To evaluate traditional medicine, which is an important part of the health-care system in Tanzania, three different regions, Coast, Morogoro and Kilimanjaro were surveyed for the herbs used by traditional healers. For each species, the botanical name, vernacular name, collection number and medical uses are given. Phytochemical screening of the 52 plant samples collected representing 49 species, 42 genera and 28 families was carried out. The analyses indicated that 94% plant samples contained steroids/triterpenoids, 50% saponins, 40% carotenoids and 17% alkaloids.