

A F I N I P R E Y E

Traditional Nigerian Herbal Recipes

— F O R M E N ' S V I T A L I T Y —



Smart Life Guides

FROM THE AUTHOR

A Note Before You Read This

Let me be honest with you from the first line: I do not use these herbs myself.

The Tactical Edging method needs nothing added to your body. That has always been its power. Your body already has everything it requires — it only needs to be retrained. Nothing you drink can do that training for you.

So why did I write this guide?

Because so many of you asked. Every week, men write to me about “manpower” herbs. Some are already drinking mixtures from the market without knowing what is inside them. And that is the part that worries me — because the unlabeled mixtures sold as “Super Power” or “Man Must Not Die” are often the most dangerous things a man can put in his body. Many contain hidden drugs in doses nobody measured.

If men are going to explore these herbs anyway — and many will, with or without me — then I would rather you have the honest, careful information: what each herb actually is, what tradition and science say about it, exactly how it is traditionally prepared, and most importantly, **who must never touch it and why**.

MY THREE RULES, IF YOU READ NOTHING ELSE

- The method in Tactical Edging comes first. It fixes the root of the problem. No herb does that.
- Never buy an unlabeled, pre-mixed powder from anyone. If you cannot see the raw herb, walk away.
- Read every safety warning in this guide as if your life depends on it — because for some men, it does.

Use this guide the way it is meant: as protection, not as a prescription. Stay safe, stay honest with yourself, and remember — you were never broken.

— *Afini Preye*

READ THIS FIRST

Important Disclaimer

PLEASE READ CAREFULLY BEFORE USING ANY HERB IN THIS GUIDE

- This document is for educational and traditional-knowledge purposes only.
- This is not medical advice and is not a substitute for consultation with a qualified doctor or herbalist.
- None of the statements in this guide have been evaluated or approved by NAFDAC or any medical regulatory body.
- Herbal remedies can cause serious side effects, drug interactions, or organ damage if misused.
- Always start with a very small test dose.
- Pregnant or breastfeeding women, and people with heart disease, high blood pressure, diabetes, liver, or kidney problems should NOT use these herbs without professional medical supervision.
- If you experience chest pain, rapid heartbeat, severe headache, or difficulty breathing, stop use immediately and seek emergency medical care.

How to Use This Guide

What is “Manpower” in Nigerian Traditional Medicine?

In everyday Nigerian usage, “manpower” generally refers to a combination of the following areas of male sexual health:

AREA	WHAT IT MEANS
Erectile function	The ability to achieve and maintain an erection
Libido	Sexual desire and interest
Stamina	Staying power during sexual activity
Fertility	Sperm quality and sperm count

How These Herbs Are Traditionally Used

On-demand — taken shortly before sexual activity for an immediate effect.
As a course — taken daily for 2–4 weeks to build general vitality, libido, or sperm quality over time. Most commonly prepared as a **cold infusion** (soaking in water, palm wine, or alcohol), a **decoction** (boiling), or a **powder** mixed into food or drink.

How Effectiveness Is Rated

RATING	MEANING
1 / 4	Weak evidence / unreliable
2 / 4	Moderate traditional use, limited scientific support
3 / 4	Strong traditional use, with some scientific support
4 / 4	Very strong traditional use and good scientific studies

IMPORTANT

- A high effectiveness rating does NOT mean a herb is safe. Always read the safety warnings for each herb carefully before use.

Burantashi (Yohimbe)

PROFILE	DETAILS
Local names	Burantashi (Hausa); Yohimbe (international)
Part used	Tree bark
Where found	Northern states — Kaduna, Kano, Katsina; also middle-belt forest areas



Illustrative image — always confirm the herb with a knowledgeable vendor before buying.

Traditional Uses

- Erectile dysfunction
- Delaying ejaculation
- Increasing libido on demand

Recipe — Cold Infusion (Traditional Method)

- 1

Take one small piece of dried bark (about the size of a thumb tip, roughly 1 gram).
- 2

Soak it in 1 cup of cold water or palm wine.

-
- 3 Leave to steep for 30–60 minutes.
 - 4 Drink only the liquid — discard the bark.
 - 5 Consume about 45 minutes before sexual activity.
 - 6 Do NOT use more than once in any 24-hour period.
-

Where to Source in Nigeria

- Kurmi Market (Kano)
- Sabon Gari Market (Kaduna)
- Northern herbal stalls at Ogbete Market (Enugu)
- Roadside Hausa herbal sellers in Lagos (e.g. Oyingbo, Mile 12)
- Online: occasionally via Nigerian herbalists on Instagram/Facebook — verify carefully

Effectiveness Rating

Rating: 3 / 4 — works for some men, but side effects are common

SAFETY WARNINGS

- Do NOT use if you have high blood pressure, heart disease, anxiety, or kidney problems.
- Never combine with antidepressants, Viagra/PDE5 inhibitors, or alcohol.
- Overdose can cause dangerously high blood pressure and panic attacks.

Carpolobia lutea (Cattle Stick)

PROFILE	DETAILS
Local names	Cattle Stick (English); Agbɔ̀nrin (Yoruba); also used by Igbo, Efik, and Ijaw communities
Part used	Root
Where found	Southern forests — Ondo, Ogun, Cross River, Delta, Edo states



Illustrative image — always confirm the herb with a knowledgeable vendor before buying.

Traditional Uses

- Boosts libido (not just erection)
- Said to improve sperm count and motility (male infertility)
- Used as a general male vitality tonic, taken daily for several weeks

Recipe — Decoction (Boiling Method)

- 1

Obtain about 100g of fresh or dried root, cut into small pieces.
- 2

Boil in 2 litres of clean water.

-
- 3 Reduce heat and simmer until the water reduces by about half (roughly 1 litre remains).
 - 4 Allow to cool, then strain.
 - 5 Drink about half a cup (approx. 100ml) twice daily for 14 days.
 - 6 Take a 7-day break before repeating the course.
-

Where to Source in Nigeria

- Oja Oba Market (Abeokuta, Ogun State)
- Calabar herbal market near Marian Shrine (Cross River)
- Isoko herbal stalls in Oleh Market (Delta State)
- Yoruba herbalists (Babalawo) in Lagos — e.g. Ikeja, Mushin

Effectiveness Rating

Rating: 4 / 4 — strong traditional use, supported by animal studies showing improved testosterone and sperm parameters

SAFETY WARNINGS

- Considered much safer than Burantashi, with fewer reported side effects.
- Do not exceed a 14-day course without taking a break.
- May cause stomach upset in some people — take with food.
- No major drug interactions known, but avoid if you have liver disease.

Hunteria umbellata (Abeere)

PROFILE	DETAILS
Local names	Abeere (Yoruba); Ebu (Edo)
Part used	Root and seeds
Where found	South-West Nigeria — Oyo, Osun, Ogun, Ekiti; also parts of Edo State



Illustrative image — always confirm the herb with a knowledgeable vendor before buying.

Traditional Uses

- Erectile dysfunction, especially when linked to poor blood flow
- Also traditionally used for diabetes and weight management (this guide focuses only on its “manpower” use)

Recipe — Root Decoction for Erectile Support (use the root, not the seeds — seeds are traditionally reserved for diabetes use)

- 1 Take about 50g of dried root.
- 2 Boil in 1.5 litres of water for 45 minutes.

-
- 3 Strain and allow to cool.
 - 4 Drink about 100ml once daily for 7 days.
 - 5 Observe the effect; if continuing, allow 3–5 days of rest before repeating.
-

Where to Source in Nigeria

- Bodija Market, Ibadan (Oyo State) — herbal sections
- Oja Oba Market, Osogbo (Osun State)
- Oba Market, Benin City (Edo State)
- Some NAFDAC-registered herbal mixtures list Hunteria as an ingredient — check labels

Effectiveness Rating

Rating: 3 / 4 — some scientific studies suggest it affects pathways related to erectile function, but human data remains limited

SAFETY WARNINGS

- Lowers blood sugar — do NOT use if you are diabetic and on medication, due to the risk of hypoglycemia.
- Can lower blood pressure — avoid if you are taking blood pressure medication.
- Do not use for more than 7–10 consecutive days.
- Generally considered safer than Burantashi, but not completely risk-free.

Waltheria indica (Uwar Magunguna)

PROFILE	DETAILS
Local names	Uwar Magunguna (“mother of medicines”, Hausa)
Part used	Whole plant (leaves, stems, and roots)
Where found	Northern Nigeria, savannah regions — Kaduna, Bauchi, Gombe; also Kogi State



Illustrative image — always confirm the herb with a knowledgeable vendor before buying.

Traditional Uses

- Male infertility (low sperm count, poor motility)
- Impotence — used as a longer-term treatment rather than on-demand
- General sexual weakness

Recipe — Cold Infusion in Water or Palm Wine

- 1 Take a handful of dried leaves plus a few small root pieces (about 30g total).
- 2 Soak in 1 litre of cool water or palm wine.
- 3 Leave overnight (8–12 hours).

4 Strain.

5 Drink about 150ml every morning for 14 days.

Where to Source in Nigeria

- Sheikh Abubakar Gumi Market (Kaduna)
- Central Market herbal stalls (Bauchi)
- Lokoja Main Market (Kogi State)
- Northern Hausa herbal sellers in Lagos (e.g. Agege, Ikorodu)

Effectiveness Rating

Rating: 4 / 4 — very promising animal studies showing increases in testosterone, FSH, LH, and sperm parameters

SAFETY WARNINGS

- Generally considered one of the safer herbs in this guide, with low toxicity in animal studies.
- Avoid during pregnancy or while breastfeeding.
- Not recommended for men with hormone-sensitive conditions (e.g. prostate cancer), as the risk in this context is unknown.
- Start with half the recommended dose to test your tolerance.

PREPARATION

General Recipes & Methods

Use only one herb at a time when starting out — do not mix herbs together.

Option 1 — Simple Tea

Suitable for herbs that can be boiled (Cattle Stick, Abeere, or Uwar Magunguna). **Do not use this method for Burantashi.**

- 1 Use 1 tablespoon of dried herb per 500ml of water.
- 2 Boil for 10–15 minutes, then steep for a further 10 minutes.
- 3 Strain and drink as directed for that herb.

Option 2 — Palm Wine Infusion

Popular in the South-East, and best suited to Uwar Magunguna or Cattle Stick.

- 1 Combine 30g of the chosen herb with 750ml of fresh palm wine.
- 2 Soak for 24 hours in a covered glass jar.
- 3 Drink about 100ml in the evening for 7 days.

Option 3 — Powdered Herb with Pap (Ogi / Akamu)

Suitable only for Cattle Stick or Uwar Magunguna — **not for Burantashi**, since controlling the dose of Burantashi this way is too risky.

- 1 Grind the dried herb into a fine powder.
- 2 Start with half a teaspoon mixed into a bowl of warm pap (ogi/akamu).

IMPORTANT RULE

- Never mix Burantashi with any other herb or with any medication.

Where to Source Safely in Nigeria

General Tips for Buying Herbs

- Buy from a known herbalist or market vendor who can correctly identify the plant.
- Avoid pre-mixed “power” powders sold in unlabeled bags — you cannot verify what they actually contain.
- Look for dried bark or root that is free of mould, insects, or unusual chemical smells.
- Where possible, buy from the regions where each herb grows natively.

Quick Sourcing Reference

HERB	BEST CITY / STATE	MARKET
Burantashi	Kano, Kaduna	Kurmi Market, Sabon Gari
Cattle Stick	Abeokuta, Calabar	Oja Oba, Marian Shrine herbal market
Abeere	Ibadan, Osogbo	Bodija Market, Oja Oba
Uwar Magunguna	Kaduna, Bauchi	Gumi Market, Central Market

A Note on Buying Online

Facebook and Instagram herbal sellers are largely unregulated. If you choose to buy online, ask the seller for: a photo of the raw herb (not just a powder or finished mixture), a NAFDAC number if it is sold as a packaged product, and their refund policy.

Effectiveness & Safety Comparison

HERB	ON-DEMAND ERECTION	DAILY LIBIDO	SPERM QUALITY	SCIENTIFIC SUPPORT	RISK LEVEL
Burantashi	High	Low	None reported	Moderate	4 — higher risk
Cattle Stick	Low	High	High	Good (animal studies)	1.5 — relatively safe
Abeere	Medium	Low	Unknown	Low-moderate	2 — moderate
Uwar Magunguna	Low	Medium	High	Good (animal studies)	1 — relatively safest

Summary Takeaways

Best for occasional use before sex: Burantashi — but it carries the highest risk.

Best for improving sperm quality and daily vitality: Cattle Stick or Uwar Magunguna.

Best overall balance of effectiveness and safety: Cattle Stick.

BEFORE YOU BEGIN

Final Safety Summary & Recommendations

DO NOT USE ANY OF THESE HERBS IF YOU HAVE:

- Heart disease or high blood pressure (especially relevant for Burantashi)
- Diabetes, unless approved by your doctor (Abeere can lower blood sugar)
- Liver or kidney disease
- Anxiety or panic disorder (Burantashi can worsen these conditions)
- Prostate cancer (the hormonal effects of Cattle Stick and Uwar Magunguna are not well understood in this context)

A Cautious Starting Protocol for a Healthy Man Under 45

- 1 Choose Cattle Stick or Uwar Magunguna rather than Burantashi.
- 2 Prepare a decoction or infusion as described earlier in this guide.
- 3 Take a very small test dose — about a quarter of the recipe amount — and wait two hours.
- 4 If there is no rash, palpitations, or nausea, you may proceed with the full dose as described.
- 5 Use for a maximum of 14 days, then take a 7-day break before considering another course.

IF YOU CHOOSE TO TRY BURANTASHI DESPITE THE RISKS

- Use no more than once per week.
- Never use more than 1 gram of bark at a time.
- Never combine with alcohol, Viagra/PDE5 inhibitors, or antidepressants.
- Make sure someone is nearby who can get you to a hospital quickly if you feel unwell.

CLOSING

Final Recommendation

For genuine, persistent erectile dysfunction or low libido, it is best to see a doctor first — herbal remedies can be unpredictable, and an underlying medical issue may need proper treatment. If you do choose the traditional route, Cattle Stick and Uwar Magunguna are generally the safer options described in this guide.

Be especially cautious of unbranded market mixtures sold under names like “Super Power” or “Man Must Not Die” — these often contain undisclosed, high doses of Burantashi or even hidden pharmaceutical ingredients.

This guide is for educational and traditional-knowledge purposes only and is not a substitute for professional medical advice.