



DEPT OF NATIVE HAWAIIAN HEALTH
JOHN A. BURNS SCHOOL OF MEDICINE

MĀLA
LĀ'AU
LAPA'AU

Content Compilation and Original Artwork by
JADA LEE, Student Volunteer
Native Hawaiian Center of Excellence



Photo credit@Wilfredor

Noni

- indian mulberry, great morinda, cheese fruit
- introduced by Polynesians
- small trees, up to 30 ft.
- fruit is white when mature
- 2 main types, the large-fruited noni with oval leaves (common in Hawaii) and the small-fruited noni with elongate leaves (common in Micronesia)

USES: yellow and red dyes are made from the bark and roots, fruit can be eaten raw or cooked, oil can be used on your hair

MEDICINAL: fruit is used to treat constipation, leaves treat cysts on the skin, this plant also treats kidney disease, high blood pressure, diabetes, concussions and cuts.

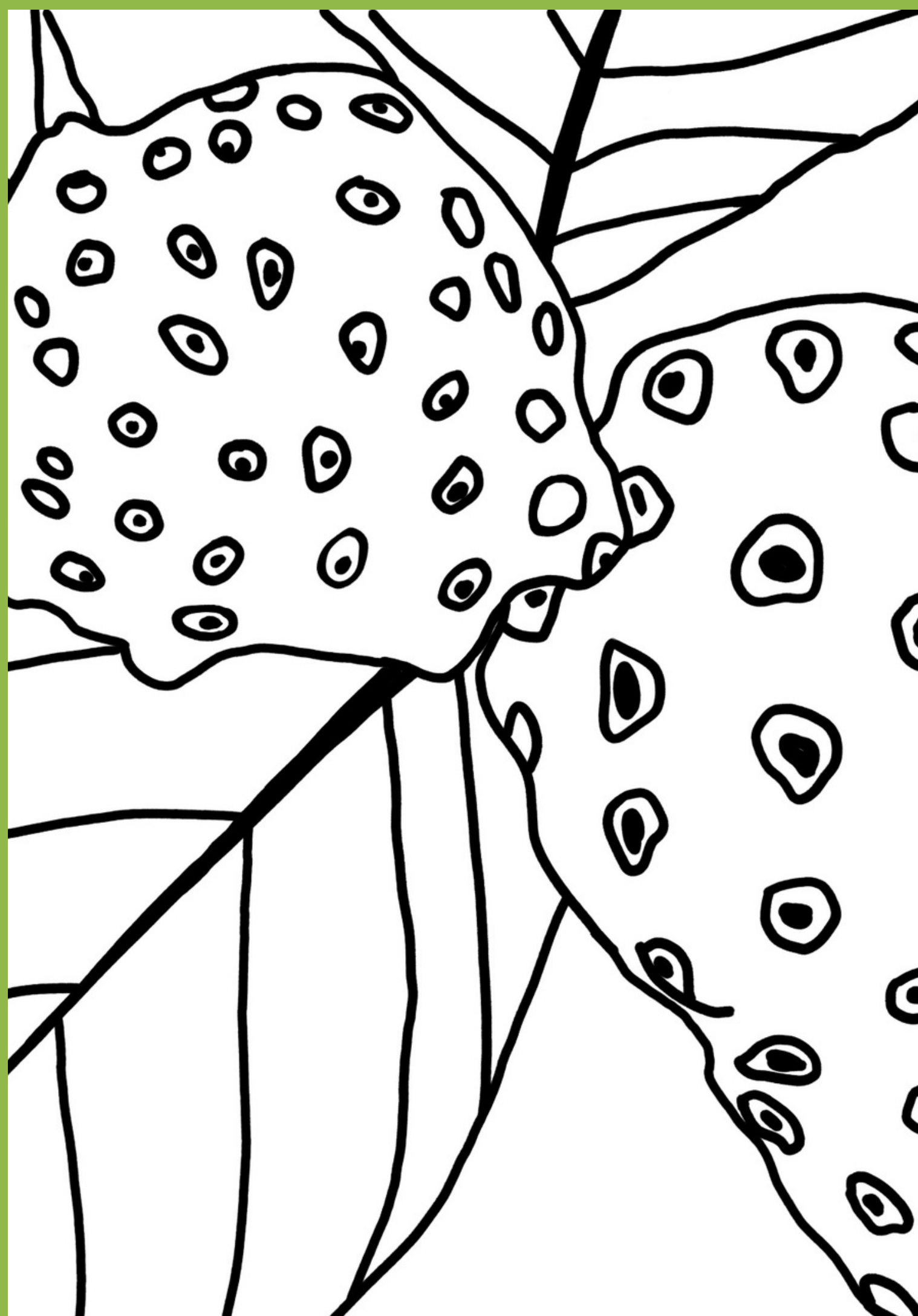




Photo credit@Aaron Brown
Hawai'i Picture of the day

Hala

- pū hala, lauhala, screw pine
- indigenous and found on all islands except Kaho'olawe
- tall tree with aerial roots, and long leaves
- female tree has fruit clusters
- male tree has blossoms
- 4 types of Hala: common Hala Hala'ula, Hala Lihilihi'ula, and Hala pia

USES: hua (keys are wedge shaped parts of the fruit) used for lei and dye brushes, leaves weaved into mats, thatching material and sails.

MEDICINAL: The blossoms are a mild laxative. The fruit treats thrush and latent childhood disease. The root can be used for vitamin B and C.

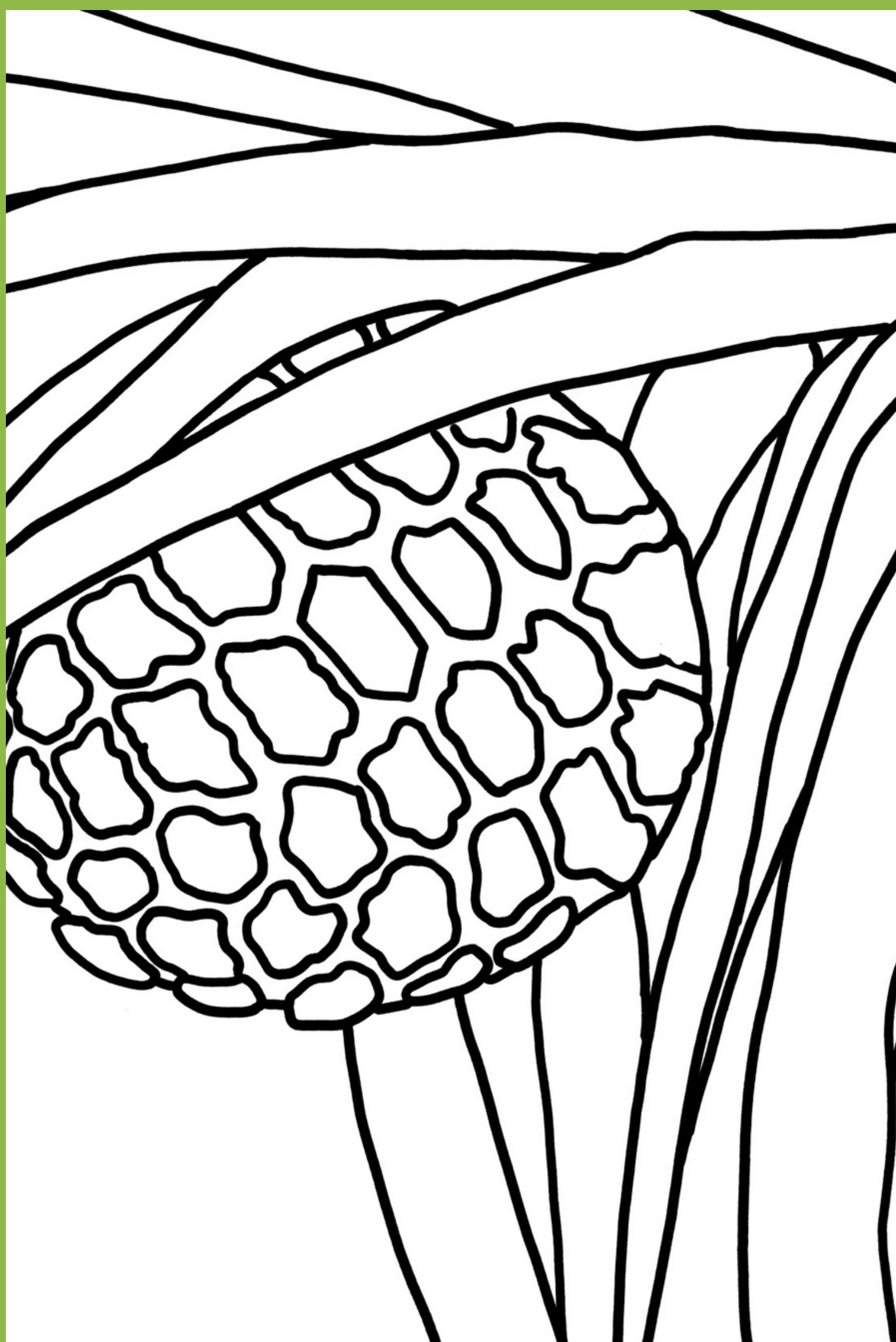




Photo credit@Māmaki Native Hawaiian Herbal Tea

Māmaki

- māmake, waimea
- introduced by Polynesians
- large shrub with broad green leaves, white undersides and pink/red veins
- its brown seeds can propagate new plants

*Excerpts from Look M. A., Yamauchi K. B., Trask-Batti M. K., Werner K. K., & Lee W. K. (2013). Guide to Selected Plants of the Māla Lā'au Lapa'au.

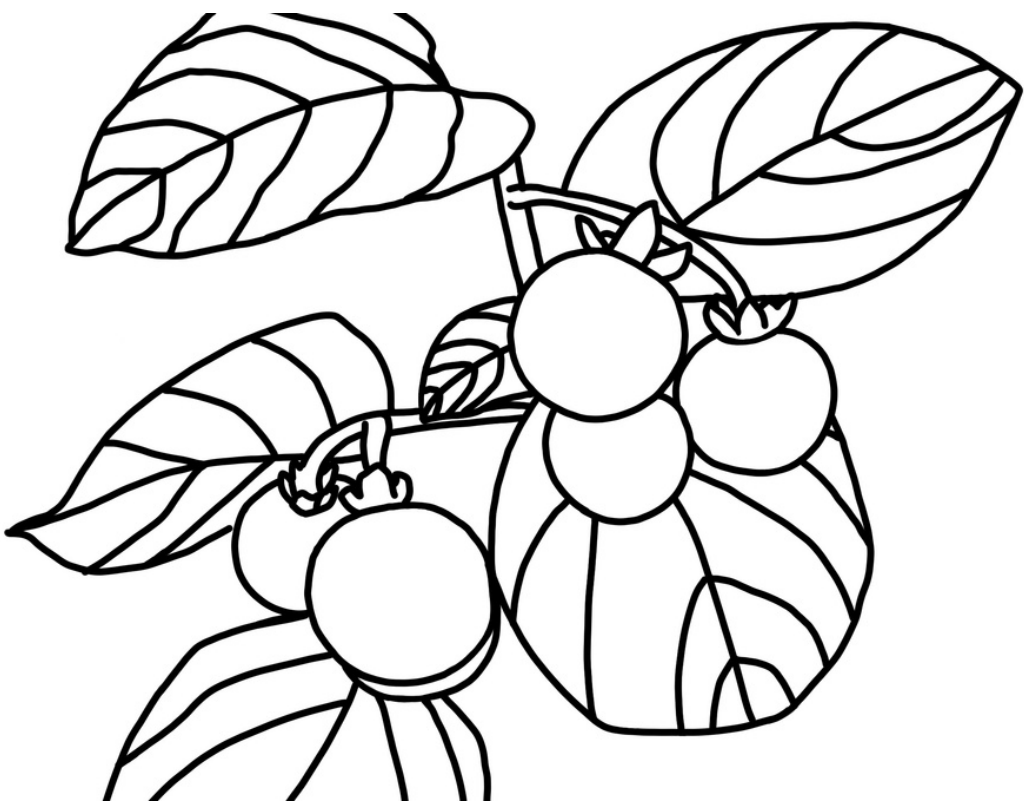
USES: bark used for kapa (cloth), long fibers are used for cordage and ropes.

MEDICINAL: Fruit is used to treat thrush and latent childhood disease. The leaves are used to make an herbal tea which helps to soothe someone who is generally tired

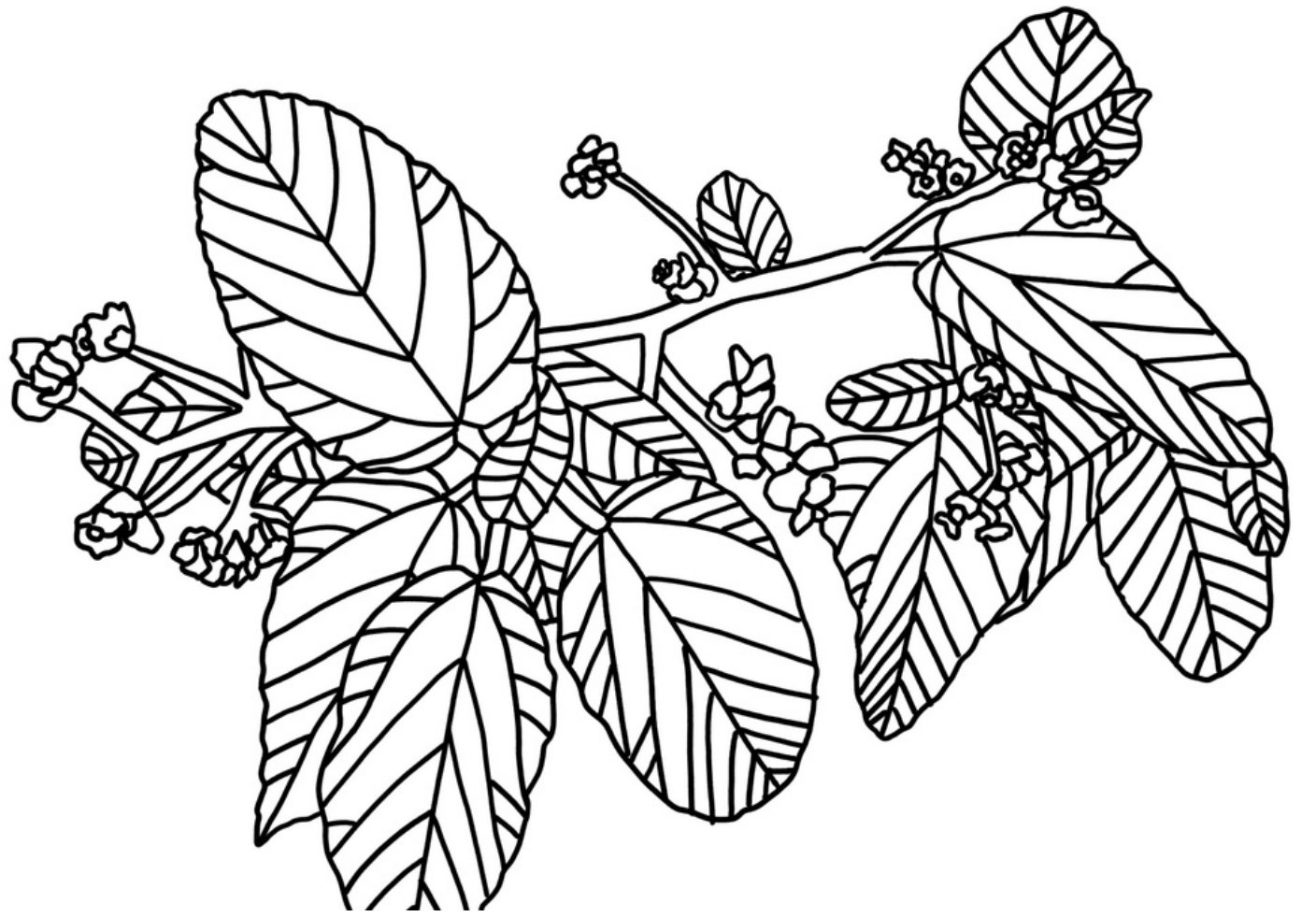
*Consult your doctor or traditional healer before using plants as medicine.



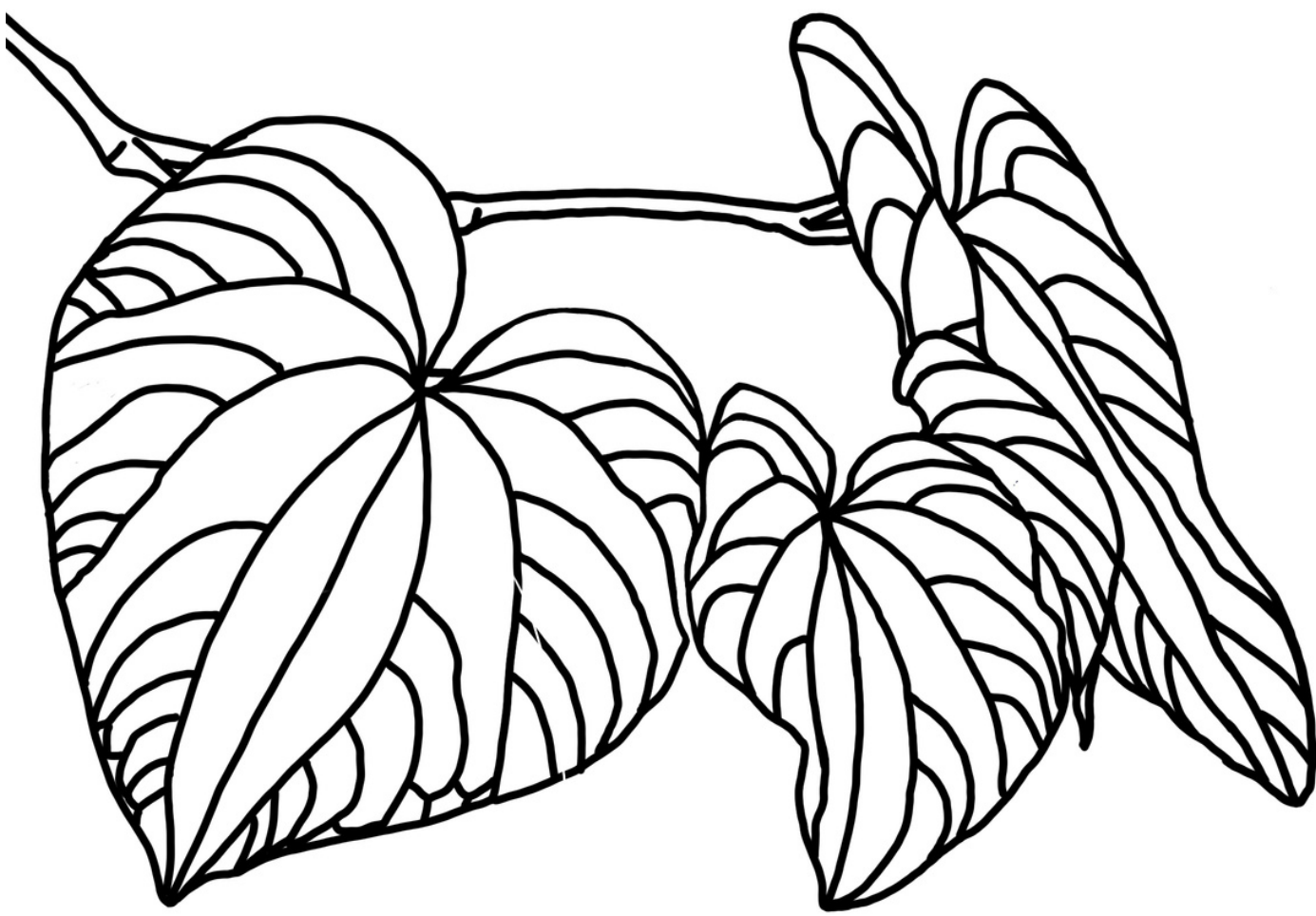
EOLOR ME!



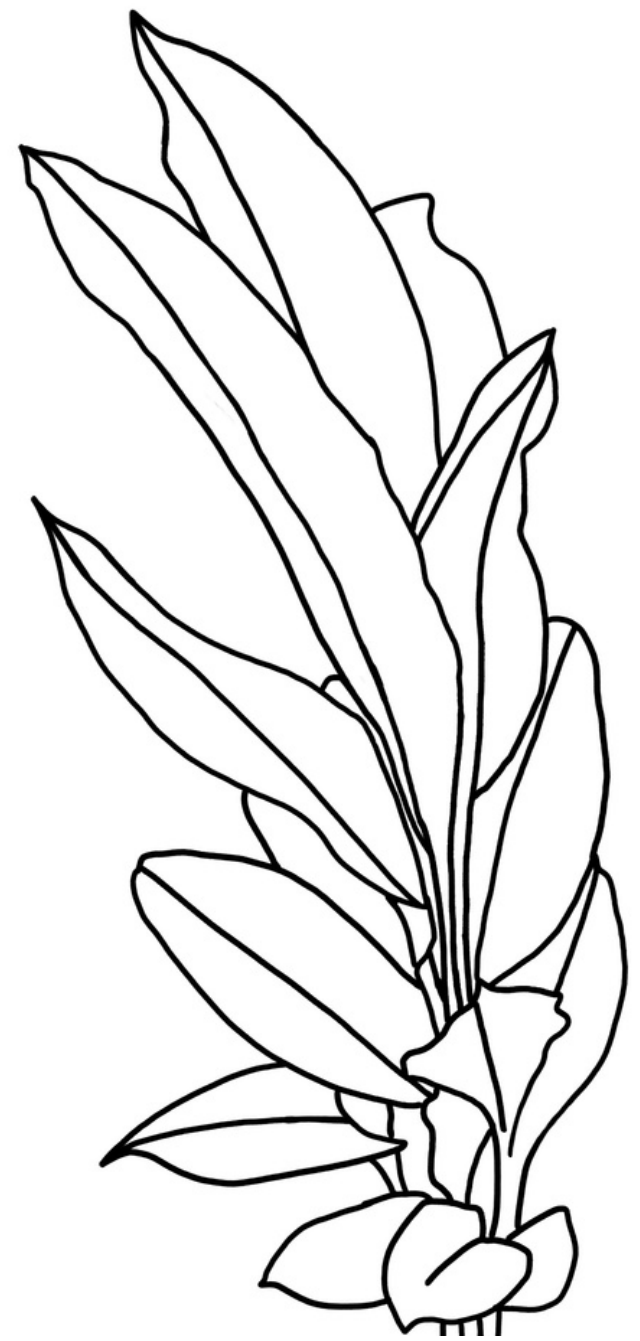
pōpolo



uhaloa



'awa



olena

Word Search

X O C O L K K W W L Q F B U I
Z S A N R E U K W K X W O P K
D R O L C R C K W H D K Q H A
Z N N O A O F R U W A A X J M
I K P M L H R W F I K I K Y A
X Z T O E S W N Z T Z K A Q M
I H P W H G K P H E C C L L X
K O J L P X V C I A R H O T L
P A A V A N E L O U V F R P A
T D Y W I D E J U Z A P K L Q
G M X A A M R O W L N K Q H W
P A C G S F Q K M V P J V G D
I Z L L L K Z A K H F F B Q K
W I N U H A L O A P J O K N Y
M F A U Z Z S N I B I K G Q Y

AWA
HALA
KALO

KUKUI
MAMAKI
NONI

OLENA
POPOLO
UHALOA