

# Cleome

## AAMPS Newsletter

### Highlights

- A WORD FROM THE EDITOR....1
- CLEOME GYNANDRA, AKA AFRICAN CABBAGE....2
- CONNECT CONVERSATIONS, RECAP ON PHARMACEUTICAL POLLUTANTS....3
- MEET THE ENTREPRENEUR....4+5
- COUNTRY FOCUS - MADAGASCAR....6
- UPCOMING EVENTS....7



Co-Editor Professor David Katerere, in Zimbabwe on the Cannabis and Hemp Symposium tour

### From The Editor

Hello from Zimbabwe!

I am writing this while sitting at Mauya on Edin, an amazing little gem of a place...tranquil and calming with manicured lawns and wonderful hosts. I am on my final leg of the Great Cannabis Tour, having started in Cape Town where I attended the Cannabis Expo. I then headed to Lesotho through the Vaal / Sedibeng, where the Gauteng government is investing in building the so-called Cannabis Belt. In Lesotho we attended the launch of a brand spanking new R100 million cannabis growing facility which is predicted to create 500 direct jobs in Berea district, an area which is fast becoming the go-to place to grow cannabis in Lesotho. But enough of cannabis for now before we all get too high...we will have a special issue of this interesting and controversial plant in the next few months.

What I have learnt on this journey is how rich and diverse Southern Africa is – in people and in plants. This is not a new observation. What is new is the re-awakening to this by Africans themselves and how these products can be packaged and formulated into foods, medicines and lifestyle products. In Zimbabwe we have sampled traditional foods (pap from fingermillets, relish from the spider plant (Cleome), okra, sourmilk.... and drank lots of herbal teas. The nutritionist who hosted us in Lesotho cooked pork trotters the Basotho way which made a great accompaniment to the white pap (something I have not eaten in a long time). I would have loved to sample Basotho foods in the hotel that we stayed in but commercial availability of such foods is still a challenge. So while we look to cannabis, let that also ignite interest in all the other plant genetic resources we have and which can help us to achieve better nutrition and good health.

Enjoy this month's edition which features the writer of the Cleome gynandra and other interesting news on African plants.

[Read more](#)

Meet Our Monograph Authors - Yvonne Kunatsa



**Yvonne Kunatsa** - Masters Candidate  
Tshwane University of Technology

**Q: Where are you based?**

A: South Africa

**Q: What Monograph are you working on?**

A: Cleome gynandra

**Q: Tell us one fun fact about the species that you chose.**

A: The smell of Cleome gynandra makes the plant an amazing pest and insect repellent.

**Q: Why do you have such interest in this Species?**

A: C. gynandra is underutilized yet it has remarkable nutritional and possible medicinal benefits.

**Q: What uses does it have and have you used it yourself?**

A: I have eaten the leaves of the plant as relish, and I loved the whole experience! Ethnopharmacologically, Cleome is used to treat headaches, toothaches, epileptic fits, anaemia, malaria, chest pains, scorpion stings, stomachaches, conjunctivitis and arthritis. The plant is also used as an insect repellent. The seeds can be used to produce oil and manufacture soap. Various studies have also shown that Cleome has anti-cancer, immunomodulatory, antimicrobial and anti-inflammatory properties.

**Q: What kind of research have you done into it?**

A: Literature review

**Q: What are your thoughts on AfHP?**

A: The AfHP is a great initiative that makes it easy for everyone to access information about the plants that are native to our continent in one stop.



Cleome gynandra | PlantZAfrica 2022

**Q: In five years' time, what advances do you think this species would have made commercially and in research?**

A: There should be more commercial products that are derived from C. gynandra, based on current and future research.



### Market Place Africa



STARGATE SCIENTIFIC



Would you like to advertise your African plant-based business, become a sponsor or feature in our next newsletter?

Email [info@pharmaconnect.co.za](mailto:info@pharmaconnect.co.za)

### Connect Conversations

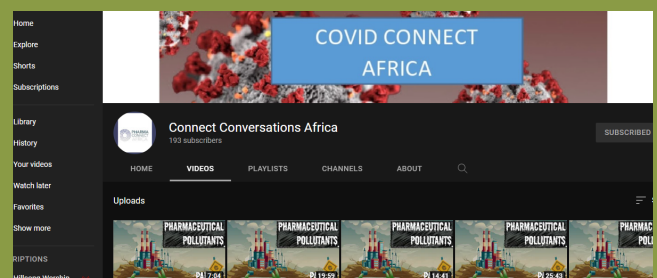
PharmaConnect Africa webinars are shared as a series called Connect Conversations on Youtube. The webinars bring together stakeholders in the **biotech, pharmaceutical, cannabis and the wellness value chain from researchers, regulators, policymakers and companies.**

Our most recent conversation addressed the dilemma of pharmaceuticals as environmental pollutants. Representatives from the Department of Environmental Affairs and the South African Health Products Regulatory Authority (SAHPRA) shared overviews and possible regulatory interventions placed to assist in this growing concern. Mr Abel Kubare, a pharmacist in the United Kingdom, demonstrated the procedures followed to manage pharmaceutical waste in comparison to practices in South Africa and Southern Africa.

JOIN THE  
*Conversation!*

PHARMACEUTICALS AS ENVIRONMENTAL POLLUTANTS - WHAT SHOULD WE BE DOING?

- Pharmaceuticals have long half-lives in the environment, leading to accumulation and detectable, biologically



Visit the Youtube channel to access the recordings of this intriguing conversation below.

[Visit channel](#)

## Meet the Entrepreneur - Amanda Gcabashe

### Tell us about yourself?

I am called Amanda Gcabashe. I'm a practicing traditional healer for over 20 years now. I like to think of myself as an adventurer. I've been an auditor, a management consultant, a specialist and an executive. Currently, I'm exploring entrepreneurship as well as being a podcast host and producer.

### Tell us about your business?

I started a consulting business, Olintshi Innovation Brokers focusing on Strategy, Localisation and Operations Management. I also have a technology startup called Olintshi Tech. Olintshi Tech has an app in Beta testing on all the app stores, the Mkhosi App.

[To download the app, visit www.mkhosiapp.com](http://www.mkhosiapp.com)



Amanda - Traditional Healer and entrepreneur

### What problem are you solving?

The inspiration behind the app was the challenges I was having with managing my traditional health clinic. Firstly as I only consult by appointment on specific days of the week, finding time which suited both the client and I could be a long drawn out process which leads to frustration for my clients. Secondly, the financial management was grossly neglected and it being a cash based business, it was easy to disregard the fact that it is actually a business which has input costs as well.

### What made you start the business?

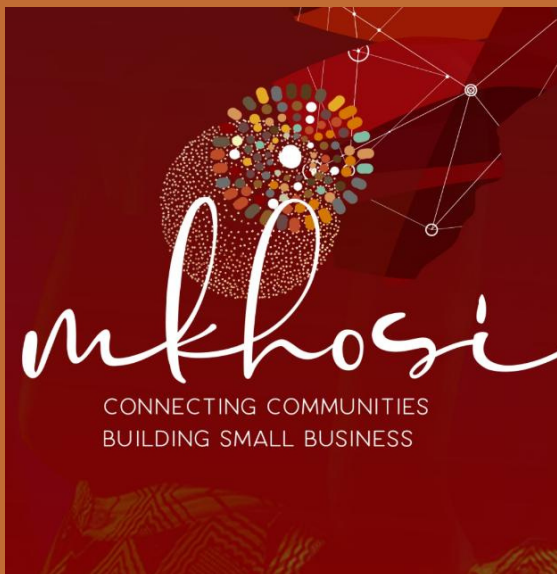
Going out on my own was because I felt like I could make a bigger impact on peoples' lives in a different environment from the one I was in. It was also time to reflect and refocus on what is important to me rather than a boss or a shareholder.

### What do you need for your business to grow?

I'm stretched a little thin right now and would want to be able to bring in a relatively senior person who could run with some aspects of my businesses which need focus. I need additional capacity to create content which will increase our revenue generation options beyond consulting hours. I also need to improve the functionality of the app and have an in-house development team. Outsourcing although convenient, does introduce production delays on the digital product.

### Look into the future, what do you see?

Olintshi will be recognised as a small business solutions provider with technology as the platform for providing most of these solutions. I believe in technology's ability to level playing fields in a phenomenal way and its just providing these platforms to small businesses.

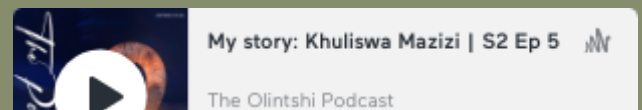
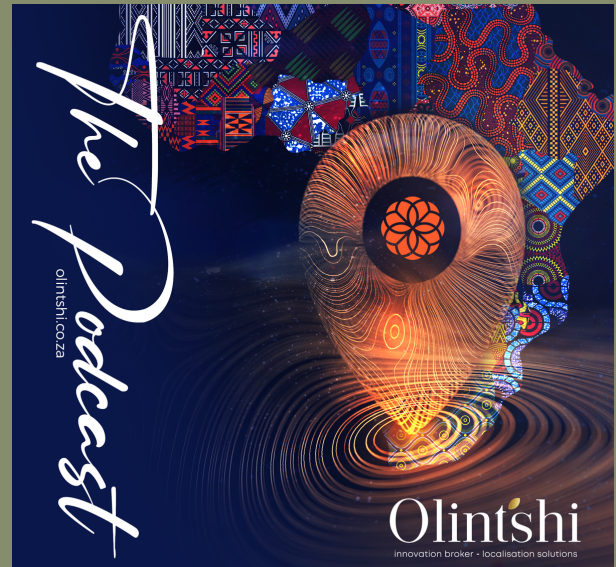


[To download the app, visit www.mkhosiapp.com](http://www.mkhosiapp.com)

### What are your current challenges and how are you solving them?

In my Olintshi Tech business, I am struggling with the management of the technology development. I am now recruiting in-house development team which requires additional resources.

Visit [olintshi.co.za](http://olintshi.co.za) to listen to The Podcast



### What advice do you have for other entrepreneurs in Africa?

Africa has been treated as a place from which you remove things and as such, development has been left to us. This makes this an ideal place to actually do something that makes a difference in the lives of our communities and ourselves as well. So, we have a huge responsibility but are blessed with being in the best place to make an impact. Focus on the goal which is beyond just providing for yourself. As entrepreneurs if we each created just 2 jobs, that will make such a difference on our continent, and that for me is always the focus. If I persevere through the difficult times, on the other side waits the opportunity to provide 2 to 10 families with stability which is worth it for me.

[Visit website](http://olintshi.co.za)



## Country Focus - Madagascar

- Population: 27.69 million
- Health Professionals: 3,150 doctors, 5,661 nurses, 385 community health workers, 175 pharmacists, and 57 dentists. (2010)
- Ethnic Groups - Malagasy ethnic group makes up 90% of the population and contains 18 Subethnic groups such as: Antankarana, Tsimihety, Sakalava, Vezo, Betsimisaraka and Sihanaka
- Popular species:
  - Bismarck palm - *Bismarckia nobilis*
  - Za Boabab- *Andersonia Za Baill.*
  - Tapia- *Uapaca bojeri Baill.*
  - Madagascar banana tree- *Ensete perrieri cheesman*
  - Tahina palm- *Tahina spectabilis*
  - Octopus trees- *Didierea madagascariensis Baill.*
  - The Madagascar periwinkle- *Catharanthus roseus*
  - Darwin's orchid- *Angraecum sesquipedale*



1. Pza.sanbi.org. 2022. Cleome gynandra | PlantZAfrica. [online] Available at: <<http://pza.sanbi.org/cleome-gynandra-0>> [Accessed 23 April 2022].
2. Ratsara, D., 2022. Madagascar's Endemic Plants and Flowers. [online] The Culture Trip. Available at: <<https://theculturetrip.com/africa/madagascar/articles/madagascars-endemic-plants-and-flowers/>> [Accessed 17 April 2022].

## Upcoming Events

- Botanicals/ Herbal Safety - 09 June 2022
- All events will be hybrid and you can join using the link below
- To RSVP, send an email to [nano@pharmaconnect.co.za](mailto:nano@pharmaconnect.co.za)

[JOIN IN ZOOM](#)

---

Publishing team:

Editor - David Katerere

Creative Directors - Beryl-Joy Nleya & Ingmar Blumer

Advisors - Denzil Phillips, Thomas Brendler and Ulrich Feiter