

### *Preparation and Dosage*

Cryptolepis is usually used as a powder or in capsules, tea, or tincture.

#### **External bacterial or fungal infections:**

Use herb as a finely crushed powder, liberally sprinkled on the site of infection as frequently as needed.

#### **Internal Uses:**

**Tincture:** Make a 1:5 mixture in 60 percent alcohol. Use 20 to 40 drops up to 4 times a day.

**Tea:** For a preventative tea, combine 1 teaspoon of the herb with 6 ounces (170 ml) of water to make a strong infusion, and take 1 or 2 times a day. For acute conditions, take up to 6 cups (1½ l) a day of the same infusion.

**Capsules:** As a preventative, take 3 double-ought capsules 2 times a day. In acute conditions, take up to 20 capsules a day.

**Dosage for Malaria:** 25 milligrams per kilogram (3 pounds) body weight of cryptolepis extract 3 times daily after meals.

### *Side Effects and Contraindications*

None noted.

### *Alternatives to Cryptolepis*

**For malaria:** *Artemisia annua* or *A. absinthium*, *Brucea javanica* (fruit, root, or leaf), *Uvaria* spp. (any species, rootbark, stembark, or leaf), garlic vine (*Mansoa standleyi*), or the bark of *Cinchona* spp. from which quinine was made can be used. Though malaria is resistant to quinine, it does not seem to have developed resistance to the more chemically complex *Cinchona* plant itself.

### Finding Cryptolepis

Cryptolepis is somewhat difficult to obtain in the United States. It can be ordered from Nana Nkatiah (see Resources) or from importers specializing in African herbs.

