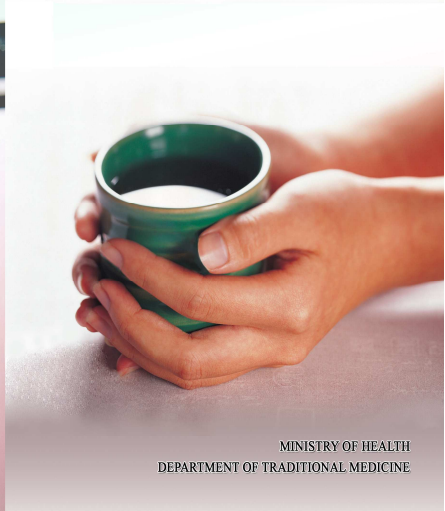




August, 2008



A MANUAL
OF MYANMAR TRADITIONAL MEDICINE
FOR PRIMARY HEALTH WORKERS



MINISTRY OF HEALTH
DEPARTMENT OF TRADITIONAL MEDICINE

Four political objectives

- * Stability of the State, community peace and tranquillity, prevalence of law and order
- * National reconsolidation
- * Emergence of a new enduring State Constitution
- * Building of a new modern developed nation in accord with the new State Constitution

Four economic objectives

- * Development of agriculture as the base and allround development of other sectors of the economy as well
- * Proper evolution of the market-oriented economic system
- * Development of the economy inviting participation in terms of technical know-how and investments from sources inside the country and abroad
- * The initiative to shape the national economy must be kept in the hands of the State and the national peoples

Four social objectives

- * Uplift of the morale and morality of the entire nation
- * Uplift of national prestige and integrity and preearvation and safeguarding of cultural heritage and national character
- * Uplift of dynamism of patriotic spirit
- * Uplift of health, fitness and education standards of the entire nation

Ministry of Health

Department of Traditional Medicine

**A MANUAL OF
MYANMAR TRADITIONAL MEDICINE
FOR PRIMARY HEALTH WORKERS**

July, 2008

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Preface

The World Health Organization's Regional Office of Southeast Asia published a book entitled 'The use of Traditional Medicine in Primary Health Care' in 1990, following a survey in that field. As a sequel to the book, 'A Manual for Health Workers in Southeast Asia' was also described with the aim of helping the staff understand the use of easy-to-find medicinal plants in providing health care for rural people residing in the region. This manual falls into three parts: Some plants used in traditional medicine; Common medical problems/treatment with traditional medicine; and Some aspects of health care. What is strongly advised in the manual is to translate the English version of the book 'The use of Traditional Medicine in Primary Health Care' into the respective languages of the countries in the region and distribute them to the rural people.

The Department of Traditional Medicine under the Ministry of Health is taking harmonious measures for such tasks as health care, herbal plantation, production of traditional medicine and research so that both rural and urban people will be able to receive medical care with traditional medicine. Such campaigns for health awareness as giving training and circulating books on health play a paramount role in the research and development of traditional medicine. The compilation of instructional guides concerning the use of traditional medicine

involves taking into account not only the therapies mentioned in age-old medical handbooks but also the findings in recent research on herbal plants and their effectiveness.

The WHO-published manual contains a variety of practices and facts to follow in connection with traditional medicine. Published for all the countries in Southeast Asia as a whole, the manual still falls short of comprehensive medical information suited to individual countries. It is therefore necessary to make the manual cover as much additional information as possible so that the grassroots of the rural community can benefit from it. It is believed that this book will be of great help to the public in primary health care as much information has been drawn from common diseases, other health matters and traditional therapies as well as from medical practices conventionally used in Myanmar throughout different eras.

Dr.Tin Nyunt
Director-General

Myanmar Traditional Medicine

Every country in the world possesses their own conventional medical practices depending on their topography and culture. Similarly, the practice of traditional medicine in Myanmar dates back thousands of years, and still stands as an ancestral medical practice.

Myanmar traditional medical practice means any form of medical treatment that belongs to any one of the four methods: Desana Method, Bhesijja Method, Nakkhatta Method and Vijjadhara Method.

Desana Method is a form of medical practice to examine and remedy the negative effect anatomy and physiology have on health on account of action, mind, weather and food in such a way as is mentioned in the Great Discourse the Lord Buddha preached.

Bhesijja Method is a form of medical practice based on Ayurveda medical practice to examine and remedy the malfunction in the body which is composed of three dosas, seven elements and twelve malas resulting from time, one's self and one's past deeds.

Nakkhatta Method is based on calculations of zodiac of stars, plantes and the time of birth and age. These calculations are linked to prescribed dietary practices.

Vijjadhara Method is a form of medical practice that is concerned with the making of nine properties each of analogy and physiology as a medicament by means of special techniques and with the use of the partitas preached by the Lord Buddha as well.

According to Myanmar traditional medical practice, only a balance between action, mind, weather and food can ensure health and longevity. Otherwise, poor health will result.

‘Action’

“You will only have yourself to blame”

Kan or Kamma means action, so preached the Lord Buddha. It depends on your own action: how to conduct yourself.

Overtaxing yourself, using intoxicants and controlling the urine, the stool and the circulation of blood and air are the actions that worsen the health.

‘Mind’

“Emotional stress triggers physical disability”

The mind manipulates the body as it wants. Mind has a tendency for visualization.

The nature of mind is to take things as they are so that health can improve with the avoidance of fury, stress and depression.

‘Weather’

“Adjust yourself to the weather”

Weather is the quality of heat, cool, aridity, and moisture provided by nature as well as man-made environmental issues.

Working and dressing in line with the weather condition give health benefits.

‘Food’

“Take balanced diet”

All living beings take food for survival.

To stay healthy, it will be wise to consume a suitable food and avoid the extreme consumption of any one of six tastes: sweet, sour, salty, spicy, bitter and acrid.

The four things; action, mind, weather and food are essential to health and longevity. It is undeniable that health will be affected as a direct consequence of the deterioration of one or more than one of these things. For all human beings to enjoy the benefits of health the role of medical science is enormous. Accordingly, it cannot be denied that traditional medicine plays a vital role in public health care.

Myanmar Traditional Medicine and Primary Health Care

In every country around the world, health experts or specialists are implementing in earnest the task of primary health care in the line of public health care. It is recognized that the system of primary health at grass-roots level apart from playing a key role in social and economic development.

The eight tasks included in primary health care are;

1. education concerning prevailing health problems and the methods of preventing and controlling them
2. promotion of food supply and proper nutrition
3. an adequate supply of safe water and basic sanitation
4. maternal and child health care, including family planning
5. immunization against the major infectious diseases
6. prevention and control of locally endemic diseases
7. appropriate treatment of common diseases and injuries
8. provision of essential drugs.

These eight tasks are designed to provide health care for the public with western medical science. In reality, people are found to depend on the above medicine and on alternative medicine as well. In every country, traditional medical practice is fundamental to alternative medicine. People of successive eras

have done everything they can to improve their respective traditional medical practices. Today, the development of Myanmar traditional medicine is on a par with that of the international community. A study of the primary health care tasks in connection with *‘education concerning prevailing health problems and the methods of preventing and controlling them’* shows the importance of balanced lifestyle as already mentioned in Myanmar traditional medical practice. As part of such measure, information about awareness of health is given in simple Myanmar by means of journals, books and pamphlets, apart from regular training.

As for *‘promotion of food supply and proper nutrition’* Myanmar traditional medical practice points out ways to have a healthy, balanced diet. In the sphere of Myanmar traditional medicine, an ancestral adage that goes ‘Food is medicine and vice versa’ should be regarded as a guideline when it comes to nutrition. For example, milk, porridge, boiled rice, and honey are natural foodstuffs that are nutritious. The task *‘an adequate supply of safe water and basic sanitation’* is what people should do and follow on a daily basis. The tasks *‘maternal and child health care, including family planning’* and *‘immunization against the major infectious diseases’* are to be carried out on an annual basis with the use of Western medical practice. Nevertheless, Myanmar

traditional medicine is still in use up to now in maternal and child health care.

The tasks '*prevention and control of locally endemic diseases*', '*appropriate treatment of common diseases and injuries*' and '*provision of essential drugs*' are now concerned with traditional medicine directly or indirectly. Traditional medical practices and substances are handed down, through the ages by oral tradition. Thus, everyone accepts them. Fortunately, Nature has provided an adequate supply of medical plants and substances as treatment for several diseases.

The Department of Traditional medicine under the Ministry of Health, with 237 medical centres and 14 hospitals, is giving medical treatment free of charge the length and breadth of the country. In addition, it has taken measures since 2007 to distribute household **traditional medicine kits** for emergency use to rural people on a national scale. Arrangements are under way to render help to all villages.

Myanma traditional medical practice and natural medicinal plants and medicinal substances have been inextricably linked with primary public health care since days of yore. The Department of Traditional Medicine, under the guidance of the Government and under the auspices of the Ministry, is now working hard for the health and fitness of the entire national people in the service of primary health care.

Traditional Medicine and Common Diseases

Indigestion

Description

Generally caused by over-eating, irregular eating habit, and by taking fried rice, indigestible and contaminated food.

Associated symptoms

Abdominal pains, burning sensation in the chest, acid eructation, loss of appetite, nausea, vomiting and diarrhea.

Treatment

1. Take a piece of ginger (2 g) with a pinch of salt 5 minutes before every meal. It can prevent and cure indigestion.
2. Take a piece of the pulp of *Terminalia chebula* (2 g) with jaggery 5 minutes before meal.
3. Take a teaspoonful of the powder of *Trachyspermum ammi* (5 g) with hot water twice daily after meal.
4. Take a teaspoonful of ginger juice with an equal amount of lemon juice and a pinch of salt twice daily after meal.
5. Take a teaspoonful of the powder or juice of *Cyperus rotundus* three times daily. Honey or sugar may be added to it.
6. Take five cloves of garlic immersed in honey twice a day.

7. Take a teaspoonful of honey three times daily.
8. Take a cupful of the decoction of *Marsilea quadrifolia* with a teaspoonful of sugar three times daily.

Diet and regimens

Avoid heavy and fried food and take a rest.

* * * * *

Acidity

Description

The stomach normally secretes acid to help digest the food. Overproduction of this acid is called hyperacidity. This generally occurs in persons who eat a lot of chillies and spices and also in persons who suffer from extreme stress.

Associated symptoms

Burning sensation in the chest, indigestion, pain in the stomach, constipation or diarrhea and vomiting.

Treatment

1. Take a teaspoonful of the powder of *Emblica officinalis* (5 g) with milk or water twice daily.
2. Take a teaspoonful of the juice of *Tinospora cordifolia* with honey three times daily.
3. Take a teaspoonful of the powder of *Eclipta alba* with honey three times daily.
4. Add three teaspoonfuls of the powder of *Asparagus racemosus* and half a glass of water to half a mug of milk (125 ml), and boil it and reduce the volume by half. And take it with sugar three times daily.

5. Take a teaspoonful of the powder of *Spermacoce hispida* with cold water two times daily.
6. Take a teaspoonful of the powder of Liquorice with milk two times daily.

Warning

In case of acute abdominal pains, refer the patient to a primary health centre or hospital.

Diet and regimens

Avoid fried food, chillies, spices, cheese and other similar food. Avoid fasting and taking food irregularly. Take milk often. The patient is advised to take a physical and mental rest, and to go to bed early.

* * * *

Constipation

Description

Generally concerned with passing dry and hard stool less than once a day, or no defecation at all. For some patients, constipation is temporary but for others, it may be acute. Acute constipation may be a part of a more serious illness. Such cases should be referred immediately to hospital. Constipation may also occur following an attack of diarrhea or the days after taking purgative constipation is common in the aged and in pregnant women as well. Constipation in children is due to faulty eating habits.

Associated symptoms

Abdominal pains and discomfort, loss of appetite and headache.

Treatment

1. Constipation in adults: Take a teaspoonful of the powder of *Terminalia chebula* (5 g.) with hot water or hot milk every bedtime. It is better if taken with *Terminalia chebula*.
2. For constipation associated with abdominal pains, take a teaspoonful of the powder of *Terminalia chebula* (5 g.) with one gram of ginger. It is also possible to take two teaspoonfuls of the decoction of *Terminalia chebula* with one gram of ginger.

3. For patients with acute constipation, take a teaspoonful of the pulp of *Aloe vera* (50 g) every bedtime.
4. Take half a teaspoonful of roasted husk of *Ricinus communis* with cold water.
5. Take about 15 g of *Tamarindus indica* and three pieces of jaggery with cold water before bedtime.
6. Take a teaspoonful of the powder of roasted *Cassia acutifolia* and a pinch of salt with cold water every bedtime.

Warning

If constipation is associated with vomiting and abdominal pains, refer the patient to a nearby health centre or hospital immediately.

Diet and regimens

Consume less meat, eggs and fried food. Consume a lot of leafy vegetables and fruits. The common cause of constipation is especially due to controlling the urge for defecation. Develop a habit of regular defecation.

* * * * *

Diarrhoea

Description

Passing loose stools frequently is called diarrhoea. It might be caused by taking foodstuffs contaminated with viral infection. Impure water, food exposed to flies and dirty hands can cause such contamination. People of all ages can suffer from diarrhoea. However, diarrhoea in babies needs special care.

Associated symptoms

Vomiting, abdominal pains, loss of appetite, sleeplessness. Acute diarrhoea can cause dehydration, particularly in babies.

Treatment

Patients with diarrhoea should be given oral rehydration salt. In addition, the following treatments can be used.

1. For diarrhoea in babies, take one gram of the mixture of equal amount of *Cyperus rotundus* (root), *Aegle marmelos* (sliced and dried), *Punica granatum* and *Myristica fragrans* (seed) with jaggery, sugar or honey three times daily.
2. For diarrhoea in adults and old people, take a teaspoonful of the above-mentioned powder three times daily. If there

- is blood in stool, the juice of *Punica granatum* should be taken.
3. For diarrhoea associated with vomiting, take the above drug with one gram of the powder of *Elettaria cadamomum* or with one teaspoonful of lemon juice added with salt.
 4. For diarrhoea associated with abdominal pains or loss of appetite, take the above drug with one gram of the powder of asafetida (*Ferula foetida*).
 5. For diarrhoea with early dehydration, mix ten grams of jaggery and two grams of salt with 250 ml of water, and take a small amount of it.
 6. Take 4 g of turmeric powder with honey three times daily.
 7. Take a teaspoonful of the paste of tamarind seed with salt three times daily.
 8. Take a teaspoonful of the powder of bale fruit (*Aegle marmelos*) with hot water three times daily.
 9. For chronic diarrhoea, take a teaspoonful of *Cuminum cyminum* with water three times daily. Honey or sugar may be added.
 10. Take two teaspoonfuls of the decoction of Kurchi bark or one teaspoonful of the powder of Kurchi bark three times daily. Honey or sugar may be added.

Warning

Diarrhoea associated with dehydration: if the stool looks like rice water, if the stool contains blood, if diarrhoea is accompanied by fever and vomiting, or if the patient does not get relief within 24 hours after undergoing treatment, then refer the patient to a health centre or a hospital.

* * * * *

Dysentery

Description

Dysentery is characterized by the passage of frequent stools, often loose, with mucus associated with griping pains in the abdomen. It is generally caused by the consumption of unwholesome food and water.

Associated symptoms

Abdominal pains, loss of appetite, abdominal distension, fatigue, sleeplessness. Occasionally, blood may appear along with mucus in the stool.

Treatment

1. Take 5 g of Kurchi bark powder with buttermilk three times daily.
2. Take two tablespoonfuls (30 ml) the decoction of Kurchi bark with sugar, jaggery or honey three times daily.
3. For dysentery accompanied by griping pain in the abdomen, take one teaspoonful of the powder of *Terminalia chebula* with hot water two times daily.

4. For dysentery with loss of appetite, take a teaspoonful of ginger powder or ginger juice with honey three times daily.
5. Dysentery with abdominal distension, take a teaspoonful of the powder of *Trachyspermum ammi* with hot water three times daily.
6. Dysentery with blood in stool: Take a teaspoonful of the powder of bael (*Aegle marmelos*) (green fruit cut into slices and dried) with buttermilk or water three times daily.
7. For dysentery with loose stool, take one teaspoonful of the powder of cuminum cyminum seeds with water.
8. Take a teaspoonful of the powder of *Brucea Javanica* with hot water three times daily.
9. Take a teaspoonful of the powder of *Euphorbia hirta* with hot water three times daily.
10. Take half a cup of the decoction of kaempferia with sugar three times daily.
11. Rinse three leaves of Kiss-me quick and chew it raw.
12. Immerse five *Bombax mlabaricum* and flowers in water for one night and take it with sugar three times daily.

Diet and regimens

Take light food. Avoid fried food and milk. Curds and buttermilk are helpful. Take them with salt, powder of cumin seeds and *Trachyspermum ammi*. Consume bael fruits often.

* * * * *

Headache

Description

Headache can occur in several diseases. It can cause aches in any part of the head. It may be either occasional or persisting. Headache may become severer at noon but may relieve at sunset. Defective eyesight may give rise to headache.

Treatment

1. Headache associated with constipation: take a teaspoonful of the powder of *Terminalia chebula* with hot water or milk before bedtime.
2. Take one teaspoonful of the powder of *Piper longum* (root) or *Nardostachys jatamansi* or *Withania somnifera* with water three times daily. Better if taken with a teaspoonful of jaggery.
3. For headache associated with defective eyesight, refer the patient to an oculist.
4. For headache associated with sore throat and cold, take a teaspoonful of ginger juice with honey three times daily.
5. For headache accompanied by toothache, earaches and eye discharge, give treatment for tooth, ears and eye.

6. Induce perspiration with boiled water with eucalyptus immersed.
7. Apply one or two drops of betel juice.
8. Slice the ginger and grill them, and stick them on the temple.
9. Take two grams of pepper powder with hot water three times daily.
10. Head heaviness and headache can be treated by means of inhaling fumes from burning turmeric.
11. For migraine, inhale *Sesbania grandiflora* and its juice.

Warning

If headache is accompanied by stiff neck and fever, then refer the patient immediately to the nearest health centre or hospital.

Diet and regimens

Avoid fried food and spices. Exposure to cold wind, rain and intense sunlight should be avoided too.

* * * * *

Fever, Cold and Malaise

Description

Fever with cold and malaise is a common ailment. It generally occurs during seasonal changes and exposure to rain as well as cold. At times, it occurs in epidemic form affecting several people simultaneously.

Associated symptoms

Cough, sore throat, running nose, headache, discharge of tear, chest pains, loss of appetite, and fatigue.

Treatment

1. Take a teaspoonful of turmeric powder with a glass of hot milk three times daily.
2. Take a teaspoonful of ginger juice with honey three times daily.
3. Take a teaspoonful of the powder of pepper, or *Saussurea lappa*, with honey three times daily.
4. Take tea prepared with ginger, pepper and *Saussurea lappa* three times daily.
5. Preserve onions as vinegar and take it.

6. Take half a cup of the decoction of betel and ginger in same amount prepared with jaggery.
7. Take a teaspoonful of the powder of *Spermacoce hispida* with hot water three times daily.
8. Take three teaspoonfuls of the decoction of *Andrographis paniculata* prepared with jaggery, three times daily.

Diet and regimens

Avoid sour food, cold drinks, and heavy, fried food, ginger, black pepper and long pepper in food are helpful. Avoid exposure to rain and cold. And take a rest.

* * * * *

Cough

Description

Cough is a symptom of several diseases affecting the chest and the throat. It may be associated with the spitting of sputum, or it may be just dry cough. It may be temporary or chronic. People of all ages can suffer from this ailment.

Associated symptoms

Irritation and pain in the throat; spitting and large quantity of sputum or sometimes foul sputum; pain in the chest, in the back and in the abdomen; fever; loss of appetite; vomiting; breathing difficulty; spitting blood in coughing and loss of weight; headache; running nose; giddiness and sleeplessness.

Treatment

1. For the cough associated with the spitting of sputum, a slight pain in the chest and loss of appetite, take the juice or powder of *Adhatoda vasica* (one teaspoonful) with honey (one teaspoonful) and ginger juice (half a teaspoonful).
2. For the cough associated with sore throat, take the tea prepared with *Ocimum sanctum*, clove (*Syzygium aromaticum*) and ginger three times daily.

3. For the cough associated with fever, headache and loss of appetite, take the powder of long pepper, black pepper and ginger in equal amount with a teaspoonful of honey or a cup of milk three times daily.
4. For the dry cough with slight difficulty in breathing or some pain in the chest, take one ounce of the decoction prepared from two spoonfuls of kantakari (*Solanum xanthocarpum*) and one spoonful of long pepper, with one teaspoonful of honey or sugar. Three times daily.
5. For acute cough, take half a cup of betel juice and ginger decoction in equal quantity.
6. For the cough associated with loss of voice, take the decoction of *Cassia glauca* (leaves) prepared with jaggery, three times daily.
7. Take one tablespoonful of lemon juice and honey in equal quantity. Three times daily.
8. Apply hot fomentation to the chest with a cloth bag containing sand or salt.
9. Apply mustard oil or balm on the chest and throat.

Warning

In case of chronic cough with slow fever, chest pains, occasional spitting of blood and loss of weight, then refer the patient to the nearest health centre or hospital.

Cough in adults and old people

If the cough is associated with chronic breathlessness, spitting out large quantity of foul-smelling sputum, headache, dizziness and sleeplessness you should give one teaspoonful of the juice of *Adhatoda vasica* with one teaspoonful of honey and the powder of long pepper (half a teaspoonful) three times daily. If the condition does not improve, then refer the patient to hospital.

Diet and regimens

Avoid curds, bananas, oranges and cold drinks, garlic, ginger, turmeric, black pepper, cumin seeds, asafetida and fenu-greek seeds are helpful. Avoid oily food. Drink hot water. Do not sleep in the daytime. Avoid exposure to rain and cold. Wear warm clothes. In case of constipation, give a teaspoonful of the powder of *Terminalia chebula* with hot water or milk before bedtime. If the child suffers from a whooping cough, keep him in bed, separate him from other children, and give him frequently a small amount of liquid or boiled rice.

* * * * *

Convulsion

Description

Convulsion occurs due to several causes. Generally, it can occur in children with high fever.

Treatment

1. To prevent the tongue from being bitten during the convulsion, put a piece of cloth or wood between the teeth.
2. After the patient regains consciousness, give one teaspoonful of the juice of *Bacopa monniera* or *Centella asiatica* with honey three times daily.
3. Give one teaspoonful of the powder of *Nardostachys jatamansi* or *Saussurea lappa* with jaggery or honey three times daily.
4. Boil one teaspoonful of the powder of *Withania somnifera* in one cup each of water and milk and reduce the volume by half.
5. Give seven cloves of baked garlic three times daily.
6. Give one teaspoonful of the powder of *Ferula foetida* (asafoetida) with cold water three times daily.

Warning

If the patient gets repeated convulsion or if there is no relief from treatment after one month, then refer him to the nearest health centre or hospital.

Diet and regimens

Avoid chillies and spicy food. The consumption of goat-milk or buttermilk is helpful.

* * * * *

Eye Discharge

Description

Eye discharge occurs due to viral infection or foreign substance. It may occur as an epidemic affecting several people at the same time.

Associated symptoms

Red eyes, itching, burning sensation, discharge of tear, sore eyes, fever, the pain in the throat, headache, or difficulty in vision.

Treatment

1. Clean the eyes several times during the day with a cotton wool soaked in boiled water. Put a teaspoonful of turmeric powder into 250 ml of water and leave it to boil for ten minutes. Strain off the turmeric powder with a piece of clean cloth. Swab the nose area between the eyes with a cotton wool soaked in the liquid left.
2. Give teaspoonful of turmeric powder with a cup of warm milk three times daily.

3. Foreign substances should be removed from the eyes with the use of a cotton swab soaked in clean water. Eyelids should not be rubbed violently.
4. Give one teaspoonful of the powder of *Terminalia chebula* with hot water before bedtime.
5. Leave the flesh of *Aloe vera* on the eyes.
6. Apply the paste of tamarind bark (red) around the eyes.
7. Apply the paste of *Capparis sepiaris* (bark) added with salt, around the eyes.
8. Use the juice of *Sesbania grandiflora* (leaves) as eye drops.
9. Use the juice of neem leaves as eye drops.
10. Use the juice of *Hydrocotyle asiatica* as eye drops.

Diet and regimens

Avoid curds and sour food, exposure to cold and rain as well as bright light.

* * * * *

Earache

Description

Earache is usually caused by infection in the ear or throat or by a foreign agent.

Associated symptoms

Fever, sore throat, hearing difficulty, discharge from the ears and dizziness.

Treatment

1. If earache is associated with the discharge from the ears, clean it gently by using a cotton swab.
2. Boil almond oil with a teaspoonful of garlic juice. Strain off the liquid and leave it to cool. When it is lukewarm, put one or two drops of it into the ears.
3. Grill the Kaempferia and squeeze it. And drop the liquid into the ears.
4. If the earache is associated with the discharge of air from the ears, take the Indian trumpet (*Bignonia indica*), both its fruit and leaves, by boiling them. Frangipani (*Plumeria acutifolia*) can be used as an alternative.

5. For the earache associated with the discharge of pus from the ear, grill the leaves of *Euphorbia neriifolia* and squeeze it. Drop the liquid into the ears.
6. The earache associated with the discharge of pus from the ears can be treated by dropping into the ears the liquid prepared from garlic, sesame oil and clove oil.
7. Drop into the ears the lukewarm ginger juice.
8. Apply hot fomentation with sand or salt.

Warning

Refer the patient to a health centre or hospital if the earache persists more than 24 hours.

Diet and regimens

Avoid curds and sour food as well as exposure to cold and rain.

* * * * *

Joint pains

Description

Joint pains may be caused by strain or injury. It may also be a symptom of a disease. Chronic joint pains may lead to deformity. One or several joints may be affected simultaneously. Joint pains are common in old people.

Associated symptoms

Joint pains may be associated with red, hot, swollen, and fever.

Treatment

1. Give six teaspoonfuls of the decoction of *Ricinus communis* (roots) three times daily.
2. If joints are swollen, are hot or tender, apply the warm paste of castor root or a bottle of hot water. Smear the castor leaves with a little castor oil, expose it to fire, and tie it to the affected joints.
3. Frequently apply eucalyptus oil and olive oil (in equal quantity) on the affected parts.
4. Apply the juice of tuber of *Asparagus officinalis* with sesame oil on the affected parts.
5. Apply lemon grass oil on the affected parts.

Warning

If the patient is a child with severe pain in several joint and fever, and if there is no improvement after two days of treatment, refer him to the nearest primary health centre or hospital.

Diet and regimens

The patient should avoid curd, sour food and alcoholic drinks. Garlic and ginger are useful. Exposure to cold and rain should be avoided. The patient should take hot water bath (in winter) and drink hot water.

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Sprains

Description

Sprains are caused when joints are twisted by fall, while running, jumping or accidentally putting feet over an uneven surface.

Associated symptoms

Swelling and pain in joints.

Treatment

Any one of the following remedies should be applied for the management of sprain:

1. Give hot fomentation with sand or salt.
2. Apply ginger paste over the affected joints and cover with a bandage.
3. Apply the warm paste of *Saussurea lappa* over the affected joint and tie a bandage over it.
4. Give orally one teaspoonful (5 g.) power of turmeric (*Curcuma longa*) with any hot drink three times a day.
5. Rub gently the pulp or the juice of *Aloe barbadensis* over the affected part two or three times.

Warning

If there is no relief after one week of treatment refer the patient to primary health care centre or hospital.

Diet and regimens

Avoid curd and sour things. Give sufficient rest to the effected part.

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Lice

Description

Lice often appear in the hair because of not cleaning it regularly. Lice occur more in women because of long hair.

Associated symptoms

Itching and ulceration of the scalp.

Treatment

Any one of the following remedies should be used for the management of lice:

1. Apply sufficient quantity of neem (*Azadirachta indica*) oil on hair, keep it for about 12 hours and then wash with warm water.
2. Wash hair with besan (powder of house gram), multani mitti (yellow coloured clay) or ritha (power of the fruit of *Sapindus trifoliatus*) or Sikakkai (powder of the fruit of *Acacia concinna*).
3. Wash hair with the crushing leaves of wild pineapple.

REGIMENS

To make easily washable, trim the hair.

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Parasitic Infestations

Description

Intestinal worms may infest the intestinal tract. Most people suffer such infestations. Any infestation is rife due to unhygienic conditions, by eating raw vegetables and salads without washing them properly, by consuming contaminated water or food, and by playing or walking barefoot on grounds contaminated by stool. It is a must to wash hands and finger-nails thoroughly before each meal and after each visit to the toilet. Nails should be cut regularly.

Associated symptoms

Indigestion, abdominal pain, nausea, vomiting, diarrhoea, loss of appetite, failure to gain weight, itching, coughing, disturbed in sleep, anaemia and fatigue. Sometimes, tape-like or round worms come out along with the stool. The eggs of the parasites are not visible to the naked eye but could be seen through a microscope only.

Treatment

Any one of the following remedies should be applied for the management of parasitic infestations:

1. On the first day, give two teaspoonfuls (10 g.) of powder of *Embelia ribes* at bedtime. And continue giving 1 g. of the powder with hot water twice daily up to nine days.
2. Give one teaspoonful of the power of neem (*Azadirachta indica*) leaves twice a day with milk or hot water.
3. Give two tablespoonfuls of the decoction of neem bark twice a day.
4. Give one teaspoonful of the turmeric (*Curcuma longa*) paste or powder twice a day with hot water or milk.
5. If patient is constipated, give one teaspoonful of the powder of *Terminalia chebula* at bedtime with hot water.

Diet and regimens

Avoid sweet food and drink. Get drinking water checked at the nearby primary health centre or hospital for possible faecal contamination. Drink boiled and cooled water only. Cook food well.

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Scabies

Description

Rash or tiny cracks appearing in the space between fingers, external genitals and other points of the body is called scabies. Itching is severe, especially at night. This occurs primarily because of unclean habit. In children, it frequently occurs in late winter season because of not taking bath regularly and because of wearing dirty clothes.

Associated symptoms

Exudation of watery discharge or pus from rash and fever.

Treatment

Any one of the following remedies should be applied for the management of scabies:

1. Apply neem oil or paste of neem leaves (mixed with equal quantity of turmeric paste and a small quantity of mustard oil) over the affected parts.
2. Give orally one teaspoonful (5 g.) of the powder of neem leaves twice a day with hot water by adding a small quantity of sugar.

3. Give orally six teaspoonfuls of decoction of neem bark (30 ml.).
4. Wash the affected part of the body with the decoction of neem bark.
5. Apply the paste of the flowers and buds of *Mesua ferrea* over the affected parts.
6. Apply roasted leaves of *Emblic myrobalan* (*Emblica officinalis*) and neem leaves with coconut oil on the affected parts.
7. Apply the juice of *Hydrocotyle asiatica* frequently on the affected parts.

DIET AND

REGIMENS Avoid curd, sour things, and take more sugar and jaggery. The patient and other family members should take daily bath with warm water and neem soap. For bathing, the water may be boiled with 100 g. of neem bark or neem leaves.

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Toothache

Description

Toothache is a common complaint and it usually occurs in those who do not take proper care of teeth.

Associated symptoms

Inflammation of gums, bleeding from gums and headache.

Treatment

Any one of the following remedies should be applied for the management of toothache:

1. Apply clove (*Syzygium aromaticum*) oil over the affected tooth.
2. Ask the patient to chew a few cloves by the affected teeth.
3. Ask the patient to keep asafoetida (*Ferula foetida*) over the affected tooth.
4. If there is any loose tooth, the patient may be advised to use the tooth brush of banyan twigs (slender roots coming out of its branches).
5. Advise the patient to wash his mouth with warm water containing salt.

6. Ask the patient to keep the decoction of ginger in the mouth and spit it out.
7. Ask him to keep the decoction of the five parts of *Scoparia dulcis* such as leaf, flower, bark, root and fruit in the mouth and spit it out.
8. Ask him to keep the decoction of guava bark in the mouth and spit it out

Warning

If there is no relief from toothache within two days and if the affected tooth is loose, refer the patient to the nearby primary health centre or hospital.

Diet and regimens

Avoid curd, sour things and sweet things. If the patient is unable to chew food, give him liquid diet. Garlic is recommended.

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Jaundice

Description

It is caused by more circulation of bile in the blood either by more production or by obstruction to the bile channel. Generally, liver is affected in this ailment. It might appear in an epidemic form affecting several people at a time.

Associated symptoms

Yellowness of eye and urine, clay-coloured stool, loss of appetite, abdominal pain, fever, vomiting, constipation, itching and fatigue.

Treatment

Any one of the following remedies should be applied for the management of jaundice:

1. Give one teaspoonful of the powder of *Terminalia chebula* at bedtime with hot water.
2. Give one teaspoonful of the powder of kurroa (*Picrorhiza kurroa*) three times per day with honey.
3. Give one teaspoonful of the juice of *Aloe barbadensis* or *Phyllanthus niruri* or *Boerhaavia diffusa* three times per day with honey.

4. Give one teaspoonful of the paste, juice or powder of *Eclipta alba* or *Tinospora cordifolia* three times per day with sugar or honey.
5. Give one tablespoonful of the juice of soap acacia (*Acacia concinna*) with one teaspoonful of sugar three times per day.
6. Give about half of a plain tea cup of the juice of ash pumpkin containing sugar three times per day.

Warning

If there is no relief from the ailment during five days, refer the patient to the primary health centre or hospital.

Diet and regimens

Avoid heavy, fried and greasy food. The patient should take liquids including sugar cane juice, fruit juice, lemon sherbet and vegetable soups in sufficient quantity but he should take less of salt and sufficient rest.

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Piles

Description

Piles are dilatation and protuberance of blood vessels in the anal region, with or without bleeding and pain. These can sometimes be felt outside. People who are habitually constipated may suffer from this ailment.

Associated symptoms

Pain, itching and swelling in anal region, blood in the stool, hard stool, constipation and abdominal distension.

Treatment

Any one of the following remedies should be applied for the management of piles:

1. Give one teaspoonful of the power of *Terminalia chebula* twice daily with hot water and hot milk.
2. For bleeding, give one teaspoonful of the juice of *Adhatoda vasica* or *Cynodon dactylon* three times per day.
3. Wash the affected part with the decoction of boiled leaf, flower, bark, root and fruit of *Mimosa pudica* (the sensitive plant) and alum.

4. Wash the affected part with the decoction of boiled *Cassia glauca*.
5. Apply the effected part with the incinerated powder of the leaf, flower, bark, root and fruit of *Mimosa pudica* (the sensitive plant) three times per day with coconut oil.

Warning

If bleeding persists even after three days of treatment, refer the patient to the primary health centre or hospital.

Diet and regimens

Avoid hot spicy food, chillies, fried food and lentils. Take more leafy vegetables, fruits and buttermilk. Avoid katahal (jack-fruit). Taking raw papaya and banana is recommended. Patient should not sit constantly over a hard seat. Natural urge for passing stool should not be suppressed.

Leucorrhoea

Description

It is characterized by white or yellow and sometimes foul smelling discharge from the female genital tract. It may occur a few days before or a few days after menstruation. It generally occurs because of unclean habits and infection.

Associated symptoms

Pain in the lumbar region or lower abdomen and itching in the genital area.

Treatment

Any one of the following remedies should be applied for the management of leucorrhoea:

1. Give one teaspoonful (5 ml.) of the juice of the *Cynodon dactylon* three times per day with honey.
2. Give one teaspoonful (5 ml.) of the Aloe juice or pulp three times per day with honey.
3. Give one teaspoonful of the powder of *Mesua ferrea* or *Trigonella foenum-graecum* three times per day with honey.
4. Give one teaspoonful (5 g or 5 ml) of paste or juice of *Phyllanthus niruri* three times per day.

5. Give half of teaspoonful (2 g.) sugar and the powder of *Bombax malabaricum* three times per day with water.
6. Give two teaspoonfuls (about 8 g.) of the juice of boiled *Adhatoda vasica* leaves, sugar and jaggery three times per day
7. Wash the genital tract with the juice of boiled neem leaves and alum.

Warning

If the complaint continues after one month of treatment, refer the patient to the primary health centre or hospital.

Diet and regimens

Avoid curd and fried food. Garlic and ginger are highly recommended. Advise the patient to observe cleanliness.

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Painful Menstruation

Description

This a common complaint. Pain may occur before the onset of menstruation or it may continue during the menstrual period.

Associated symptoms

Pain in the back, thigh, lower abdomen, headache, sleeplessness, nausea, vomiting and constipation.

Treatment

Any one of the following remedies should be applied for the management of painful menstruation:

1. Give hot fomentation to the lower abdomen.
2. Give one teaspoonful of the powder of *Terminalia chebula* with hot water at bedtime.
3. Give three cloves of garlic (*Allium sativum*) cut into small pieces three times per day with hot water.
4. Give six teaspoonfuls (30 ml.) of Aloe (*Aloe barbadensis*) juice or pulp three times per day with honey.

5. Give one teaspoonful of fenugreek (*Trigonella foenumgraecum*) powder three times per day with hot milk or hot water.
6. Give about one teaspoonful (4 g.) of the turmeric powder three times per day with hot water.
7. Give half of teaspoonful of the powder of ginger three times per day with hot water.

Warning

If pain is severe, refer the patient to the nearby primary health centre or hospital.

Diet and regimens

Avoid heavy and fried food. The patient may take rest. Exposure to cold and rain should be avoided.

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Urinary Disorders

Description

Burning and painful urination generally occurs because of infection in the urinary tract.

Associated symptoms

Pain in the urinary tract, fever and weakness.

Treatment

Any one of the following remedies should be applied for the management of urinary disorders:

1. Give one teaspoonful of the powder of *Bergenia ligulate* or *Tribulus terrestris* three times per day with lemon juice or water.
2. Give one teaspoonful of the powder of *Emblica officinalis* or sandal wood (*Santalum album*) three times per day with water.
3. Give one teaspoonful of the juice of *Tinospora cordifolia* three times per day with honey.
4. Give orally one teaspoonful (about 4 g.) of the juice of *Hydrocotyle asiatica* mixing with half of teaspoonful (2 g.) of sugar three times per day.

5. Give half the tea cup of the juice of ash pumpkin (*Benincasa cerifera*) with a little sugar three times per day.
6. Give a glass of lemon juice with sugar three times per day.

Warning

If burning and painful urination persists even after two days of treatment, refer the patient to the primary health centre or hospital.

Diet and regimens

Avoid chillies and spicy food. Taking sufficient quantity of water, lemon juice, fruit juice or buttermilk is highly recommended.

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Vomiting

Description

Vomiting is mostly caused by infection or intake of contaminated, stale or disagreeable food and drinks. It also occurs in early pregnancy.

Associated symptoms

Pain in abdomen, diarrhoea, constipation and fever. Severe vomiting may lead to dehydration, especially in children.

Treatment

The following remedies should be applied for the management of vomiting:

1. Give one teaspoonful (5 ml.) of lemon juice three times per day with a pinch of salt.
2. Give one teaspoonful (5 g.) of the powder of *Emblica officinalis* or cardamom (*Elettaria cadamomum*) three times per day with hot water.
3. For vomiting with abdominal pain: give one teaspoonful of lemon juice with 1 g. of asafoetida (*Ferula foetida*) powder.

4. For vomiting with diarrhoea: give half teaspoonful (2.5 g.) of nutmeg (*Myristica fragrans*) powder with buttermilk or curd.
5. For persistent vomiting with or without diarrhoea in babies: refer the patient to the primary health centre or hospital.
6. For vomiting with fever: give one teaspoonful (5 ml.) of lemon juice and half teaspoonful (2.5 ml.) of ginger (*Zingiber officinalis*) salt.

Warning

Refer the patient to the primary health centre or hospital if there is dehydration, blood in the vomit, diarrhoea, severe abdominal pain or if vomiting does not stop within 24 hours of treatment.

Diet and regimens

The patient should take light food and rest. Breastfeeding should not be stop. Patient should receive small feeds at a time, but more frequently. Sufficient quantity of lemon juice or lemon sherbet should be given.

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**Some Aspects of Health Care
and
Traditional Medicine**

Care of the pregnant women and mothers

Description

During pregnancy and after delivery, women may suffer from different kinds of ailments.

Associated symptoms

Common complaints are nausea and vomiting (in early stage of pregnancy), tiredness, gas in abdomen, constipation, indigestion, urinary complaints, oedema, sleeplessness, bleeding from genital tract, fever (specially after delivery), weakness, and not having sufficient breast milk.

Treatment

The following remedies should be used for the management of the ailments:

1. Nausea and vomiting during early pregnancy: give one teaspoonful (5 ml.) of lemon juice with a pinch of salt two to three times per day. Also ask the women to chew cardamom (*Elettaria cadamomum*) three to four times per day.
2. Gas in abdomen: give one teaspoonful (5 g.) of the powder of *Trachyspermum ammi* with hot water twice daily after

food or give half teaspoonful (2.5 g.) of the powder of *Elettaria cadamomum* three times per day with hot water.

3. Constipation: give two teaspoonfuls (10 g.) of ispaghula (*Plantago ovata*) twice daily mixed with hot water or hot milk. Do not give any strong purgative to the pregnant women.
4. Indigestion: give one teaspoonful (5 ml.) of ginger juice with honey equal in quantity.
5. Urinary complaints: give one teaspoonful (5 g.) of the powder of *Tribulus terrestris* with water.
6. Oedema: give one teaspoonful (5 ml.) of the juice of *Boerhaavia diffusa* twice daily with sugar, jaggery or honey. If it does not disappear within one week, refer the patient to hospital.
7. Sleeplessness: give one teaspoonful (5 g.) of the powder of the root of *Piper longum* or *Nardostachys jatamansi* at bedtime with equal quantity of jaggery.
8. Bleeding from genital tract: If it happens during pregnancy, give absolute rest to the patient and then give one teaspoonful (5 g.) of the powder of *Mesua ferrea* three times per day with water. If bleeding does not stop within 24 hours, refer the patient to the primary health centre or hospital.

If bleeding continues after delivery, give one teaspoonful (5 ml.) of the juice of *Cynodon dactylon* three times per day. If there is no satisfactory response after 34 hours of treatment, refer the patient to primary health care or hospital.

9. Fever after delivery: give half teaspoonful of the paste or powder of *Curcuma longa* with milk or hot water three times per day or give one teaspoonful (5 ml) of each of the juice of ginger (*Zingibar officinale*) and *Tinospora cordifolia*. If the fever does not subside within 24 hours, refer the patient to the primary health care or hospital.
10. Insufficient breastmilk: give one teaspoonful (5 g.) of the powder of *Asparagus racemosus* or *Withania somnifera* twice daily with milk.
11. General weakness: give one teaspoonful of the powder of ginger, fenugreek (*Trigonella foenum-graecum*) or *Withania somnifera* with milk.

Diet and regimens

Give nourishing but easily digestible food including milk, cheese, vegetables and fruits. Avoid fried food. Garlic, ginger, turmeric, (*Curcuma longa*) and cumin seeds are recommended. The mother should not exhaust herself and should take sufficient rest. She should not expose herself to strong sun, cold wind or rain.

Mental worry and anxiety should be avoided. Frequent pregnancies and deliveries makes the mother very weak. She should be advised against frequent pregnancies and that there should be a gap of at least 4 years between two pregnancies.

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Oral Hygiene

Description

Keeping mouth clean is essential for health. The habit of cleaning teeth and tongue daily after food should be taught to children. If it is not done diseases of teeth, gums, tongue and digestive disorders may occur.

Associated symptoms

If appropriate measures are not taken for the maintenance of oral health, it may give rise to foul smell, dirty deposits at the root of teeth, dental caries, loose teeth, toothache, blood and pus coming out of the gums, swelling of gums and indigestion.

Treatment

The following remedies should be used for the management of oral hygiene:

1. Brush teeth twice daily once early in the morning and once at bedtime.
2. Use tender twigs of neem (*Azadirachta indica*), banyan (*Ficus bengalensis*) root coming out of branches, *Mimusopselengi* or *Terminalia arjuna* for brushing

teeth. Before brushing, chew these twigs sufficiently to have a soft brush.

3. Brush teeth with the powder of the bark of neem, banyan, *Mimusops elengi* or *Terminalia arjuna*.
4. Brush teeth with the powder of *Terminalia chebula* and *Emblica officinalis*. After brushing teeth, sesame oil or mustard oil may be rubbed over the gums.

Diet and regimens

Chewing betel leaf with tobacco or chewing tobacco alone is harmful to the teeth. Cleaning the mouth after food is necessary. This habit should be developed from childhood. Taking sour things and sweets in excess is harmful. Fruits of *Emblica officinalis* and *Terminalia chebula* are recommended. Even pieces of pulp of these fruits can be kept in mouth and chewed frequently to prevent oral diseases.

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Rejuvenating Agents

Description

Prevention of diseases and keeping fit and healthy are emphasized in the traditional medical practices. These practices are called rasayana or rejuvenation of body and mind. The practices improve body resistance. Any one of the following remedies can be used for this purpose:

1. Take six teaspoonfuls (30 ml.) of the juice of *Centella asiatica* in the morning on an empty stomach by adding jaggery, sugar or honey.
2. Take one teaspoonful (5 g.) of the powder of *Emblica officinalis* (fruit) in the morning with milk.
3. Take three teaspoonfuls (15 g.) of the root powder of *Withania somnifera* and boil with one cup of water and one cup of milk till one cup remains. Then strain out the powder and take the milk by adding sugar early in the morning.
4. Take three teaspoonfuls (15 g.) of the root powder of *Asparagus racemosus* and boil with one cup of water and one cup of milk till one cup remains. Then strain out the powder and take the milk by adding sugar early in the morning.

5. Take one teaspoonful of the powder of the fruit pulp of *Terminalia chebula* once in the morning by adding the following (in equal quantity) in different seasons: (a) jaggery in summer; (b) rock-salt in rainy season; (c) sugar in autumn; (d) ginger powder in early winter; (e) long pepper powder in late winter; and (f) honey in spring.

Diet and regimens

Proper diet, sleep and attending to the call of nature are the three pillars of good health. Wholesome food should be taken in time and only after the previous meal is digested. Cows milk and honey are very good for health. Taking salt in excess is not good. Freshly prepared food should be taken and stale as well as contaminated food should be avoid. An individual should go to bed early and rise early in the morning. Immediately after getting up from bed, a glass of water (preferably collected the previous evening and stored in earthen or copper vessel) should be taken. Sleep during day time (except in summer) is prohibited. Going to latrine regularly is essential. For proper evacuation plenty of leafy vegetables and fruits should be eaten. Early attention is to be paid to diseases and should not wait for the disease to take a serious turn. Mental peace is essential for good health. An individual's conduct should be harmonious with the society.

Sleeplessness

Description

People sometimes find it difficult to sleep. This may be due to mental worry or physical ailments.

Associated symptoms

Sleeplessness may be temporary or it may be a chronic trouble. People in old age commonly suffer from sleeplessness.

Treatment

Any one of the following remedies should be used for the management of sleeplessness.

1. Give one teaspoonful (5 ml.) of the juice of *Bacopa monniera* or *Centella asiatica* twice daily with jaggery.
2. Give one teaspoonful (5 g.) of the powder of the root of long pepper (*Piper longum*) at bedtime with jaggery.
3. Give one teaspoonful (5 g.) of the powder of *Nardostachys jatamansi* twice daily with jaggery.
4. Give one teaspoonful (5 g.) of the powder or two teaspoonfuls (10 g.) of decoction of *Withania somnifera* twice daily.

Warning

If sleeplessness persists even after one month's treatment, refer the patient to the primary health centre or hospital.

Diet and regimens

Avoid chillies and spicy food. Goat milk, curd, buttermilk and fruit juice are very useful. After dinner, walk for about 20 minutes. Before going to bed, wash feet with cold water and massage the soles of feet with one teaspoonful of sesame oil mixed with one teaspoonful of water. Practice meditation daily. Take daily head bath in cold water. Never wash head with hot water. Never suppress an urge for defecation and urination.

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Definitions of Traditional Medical Science

1. **Liquid** Liquid comes out of pounding, crushing and squeezing any one of leaf, flower, fruit, bark and root of a plant
2. **Decoction** Boil a handful (weighing 3 to 5 ticals) of leaf, flower, fruit, bark and root of a plant until about one cup remains (8 ticals).
3. **Five Panca** The five parts of a plant, i .e the leaf, the flower, the bark, the root and the fruit
4. **Powder** Powder realized from the pounding and graining any one of dried leaf, flower, fruit, bark and root of a plant used as medicine
5. **Bark** Bark of a plant
6. **Root** Root of a plant
7. **Spoon** Teaspoon
8. **Cup** Cup which is used in tea and coffee shops
9. **Plain tea cup** Cup which is used inn drinking plain tea
10. **Hot water** Water being heated up to boiling point
11. **Once** The quantity in which a patient to take orally one time
12. **A handful** A handful of herbal leaves weighing about 3 to 5 ticals
13. **Children** Young people aged from 1 to 12 years
14. **Adult** Man or woman aged over 12 years

15. Making powder Making the five parts of a plant, i.e. the leaf, the flower, the bark, the root and the fruit and small herbal plants dried by means of exposing them to the sun.

Remark (1)

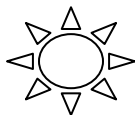
Directives of Traditional Medicine Practitioners must be followed in giving powder or liquid of medicine orally to breastfeeding children and pregnant women.

Remark (2)

According to age, only half or one third of the amount recommended for adult should be given to children according to their age.

Remark (3)

Medicinal item should be washed properly before using them.



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