

Medicinal Vetiver

Ngwainmbi Simon BERUDEP

P.O.Box 10, Belo, Boyo Division NW, Cameroon

Extended Abstract

For those of us who have trouble believing that power comes from small things there's a story about an elephant. The big powerful elephant of the jungle can be as big as a small house, large car or your entire living room. The elephant won't fear a single one of the jungle and plains wild animals. But an elephant can die an undignified death by a crab that crawls into the wrong place at the wrong time.

- How can a crab kill an elephant? Simple!
- How can grass be magic? Simple! If it is Vetiver.

It is difficult to sell a small, wild grass like, plant as the solution to the world's problems. But call it magic and people want to know what it can do. Dissemination of vetiver in Cameroon in the early nineties was a hard task so we called it 'magic grass'. Knowing then that this was not a lie and that in fact the solutions that vetiver brought to rural life problems were seemingly endless, this brought no moral problem. However more than ten years later, we really believe that the magic grass has magical properties. Had someone told me then that vetiver could be used as a cure for Prostrate cancer or as a replacement for insulin to a diabetic we really would have believed it magic too!

So vetiver works in the soil, it works in animals and it works in humans too. My latest research into the properties and uses of vetiver has taken me in the direction of health. The findings are what I want to share with you now.

My last ICV-3 presentation was on how vetiver is used Cameroon. Due to the lack of outside influence on vetiver usage before 1990, it was found that in isolated cases, Cameroonians had in fact been using vetiver for several years in a variety of ways. It was through this research that its use in spiritual and medicinal areas came to light. With the increase of new illnesses in Cameroon and my work in the hospitals and in rehabilitation, I decided to do my own research into how powerful vetiver could be when taken as a medicine. The results began showing themselves immediately, and the last 5 years have shown uses and cures which we had never anticipated.

Results were achieved with minimum expense as the project has always been self-funded. The cheapest way to achieve high quality results was to work with the hospital's diagnoses of patients and between the first diagnosis and the next check up, treat the patient with a blend of vetiver and *Euphobia hinta*. Thus the following check up performed by the hospital would determine the drugs effectiveness. Needless to say there were many situations when doctors believed the 1st diagnosis to have been a misdiagnosis due to the complete reversal of the disease.

The form the vetiver drug takes is that of a liquid, an oil or a capsule. Currently as fast as the medicine is prepared the whole batch disappears as soon as it reaches the shelves. All forms are popular, the liquid form is cheaper for those with small incomes as it is easier to produce, but is not as convenient as taking a capsule.

The diseases which vetiver has been most effective in are:

- **Prostrate cancer**- where it appears to be not just an aid to cure symptoms but a true cure for the disease.
- **Diabetes**- in which the vetiver has replaced the regular dosage of insulin
- **Hernia**- where the treatment has replaced the standard surgical procedure

- **Incontinence-** for treatment of the elderly.
- **Stomach problems-** a wide range of general complaints
- **Skin conditions-** oils are produced to treat many skin diseases and irritations.

*Research is on-going and is continuing in many other areas where cures may be found.

The newest line of research is in the development of water purification tablets. This was discovered while I was living in the North. The water sources were highly contaminated causing a terrible amount of deaths especially in the children. Filtering water through stones, sand and charcoal and then purifying with vetiver improved the situation for the limited amount of people we could reach and who came to us for clean water. Clean water is at the heart of developing rural areas and if vetiver can be advertised as the answer for purifying local water sources this will indeed be a break through in rural health problems.

These discoveries are really just the development of turning the crude traditional methods into sanitised, scientifically proven treatments which can be disseminated throughout the local rural communities as a further aid to good health and poverty alleviation. Vetiver will play a large part in my Non Governmental Organisation, BERUDEP's, future plan of building a natural medicinal plants processing centre. The medicine and its uses will be able to be distributed further, cheaper and more efficiently.

Currently BERUDEP is welcoming any similar research into the medicinal properties of vetiver to ensure that their aim of dissemination can be realised as quickly as possible.

Email contact: Ngwainmbi Simon <camvetnet@yahoo.com>