

ANAMED /JARDIM – Gorongosa/Mozambique

Ação para medicina natural (ANAMED)/Juntos na Ação para Reabilitação e Desenvolvimento Integral do Município(JARDIM) Gorongosa, Sofala province / MOZAMBIQUE

Report:

The start of anamed program in Gorongosa/Mozambique:
Successes, challenges and our vision for the future.



Anamed Seminar in Gorongosa

I heard about anamed for the first time in 2007.

Food for the Hungry (FH Mozambique) managers for agriculture and nutrition programs were planning to send their PSO (program support officials) for a week long anamed seminar to Ile, Zambezia province in central Mozambique. Although I was not part of the PSO group, the managers advised me to participate at the seminar.

The week passed very fast and the learning was good for almost all of us. Our facilitators, Pascoal Cumbane and Marianne Holzmann, along with other team members from Ile, kept us busy from morning to late afternoon all the 6 days of the seminar. When it came to visiting the medicinal garden I found myself particularly interested. I discovered that I already had some of the plants at home, and I learnt that some fruit bearing plants and even some beautiful flowering have medicinal value. I became very excited. I left the seminar well equipped with posters, books and seeds of different types like artemisia, moringa, amaranth, to name a few. Personally I like plants and was very glad to learn more about their use for different remedies.

Back home in Gorongosa I began to establish a medicinal garden. My wife Alfina helped me, despite her initial lack of interest and knowledge of medicinal plants. My first objective was to get her interested and this did not take long. Alfina kept asking about specific plants when we worked together and I was happy to explain the uses of the various plants.



Cassia alata in our medicinal garden

It did not take long before we had the chance to use our medicinal plants. One neighbour came to my house looking for help. He came with his 7 year old daughter who was suffering with ringworm (a fungal infection). I administered my anti-fungal ointment which I had brought from Ile. Five days later my neighbour came and showed me his daughter who was completely healed. This encouraged both Alfina and me to continue and to improve our knowledge and practice in medicinal plants. Our neighbour told us that he had taken his daughter to hospital several times and the condition had never improved. This time, after the treatment, the girl had no single spot on her head and that was amazing, both for us and for her parents.

In 2008, Marianne Holzmann (anamed facilitator) came to Gorongosa to conduct a three day anamed training where Alfina participated. Afterwards they went together to Itoculo (Nampula province) to run a one week long anamed seminar. From these two events Alfina learnt a lot about Natural Medicine, and back home she started to gather women from different churches for anamed training sessions. Alfina became very busy as more and more people began coming to our house asking for advice regarding treatment with medicinal plants.



Anamed pharmacy in Gorongosa

Our work has now reached such a level that people are being referred to us from the local hospital for the treatment of skin problems, malaria, diabetes and coughs. Even HIV patients are seeking our help with medicinal plants. We already have a small pharmacy where our products are displayed,

Anamed/Jardim

At present we have a group of 13 people who we have trained deeply in Natural Medicine as practised by anamed. This group meets every week for various activities. We intend to make visits around the district to spread the news about the safe use of medicinal plants, and to run training workshops on sanitation and hygiene coupled with environmental activities, including how to make our environment more beautiful..



Anamed-jardim group (2 members are absent)

Closely linked to anamed we formed another organization called JARDIM (**Together in Action for Rehabilitation and Holistic Development of the Township**) that works specifically in environmental health, promotion of hygiene and sanitation and landscaping in the township. We use hoes, shovels, lashers and other small tools for gardening and construction.



Anamed/Jardim group in action

The name of our project is **Anamed/Jardim** Gorongosa.

We plan to work in the areas mentioned above, starting within Gorongosa district and then to reach out to other parts of the country.

With help from Marianne Holzmann and part of our savings we purchased a piece of land and are planning to operate from there as the Anamed/Jardim Centre.

We would like to establish a medicinal garden and dig a well for water supply. We also need gardening tools/equipment and a building for training, store rooms and an office.

We would highly appreciate financial support from organizations and people who share our vision and are willing to lend us a hand in order to make a difference in Mozambique.

With kind regards,
Joao A. Madeira (Founder of Jardim Mozambique)
Gorongosa- Mozambique, November 2010