RINGWORM BUSH
Cassia alata

The Ringworm Bush, *Cassia alata* is a small shrub with large yellow flowers, and large oval leaflets, which grows to 2-3 metres. Each leaf has 16 to 28 leaflets, 5 to 15 centimetres in length, broad and rounded at the end, with a small point at the tip.

OTHER USES OF *CASSIA ALATA*

The same mixture as used for Ringworm can also be used for other fungal infections such as Athletes foot. Spread the mixture between the toes.
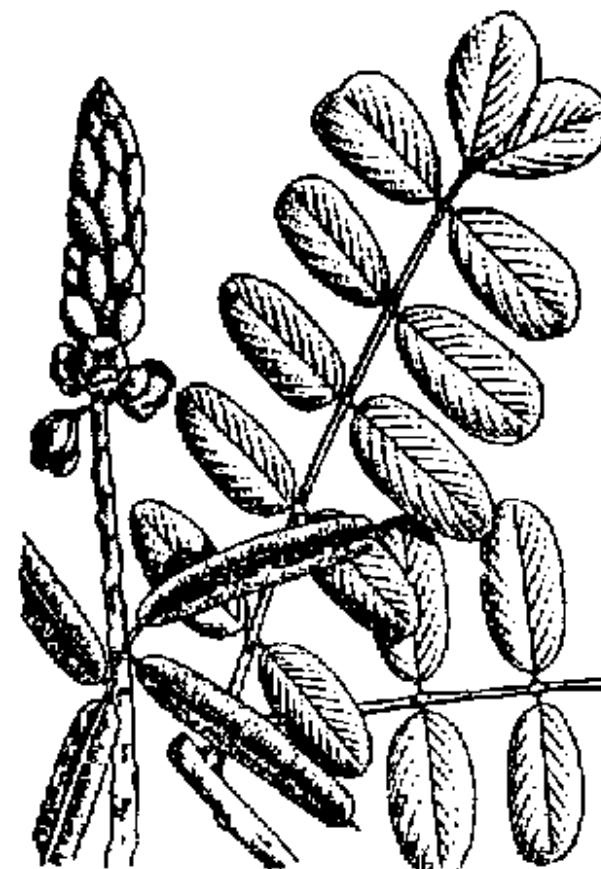
Its laxative effect, due to its *anthraquinone* content, is also well proven. For constipation, pour 1 cup of boiling water over one teaspoon of powdered dry leaves, and leave it to infuse for 10 minutes. Filter and drink before going to bed. It will take effect in about eight hours.

The flowers look like a candle and the seeds are produced in black pods up to 25 cm long. It is a very useful medicinal shrub. It is also sometimes called *Senna alata* or the Candle Bush.

The pods are nearly straight, dark brown or nearly black, about 15 cm long and 15 mm wide. On both sides of the pods there is a wing that runs the length of the pod. Pod contains 50 to 60 flattened, triangular seeds.

Cassia alata originally comes from Mexico but has established itself in many tropical areas. It grows best at lower altitudes, below 1,200 metres. It is easy to grow from seed. The seeds may either be sown directly or started in a nursery.

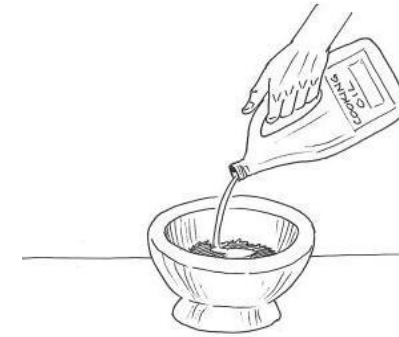## HOW TO USE *CASSIA ALATA* TO TREAT RINGWORM

As the name Ringworm Bush suggests, *Cassia alata* is particularly effective for treating ringworm.

1. Use fresh leaves, which have plenty of moisture in them. Only use the amount of leaves you need immediately.

2. Pound the leaves in a pestle and mortar till they resemble green cotton wool.

3. Mix this with the same amount of vegetable oil.

4. Rub the affected area 2-3 times each day.

5. Make a new mixture each day.

Dried *Cassia alta* leaves can also be used to make an ointment and this is used in the same way as the fresh leaf mixture.