

Traditional herbal healer

APPRECIATION AWARD

Mrs. K.Arumugam (45) is a widow. She is from Kothamangalam village, Sivagangai district in Tamil Nadu. She has a nine year old son. She learnt the ethnic veterinary remedies from her father. She is a representative of Sooranam Mahakalasangam and has treated about 400 cases. She has 20 years experience in this field. Her neighbouring communities appreciate her knowledge and practice.

Some of her practices:

Weakness in the legs of animals

Take dry ginger (*Zingiber officinale*) rhizomes (50 g), Kuppaimeni leaves (*Acalypha indica*) (a handful of leaves) and *Clome gynandra* leaves (one handful) and grind all of these and mix with rice water and give it to the animal.

Constipation in Animals

Extract the juice of Thumbai leaves (*Leucas aspera*) and Kuppaimeni leaves (*Acalypha indica*) and thrust it into the anus of the animal through a papaya stem and immediately the animal will be healed.

Swelling on the neck

Take the leaves of Kovai (*Coccinia grandis*) and squeeze it to extract the juice. Add this to castor oil and apply this on the animal's neck for four days and it will get healed.

Rheumatism in animals

Take leaves of Surai (*Zizyphus oenoplia*) (one handful) and a few rhizomes of dry ginger (*Zingiber officinale*), Thippili (*Piper longum*) and garlic (*Allium sativum*) and grind it to a paste and mix it in water and give it to the animal till it is relieved of pain.

She also practises some treatments for human ailments:

Concussion

Grind paddy (*Oriza sativa*) seeds (one handful) and Manjal (*Dodonea viscosa*) into a paste and then apply on the swollen area.

Sprain in babies

Daub the gingely oil (*Sesamum indicum*) and tamarind (*Tamarindus indica*) leaves on the baby. Put the baby immediately into the cradle and twist the cradle a number of times. The baby is relieved of the sprain.



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