



Cissius Quadrangularis

Family Vitaceae

KSW: Mbugu-nyama

GIR: Mtsuma-pengo

Perennial deciduous trailing or climbing herb with tuberous rootstock; stems quadrangular, almost winged, stout, succulent, glabrous. Racemes of small white, yellowish, or greenish flowers; globular berries are red when ripe.

Medicinally, it is used in the treatment of asthma, hemorrhoids, wounds, broken bones, boils, burns, rheumatic pains, and indigestion. The young stems are cooked. The leaves and young shoots are used in the preparation of curries and poppadoms. The fruits are eaten and the seeds are used for cooking oil. Ash of the plant is used as a substitute for baking powder.

Self seeded

