which has pods containing the small red hard seeds which are commonly made into necklaces by Fijians.

No. 22
Tree, Shrub, Plant
AVOCADO PEAR

Botanical Name & Family
Persea Americana
(Lauraceae)

Uses
Edible fruits.
Introduced plant.
Small trees up to 30 ft

No. 23
Tree, Shrub, Plant
TOTOWIWI
(Tree)
MANUI, MANAWAI,
DUBUDUBU

Botanical Name & Family
Pleiogygium solandri
(Anacardiaceae)

Uses
Tree up to 9 ft. high.
The trunk often used for canoes.

No. 24
**KABI NI VALAGI**
(Blue Quandong)

(Rotuman name – Umasa)

**Botanical Name & Family**
Elaeocarpus Grandis
(Elaeocarpaceae)

**Uses**
- Has large purple berries similar to Olives. Non-edible.
- Used for Timber.
- Introduced from Australia.
- Is presently investigated as fast growing plantation tree.

No. 25

**MISIMISI**

**Botanical Name & Family**
Ximenia Americana
(Olacaceae)

**Uses**
- A common coastal shrub.
- The green fruits smell strongly of oil of almonds.
- Pigeons commonly feed on this species when it is fruiting.

No. 26

**WI NI IDIA**
(Starfruit)
(Star Apple)

**Botanical Name & Family**
Averrhoa Carambola
(Oxalis)

**Uses**
- Fruit makes very fine jams, jellies, pickles and stewed fruit. The pressed liquid from the stem and bark is used for treatment of diarrhea, for strengthening of mothers after childbirth, for cleansing of bowels, sterility and fish poisoning, and for cataracts of the eye.
No. 27
Tree, Shrub, Plant
COCOA

Botanical Name & Family
Theobroma cacao
(Sterculiacae)

Uses
Seeds dried and pounded. Commonly used for chocolate for baking.

No. 28
Tree, Shrub, Plant
ROYAL PALM

Botanical Name & Family
Oreodoxa regia
(Palmae)

Uses
Introduced and commonly grown in avenues because of its erect habit and stately appearance

No. 29
Tree, Shrub, Plant
SOGA

Botanical Name & Family
Metroxylon vitiense
(Palmae)

Uses
Leaves used for thatching when tree reaches maturity, at an age of 15 years. A huge terminal panicle, about 12 feet high and divided into 20 or more branches are produced. The palm dies after producing the fruit.

Endemic to Fiji

No. 30
DILO

Botanical Name & Family
Callophyllum inophyllum
(Clusiaceae)

Uses
The timber is used for carving and making furniture and other small utilitarian items. The leaves and fruits are used medicinally and the fragrant fruits are used to scent coconut oil.

No. 31

TARAWAU

Botanical Name & Family
Dracontomelon vitiense
(Anacardiaceae)

Uses
Fruit edible, somewhat insipid. Tree grows to 60 feet, flowers small. Fiji medicinal – Chew the young leaves and swallow the juice if you have a sore throat.

No. 32

DROU

Botanical Name & Family
Parasponia andersonii
(Ulmaceae)

Uses
Trees or shrubs, leaves alternate simple, stipules paired, flowers fascculated, fruit compressed
TORCH GINGER

Uses
An introduced ornamental with a large torch like inflorescence.

No. 34

VASA

Uses
Leaves used for skin disease. Poisonous if ingested.

No. 35

SEREMAIA
(Soursop)
(Graviola)

Uses
Introduced plant, commonly cultivated for its fruit, which are used in jellies, sweets, icecream and drinks. Eating this fruit daily and drinking tea made from the leaves daily, has been found to help in cancer cure. Fruit reduces fever, counteracts diarrhea and dysentery, kills worms and other parasites. Drinking tea made from the leaves also reduces high blood pressure, is used as a heart tonic, liver remedy, treatment for coughs, colds and flu. Also increases lactation in nursing mothers.
**Tree, Shrub, Plant**

**EVUEVU**

Botanical Name & Family

*Hernandia peltata*  
(*Hernandiaceae*)

**Uses**

The bark is reported to have medicinal properties.

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**No. 37**

**Tree, Shrub, Plant**

**BAKA**  
(Fig Tree)

Botanical Name & Family

*Ficus obliqua*  
(*Moraceae*)

**Uses**

Economic importance  
Fruit variable, often fleshy when ripe.

**Crushed leaves are used to treat boils on the back.**
NIU
COCONUT
(Hindi – Narial)

Botanical Name & Family
Cocos nucifera
(Palmae)

Uses
Multi-purpose plants in the true sense – Coconut palms have been used to treat an extraordinary range of health problems. The seeds, roots and flowers have been prepared into pastes, infusions and creams for Ayurvedic and other traditional South Asian medicines. Also valued in Western medicine. White meat and water used for heart conditions, dysentery, fever, pain, digestive and bladder problems. Oil prepared from boiling Coconut milk is an antiseptic and soothing and is smoothed onto the skin to treat burns, ringworm and itching. Juice tapped from flowers is given to cure fever and to promote urination. Fresh juice, mixed and heated together with Rice Flour is applied to ulcers and skin boils, fermented juice is taken as a laxative. Coconut water from Niudamu used to treat Asthma – Fiji. Contains anti-oxidants and potassium, for general health and treatment of immune system. Coconut water – wai ni bu – given to people with heart conditions in recovery. Cold pressed virgin Coconut oil used as treatment for Alzheimer’s, Parkinson’s, Asthma and Eczema.

No. 39

Tree, Shrub, Plant
DEVIL’S BACKBONE
(Night flowering Cactus)

Botanical Name & Family
Cissus quadrangularus

Uses
Cissus quadrangularis is a succulent vine from Africa and Asia. It is one of the most commonly used medicinal plants in Thailand, and is also used in traditional African and Ayurvedic medicine. All parts of the plant are used for medicine.

Cissus quadrangularis is used for obesity, diabetes, a cluster of heart disease risk factors called “metabolic syndrome,” and high cholesterol. It has also been used for bone fractures, weak bones (osteoporosis), scurvy, cancer, upset stomach, hemorrhoids, peptic ulcer disease (PUD), painful menstrual periods, asthma, malaria, and pain. Cissus quadrangularis is also used in bodybuilding supplements as an alternative to anabolic steroids

No. 40

Tree, Shrub, Plant
MOKOMOKO
Botanical Name & Family
Pyrrosia adnascens
(Polypodiaceae)

Uses
Chewed leaves used to treat boils under armpits.

No. 40A

Tree, Shrub, Plant
AI MASI NI ULUTOA

Botanical Name & Family
Ficus fulvo pilosa
(Moraceae)

Uses
Leaves were once used as sandpaper

No. 41

Tree, Shrub, Plant
LOGOLOGO

Botanical Name & Family
Cycas rumphii
(Cycadaceae)

Uses
Pith like substance in the trunks was once reserved for the exclusive use of the Chiefs. Seeds were once used to make a type of bread of famine.
No. 42

Tree, Shrub, Plant
LAUCI
Sikeci

Botanical Name & Family
Aleurites moluccana
(Euphorbiaceae)

Uses
Wood used for boxing timber, the oily fruit (candlenut) used for lighting, it’s soot for tattoos, and as ink for masi (tapa) design. The nut is used in some Asian cuisine, and is a substitute for Macadamia nuts. The oil was also used as wood polish, or added to coconut oil for skin or hair dressing. While the roots provide a red dye for masi (tapa) designs. Parts of the tree are also medicinal.

No. 43

Tree, Shrub, Plant
VESI NI WAI
(Vesiwai)

Botanical Name & Family
Millettia pinnata
(Fabaceae)

Uses
Timber tree. Parts of the tree are used for traditional herbal medicine. Seed—potential for bio-fuel. The Fijian name is derived from the resemblance of this species to the Vesi tree (Intsia bijuga).

No. 44

Tree, Shrub, Plant
VUTU KANA
(Vutu, Vutu Kata, Vutu ni Veikau, Vala, Vutu Vala)

Botanical Name & Family
Barringtonia edulis
(Lecythidaceae)

Uses
The seeds are edible, raw or cooked. The wood may be used as casing timber.
No. 45

Tree, Shrub, Plant

KAUVULA

Botanical Name & Family
Endospermum macrophyllum (Euphorbiaceae)

Uses
One of the major timber trees of Fiji. Its light wood is easy to process and highly valued.

No. 46

Tree, Shrub, Plant

DAKUA MAKADEX

Botanical Name & Family
Agathis macrophylla (Araucariaceae)

Uses
It is a very valuable and important timber species. Lumps of resin found under stumps of dead trees or bled from living trees, make beautiful glaze for pottery, and may be lit as a torch. Resin was once collected commercially.

No. 47

Tree, Shrub, Plant

MARASA

Botanical Name & Family
Elattostachys falcata (Sapindaceae)

Uses
Timber is used for house building and as firewood, and was once used for making war clubs. The inflorescence is sometimes used for making necklaces.
No. 48

Tree, Shrub, Plant

DAKUA SALUSALU

Botanical Name & Family

Retrophyllum vitiense
(Podocarpaceae)

Uses

Important timber tree, used for furniture and interiors. Resin is used to start fires.

No. 49

Tree, Shrub, Plant

YASI
(Sandalwood)

Botanical Name & Family

Santalum album
(Santalaceae)

Uses

The fragrant wood is used as incense in religious ceremonies, and to make boxes and carved pieces, perfuming oils, for traditional herbal medicine, to scent coconut oil and in marriage ceremonies. It was also used for an insect fumigant and to clear dandruff and head lice.

India Medicinal – for chronic bronchitis, sunburn, skin rash, scars and acne.

No. 50

Tree, Shrub, Plant

DAMANU DILODILO

Botanical Name & Family

Calophyllum Leptocladum
(Clusiaceae)

Uses

The timber is of good quality. Flowers and fruits in December and March.
No. 51
Tree, Shrub, Plant
**SACAU**

Botanical Name & Family
*Palaquium hornei*  
(Sapotaceae)

Uses
*Useful timber tree.*
*Flowers and fruits January to June, August to December.*

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No. 52
Tree, Shrub, Plant
**LAUBU**

Botanical Name & Family
*Garcinia myrtifolia*  
(Clusiaceae)

Uses
*The timber is of high quality. Flowers and fruits throughout the year.*

---

No. 53
Tree, Shrub, Plant
**KUASI**

Botanical Name & Family
*Podocarpus Neri ifolius*  
(Podocarpaceae)

Uses
*A good timber tree used for furniture and house interior finishing. Traditionally used by Fijians for making spears, poles and dugout canoes.*
No. 54

Tree, Shrub, Plant

AMUNU

Botanical Name & Family

*Dacrycarpus imbricatus*  
(Podocarpaceae)

Uses

Important timber tree.

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No. 55

Tree, Shrub, Plant

GINGER

Botanical Name & Family

(Zingiberaceae)  
(Hindi – Adi)

Uses

Indian Medicinal – Motion sickness, vomiting, flatulence, diarrhea. Ginger tea for heartburn.  
For blood pressure – 1 tspn. Honey, 1 tspn. Ginger juice and 1 tspn. Cumin powder, mix and take twice per day.

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No. 56

Tree, Shrub, Plant

ONION

(*Allium cepa*)

Botanical Name & Family

*Allium cepa*

Uses

Contains quercetin, an anti-oxidant flavonol found to prevent heart disease and stroke. Also reduces blood pressure.  
India Medicinal – 3 or 4 teaspoons Onion juice mixed with 3 or 4 teaspoons honey, for cold. For Warts – extract juice from Onions, add salt and put on the affected area. For toothache, place a piece of raw Onion on the affected area.
No. 57

Tree, Shrub, Plant

**GARLIC**

Botanical Name & Family

*Allium sativum*

Uses

Contains Allicin. Antibacteria,. antioxidant, Lipid lowering and anti-Hypertension properties. India Medicinal – anti-microbial, cardiovascular treatment. Boil 8 – 10 cloves garlic in half a cup milk, consume during the night. Fry 10 cloves garlic in oil on a low flame – sesame, coconut or mustard oil. Apply to painful area of back and leave for about 3 hours. For earache – pour some garlic juice in the ear, or boil 3-4 cloves garlic, mash and wrap in cloth like a poultice. Place on aching ear. For sore throat, make a paste of 1-2 cloves Garlic and 2-3 Cloves, mixed with 1 cup Honey, drink 1 tspn. 3 times per day. For toothache – put salt on a clove of Garlic and put on affected area.

No. 58

Tree, Shrub, Plant

**CHILI**

Chili Pepper

Fijian – Rokete, Boro.

Hindi – Mirch

Botanical Name & Family

*Capsicum family*

Uses

No. 59

Tree, Shrub, Plant

**VUDI**  
(*Plantain Bananas)*

Botanical Name & Family

*Musa* sapientum  
*Musa balbisiana*  
(*Musaceae)*

Picture

![Plantain Bananas](image)

Uses

Promotes healthy digestion, creates a feeling of youthfulness, enhances calcium, phosphorous and nitrogen retention which in turn helps in the regeneration of healthy tissues. It is of great nutritional value, a rare combination of energy value, tissue-building elements, protein, vitamins and minerals. Provides quick energy and beneficial in intestinal disorders, constipation, arthritis, gout, anaemia, allergies, kidney stones, tuberculosis and urinary disorders.
No. 60

Tree, Shrub, Plant

JAINA LEKA
Dwarf Banana Tree

Botanical Name & Family

Musa Nana
(Musaceae)

Uses

Contains 3 natural sugars – sucrose, fructose and glucose, combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that 2 bananas provide enough energy for a strenuous 90 min. workout. No wonder the banana is the number 1 fruit for the World’s leading athletes. Depression – bananas contain tryptophan, a protein that the body converts to serotonin, known to make you relax, improve mood and make you feel happier. PMS – Vitamin B6 contained in banana regulates blood glucose levels which can affect your mood. Anemia – High in iron, bananas stimulate hemoglobin in the blood. Blood Pressure – High in potassium and low in salt, the banana reduces risk of blood pressure and stroke. Brain Power – the potassium packed Banana makes you more alert. Constipation – High in fiber, bananas help restore normal bowel action. Hangovers – the quickest way to cure a hangover is to drink a banana milkshake sweetened with honey – the banana calms the stomach, honey builds up depleted blood sugar levels, and milk soothes and rehydrates the system. Heartburn – Bananas have a natural antacid effect on the body. Morning Sickness – snacking on Bananas between meals builds up blood sugar levels, to avoid sickness. Mosquito Bites – rub the inside of a banana skin on the affected area – for swelling and irritation. Nerves - the Vitamin B in Bananas calms the nervous system. Overweight – to avoid pressure and panic induced food cravings, control blood sugar levels by snacking on bananas every two hours. Ulcers – Bananas neutralize over-acidity and reduce irritation by coating the lining of the stomach. Temperature control – Bananas are a cooling fruit that can lower the physical and emotional temperature. In Thailand, pregnant women eat bananas to ensure that their baby is born with a cool temperature. Stress – Bananas, full of potassium, help normalize heartbeat, send oxygen to the brain and regulate the body’s water balance. Strokes – the New England Journal of Medicine reports that regular diet of bananas cut the risk of strokes by 40%. Warts – place in inside of a piece of banana skin on the wart and tape it on. Compared to an Apple, a Banana has four times the protein, twice the carbohydrate, three times the phosphorus, five times the Vitamin A and Iron, and twice the other Vitamins and Minerals. For shining shoes, take the inside of a Banana skin, rub all over the shoe and polish with a dry cloth. Banana skins placed at the base of your Rose and Gardenia bushes improve the growth and induce more flowers. The inside of a Banana skin rubbed over the teeth, whitens the teeth.

According to Japanese Scientific Research, full ripe banana with dark patches on yellow skin produces a substance called TNF (Tumor Necrosis Factor) which has the ability to combat abnormal cells. The darker the patches it has the higher will be its immunity enhancement quality. Hence, the riper the banana the better the anti-cancer quality. Yellow skin banana with dark spots on it is 8 times more effective in enhancing the property of white blood cells, than green skin version. Eating 1-2 bananas a day increases immunity.

Fiji Medicinal - Pounded leaves (without midrib) is mixed with water and ingested against Asthma.
India Medicinal – Mash a ripe Banana, mix with 1 teaspoon Tamarind pulp and a pinch of salt. Consume this twice per day, or 1 mashed Banana mixed with ½ teaspoon nutmeg, eaten daily.

No. 61

Tree, Shrub, Plant
AVEA/CAGO/REREGA

TURMERIC
(Hindi – Haldi)

Botanical Name & Family
Curcuma longa
(Zingiberaceae)

Uses
Indian medicinal – anti-inflammatory properties, antioxidant. Raw turmeric promotes liver health and shows anti-bacterial action against many skin infections.

No. 62

Tree, Shrub, Plant
CO BOI
LEMON GRASS

Botanical Name & Family
Cymbopogon citrates
(Gramineae)

Uses
Traditional Medicinal – contains trace mineral manganese – helps prevent osteoporosis, aids in pain from rheumatoid arthritis. Prevents anaemia, strengthens the immune system, contains potassium for lowering blood pressure, relaxes muscles and prevents leg cramps, lowers risk of cardiovascular disease – half a cup of Lemon Grass tea daily.

No. 63

Tree, Shrub, Plant
LAYALAYA
(Wild Ginger)

Botanical Name & Family
Zingiber officinale
(Zingiberaceae)

Uses
Fiji medicinal - Cut into pieces and pour hot water on to make tea. Chew to cure sore throat and cough.
No. 64

Tree, Shrub, Plant

YAQONA
(Kava)

Botanical Name & Family
(Piper methysticum)
(Piperaceae)

Uses
Kava, sedating and relaxing, without disrupting mental clarity. Kava contains 15 kava lactones which are psychoactive. Effects include mild sedation, a slight numbing of the gums and mouth, and vivid dreams. Kava has been reported to improve cognitive performance and promote a cheerful mood.
Fiji medicinal - Muscle relaxant, anaesthetic, anticonvulsive anxiolytic effects are thought to result from interactions of kava lactones with ion channels.

No. 65

Tree, Shrub, Plant

NUTMEG

Botanical Name & Family
(Myristica fragrans)
(Myristicaceae)

Uses
Antioxidant, anti-fungal, anti-depressant, helps digestion. Contains copper, potassium, calcium, manganese, iron, zinc and magnesium. Helps in cardiovascular and blood pressure areas.

No. 66

Tree, Shrub, Plant

MACOU/CINNAMON
(Dalchini – Hindi)

Botanical Name & Family
(Cinnamomum Pedatinervium)
(Lauraceae)

Uses
Prevents heart disease and Diabetes.

India Medicinal – for Indigestion and gastric problems, neutralizes harmful toxins released by mold and fungus. ½ teaspoon cinnamon mixed well with 1 teaspoon honey, for Asthma.
No. 67

Tree, Shrub, Plant

DOMELE (BASIL)  
Tomole

(Hindi – Tulsi, Holy Basil)

Botanical Name & Family

Hyptis pectinata  
(Labiatae)

Uses

India medicinal - Juice from pounded leaves ingested to treat coughs. Also good for mosquito bites, burns and fever. Blood purifier, anti-bacterial, cough and cold, enhances digestion and appetite, improves blood circulation. Regular consumption of leaves boosts immunity in the body.

No. 68

Tree, Shrub, Plant

Genovese Basil

Botanical Name & Family

Ocimum Basilicum

Uses

Though used mainly as a culinary, there are many other possible uses for basil. Try a cup of basil tea as an after dinner drink to aid digestion and expel gas. Basil tea is also good for stomach cramps and vomiting. An extract from the seeds has been shown to have an antibacterial effect. Rub leaves on insect bites to reduce itching.
No. 69
Tree, Shrub, Plant

PARSLEY

Botanical Name & Family
Petroselinum hortense

Uses
Contains Calcium, B-complex vitamins and iron, magnesium, potassium, Vitamin A – beta carotene and Vitamin C and K.

Traditional medicine – for congestion and inflammation of the kidneys and bladder, stones and urine retention. The root and leaves for the liver and spleen, best relief for edema, and a reliable diuretic. Root and seeds relieve pain and relax stiff joints. Pour a quart of boiling water over a cup of fresh parsley, steep for 15 minutes, strain and refrigerate. This tea, drunk daily by the pint is good for gall bladder and gall stones. Good for adrenal glands and therapeutic for optic nerves, the brain and nervous system.

No. 70
Tree, Shrub, Plant

MINT
(Hindi – Pudina)

Botanical Name & Family
Mentha spicata
(Labiatae)

Uses
India Medicinal – Sooths Digestive tract, helps stomach ache. Drinking herbal mint tea reduces irritated bowel syndromes, cleanses the stomach, and clears up skin disorders such as acne. Acts as a cooling agent to the skin, eliminates toxins from the body, helps in dealing with skin irritations, and cleanses blood. Crushed mint leaves helps in whitening teeth and freshening breath.

No. 71
Tree, Shrub, Plant

BOTEBOTEKORO
(Goat Weed)

Botanical Name & Family
Ageratum conyzoides
(Compositae)

Uses
Fiji medicinal - Crushed leaves mixed with water and ingested to treat diarrhea, fever and cough.
Seasonal
No. 72

Tree, Shrub, Plant
TOTODRO
(Pennywort)

Botanical Name & Family
Hydrocotyle asiatica
(umbelliferne)

Uses
Treats cough, especially in children, when made into tea.
Indian medicinal – Tonic for nerves, helps to reduce mental stress and physical fatigue. Also promotes sleep.
For arthritis – chew leaves daily, or use in salad.

No. 73

Tree, Shrub, Plant
TOTOWIWI
(Small Plant)
(Oxalis Grass)

Botanical Name & Family
Oxalis corniculata
(Oxalidaceae)

Uses
Fiji Medicinal - Crushed leaves used as patch on boils under the armpit, or against cough in children.
The leaves are quite edible, with a tangy taste of lemons A drink can be made by infusing the leaves in hot water for about 10 minutes, sweetening and then chilling. The entire plant is rich in Vitamin C. Leaves can be chewed or put in a salad.

No. 74

Tree, Shrub, Plant
HELICONIA

Botanical Name & Family
Heliconia latispatha,
Heliconia Pendula,
Etc.
(Strelitziaceae)

Uses
Used mostly for beautiful floral arrangements
No. 75

Tree, Shrub, Plant
AFRICAN TULIP TREE

Botanical Name & Family
Spathodea campanulata (Bignoniaceae)

Uses
The wood is rather weak and soft and of little use for construction or carving, but may be used for storage/packing boxes, toothpicks etc. Cuttings root quickly and grow fast, providing useful live post fencing. The flower buds are filled with water and are sometimes used by children as water pistols. Flowers attract Fruit Bats and various birds.

No. 76

Tree, Shrub, Plant
TIALE NI VEIKAU (Bush Gardenia)

Botanical Name & Family
Gardenia vitiensis (Rubiaceae)

Uses
Shrubs, leaves and flowers used for decoration purposes. Cultivated ornamental. The Rubiaceae is the largest family of flowering plants in Fiji, with 188 recorded species.
No. 77

Tree, Shrub, Plant

**VASILI DAMU**
(Ti Leaf)
(Kototodamu, Vasilidamu, Vasilni Tonga, Lolokulu, or Qai)

Botanical Name & Family
*Cordyline terminalis*
(Agavaceae)

Uses
The tuberous roots were once used by Fijians for sweetening puddings. Leaves used for meke (dancing) costumes. Fiji medicinal – Leaves and coconut oil used on painful swellings with no apparent “Eyes”. Also used for diarrhoea. The young leaf buds are used to treat pains in the lower chest, especially when the pains affect the breathing.

No. 78

Tree, Shrub, Plant

**QUWAWA**
(Guava)

Botanical Name & Family
*Psidium guajava*
(Myrtaceae)

Uses
The fruit is edible and can be made into very fine jams and jellies. Young leaves are chewed and juice taken in, to treat diarrhea.
No. 79

Tree, Shrub, Plant

DAIDAINI DRAULAILAI

Botanical Name & Family
Croton storkii
(Euphorbiaceae)

Uses
Large green leaved Croton – heated leaves used as covering on sore knees, also used for heartburn.
Fine green leaved Croton – juice from pounded leaves used as nasal drip for headache

No. 80

Tree, Shrub, Plant

KULUVA

Botanical Name & Family
Dillenia biflora
(Dilleniaceae)

Uses
A useful timber tree, also used as a living fence.
Parts of the tree are used in traditional herbal medicine.

No. 82

Tree, Shrub, Plant

KUKUWALU
(Tagane)

Botanical Name & Family
Pandanus joskei
(Pandanaceae)

Uses
Common species in damp places
No. 83
Tree, Shrub, Plant

**VOIVOI**

Botanical Name & Family
*Pandanus caricosus*  
(Pandanaceae)

Uses
Commonly used for mats, baskets and other weaving.

No. 84
Tree, Shrub, Plant

**VESI**  
(Teak)

Botanical Name & Family
*Intsia bijuga*  
(Caesalpiniaceae)

Uses
Often traded under the name Kwela, an excellent hardwood for carving Yaqona (Kava) bowls, other utilitarian objects, outdoor furniture, decking etc. It was one of the most important trees in boat building in pre-European times.  
Fiji medicinal – Pressed liquid of the stem to treat Asthma. Pressed liquid of the inner bark is used for pain in the bones, colds and flu.  Bark is steamed for healing bone fractures. Pressed liquid of the root for headaches. Pressed liquid of the bark is used for the poisoning of a small child. Infusion of roots for Asthma.

No. 85
Tree, Shrub, Plant

**SAMA**

Botanical Name & Family
*Commersonia bartramia*  
(Sterculiaceae)

Uses
Widely used for firewood. Parts are used for traditional herbal medicine.
No. 86

Tree, Shrub, Plant
LOLO

Botanical Name & Family
Ficus vitiensis
(Moraceae)

Uses
Economic importance
Edible fruits

No. 87

Tree, Shrub, Plant
CIBICIBI

Botanical Name & Family
Cynometra insularis
(Caesalpiniaceae)

Uses
Used for timber and for making house posts. Parts of the tree are used in traditional herbal medicine.

No. 88

Tree, Shrub, Plant
PINK BANANA

Botanical Name & Family
Musa valutina
(Musaceae)

Uses
Decorative plant, flower and fruit. Particular favourite of birds.
No. 89

Tree, Shrub, Plant
SENITOIA
(Hibiscus)

Botanical Name & Family
Rosa –sinensis
(Malvaceae)

Uses
Decorative plant, flower and fruit. It is edible. Particular favourite of birds.

No. 90

Tree, Shrub, Plant
WA BOSUCU
(Mile-a-minute)

Botanical Name & Family
(Mikania micrantha)
(Compositae)

Uses
The juice of the crushed leaves is used to treat wounds, for bee stings, to stop bleeding, for boils under the armpit (beka), assist in the removal of fish barbs, colds, headache, high blood pressure and stomach ache.

No. 91

Tree, Shrub, Plant
BASOVI

Botanical Name & Family
Angiopteris evecta
(Marattiaceae)

Uses
Huge ground fern.
A big handsome fern, strips rising from ground level, each with a pair of large fleshy stipules, leaf base, persistent fronds pinnately compound, 15 to 18 feet long.
No. 92

Tree, Shrub, Plant
DAWA

Botanical Name & Family
Pometia pinnata
(Sapindaceae)

Uses
A useful timber tree. Cultivated for its edible fruit sold in local markets. The wood is used for firewood, and the bark and leaves are said to be medicinal.

No. 93

Tree, Shrub, Plant
SAURUA NI VALAGI
(SORUA)

Botanical Name & Family
Alstonia costata
(Apocynaceae)

Uses
Latex, is used as chewing gum. The species is a potential source of natural rubber.