



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

**MĀLA**  
**LĀ'AU**  
**LAPA'AU**

Content Compilation and Original Artwork by  
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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.

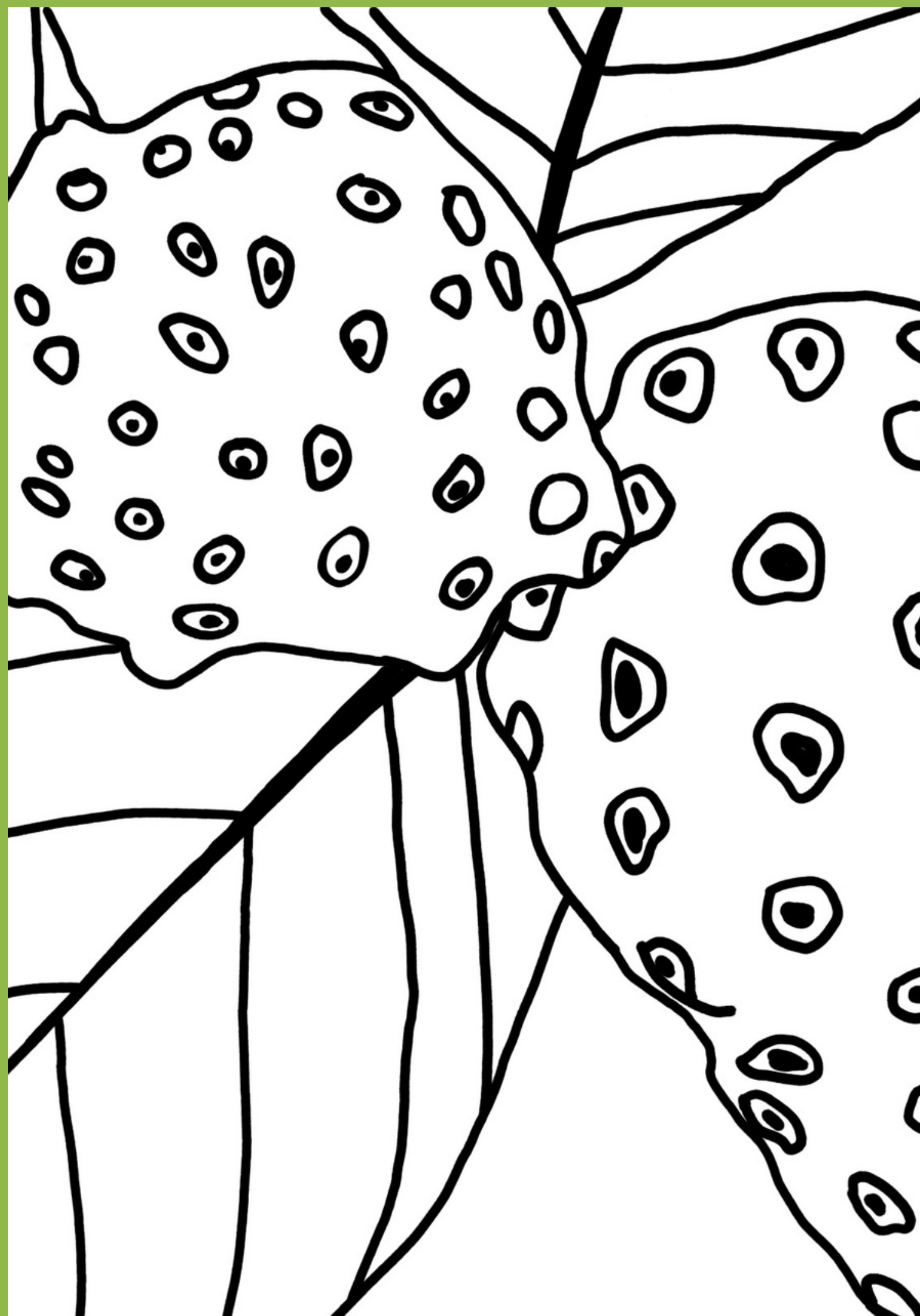






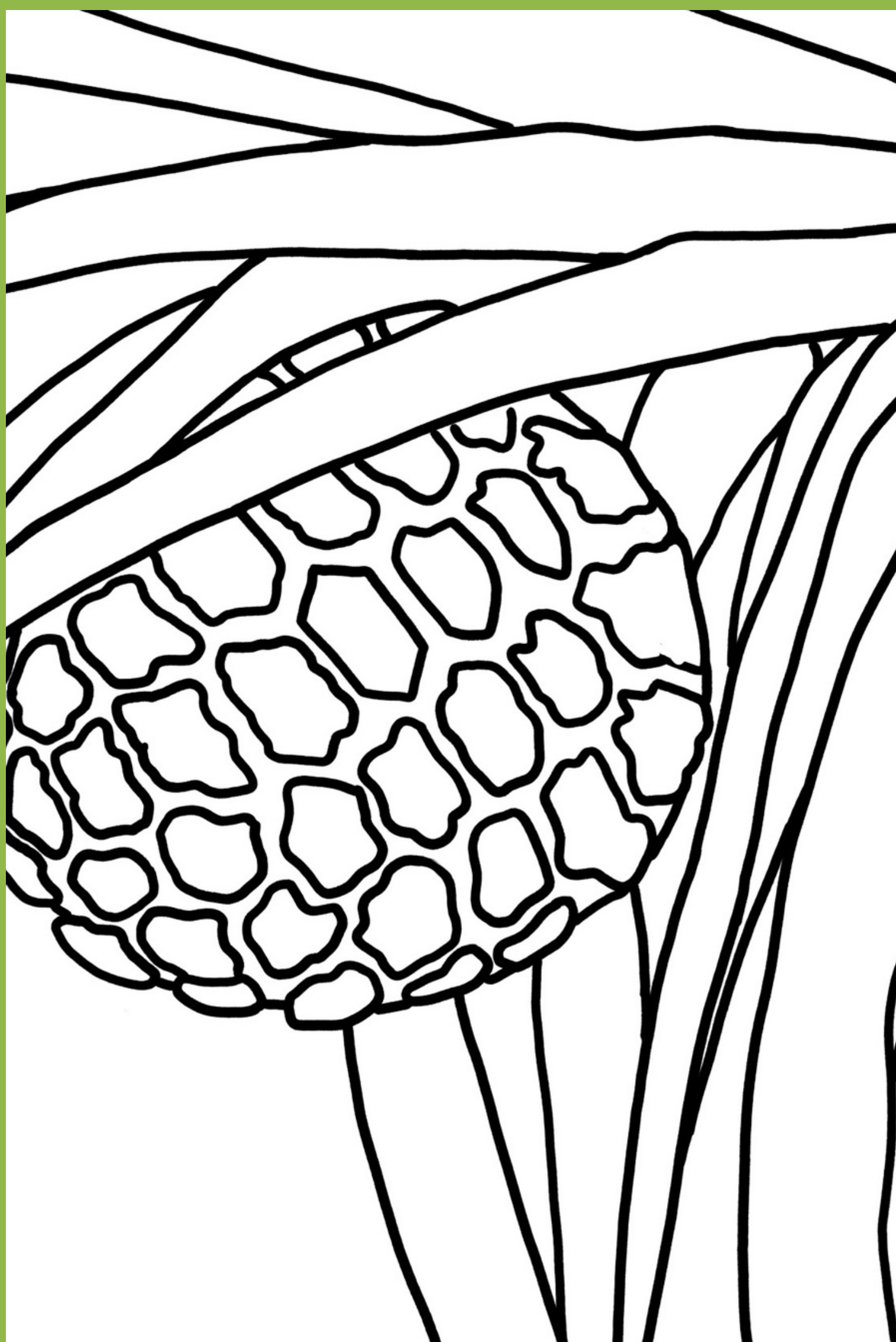
Photo credit@Aaron Brown  
Hawai'i Picture of the day

# 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.







# 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

Photo credit@Māmaki Native Hawaiian Herbal Tea

\*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.

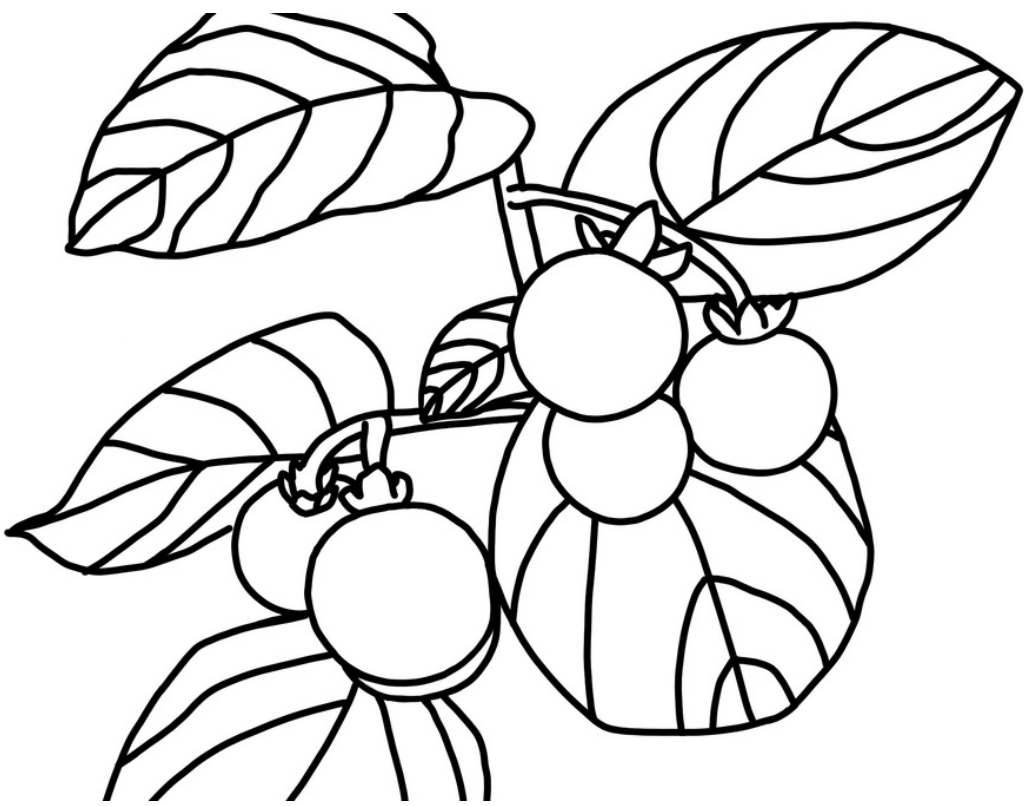
MEDICINAL: Fruit is used to treat thrush and latent childhood disease. The leaves are used to make an herbal tea which helps to soothe someone who is generally tired

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

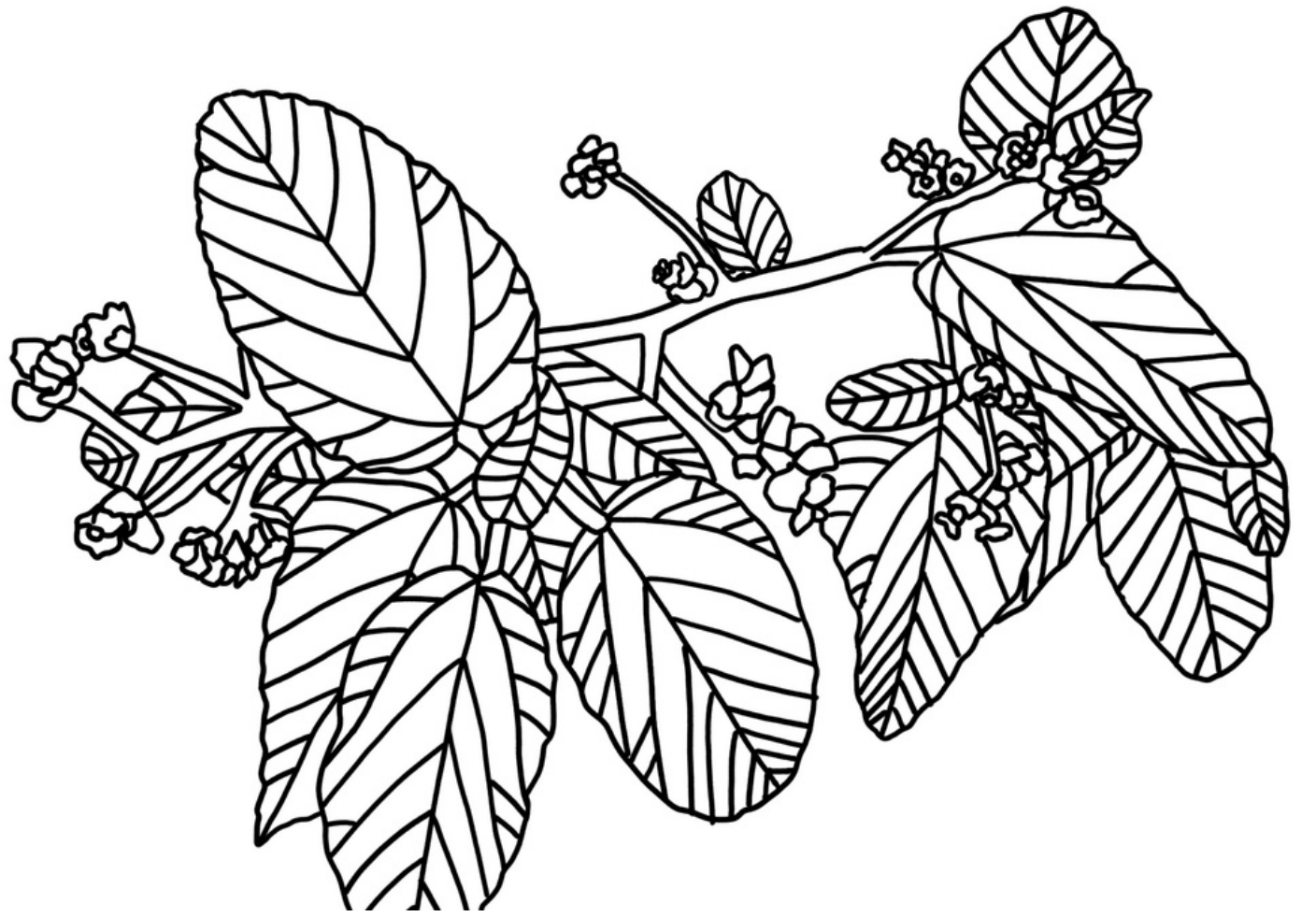




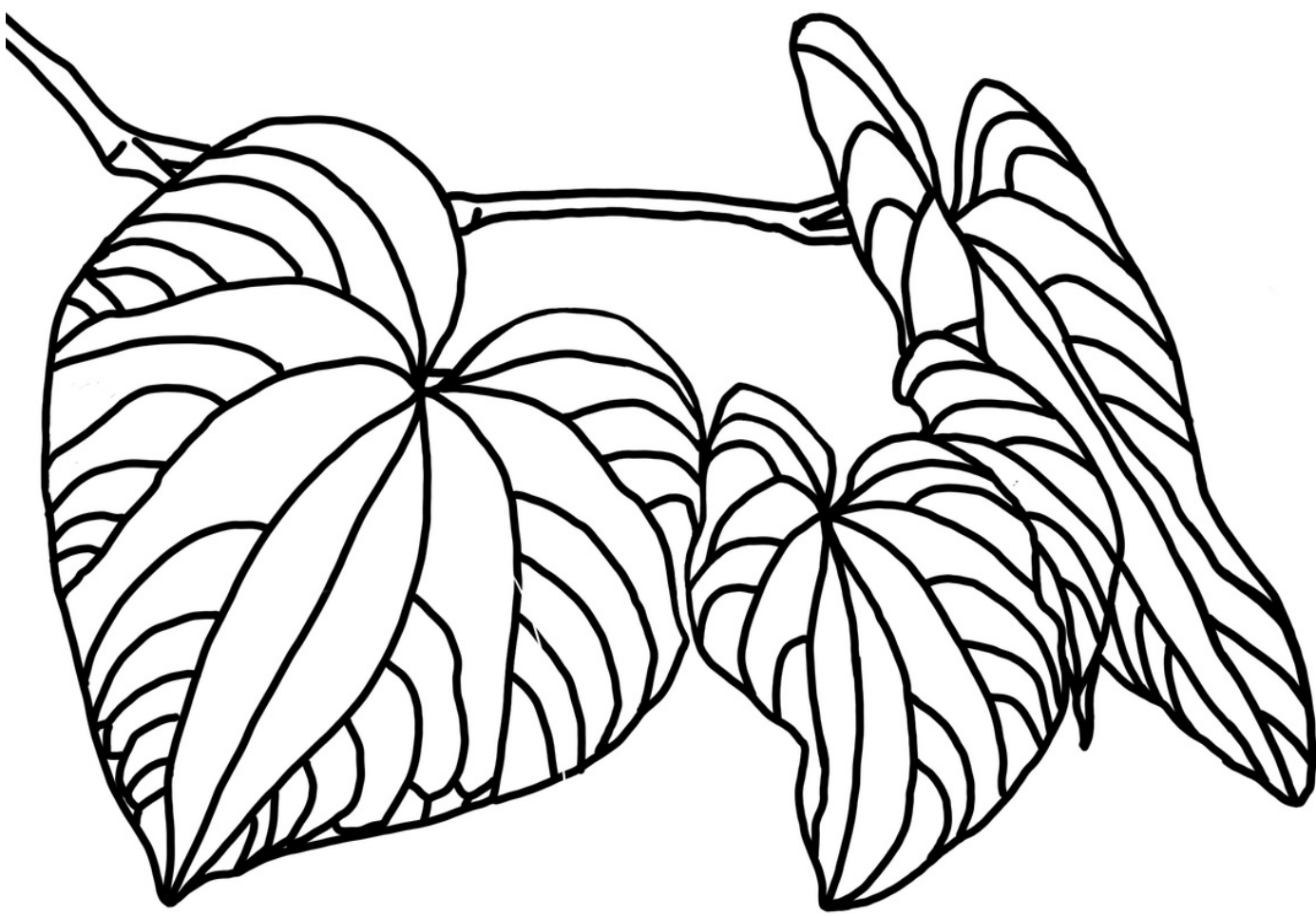
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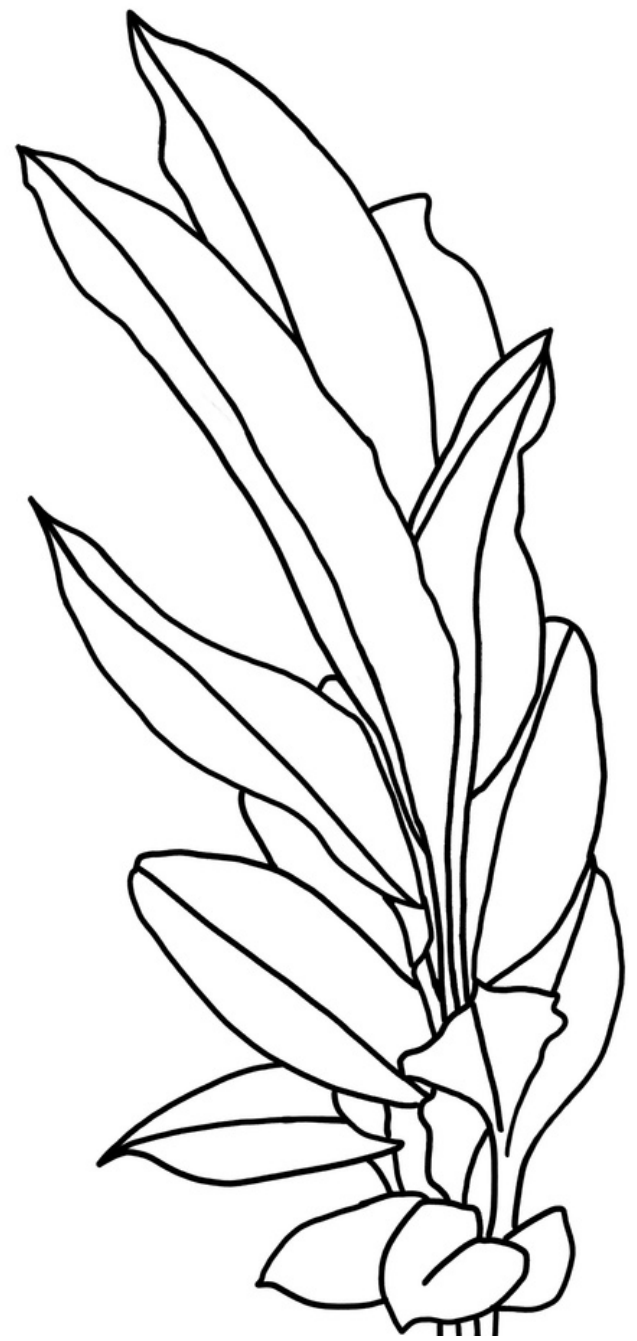
**pōpolo**



**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  
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K O J L P X V C I A R H O T L  
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AWA  
HALA  
KALO

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MAMAKI  
NONI

OLENA  
POPOLO  
UHALOA