



**TRADITIONAL METHODS OF MEDICAL TREATMENT IN ASSAM**  
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## RESEARCH PAPER

## ABSTRACT

Early men were homeless and completely detached from civilization. Time has transformed a lot the lifestyle of this uncivilized people into social creatures that we are today. The interstruggle and curiosity in the mind of man prompted them to think about civilization and culture. Man is a social being. Culture can be defined as the complete blend of caste and creed, philosophy, custom, tradition, behavior, all composed into the great category of culture

**METHODS OF MEDICAL TREATMENT:  
TRADITIONAL BACKGROUND**

The rural life of the Assamese community is pretty simple and lured by many traditional beliefs. These religious beliefs have always attracted man towards many tantric practices. (Black magic). On one side people believe in the practices of black magic, on the other hand, we have people relying upon worship of gods and goddesses, upon the planetary system, super naturals to achieve their goals in life. It is also observed in the ritual ceremonies of the Assamese community, how men slaughter animals in the name of sacrifices to be offered to the deity. There are also religious traditions of performing 'jagyas', to ward off diseases as per beliefs carried by Assamese people. As such we find people taking the help of ornaments or 'Tabiz', wearing them to be relieved from diseases. Along with this we also observe villagers taking the help of herbal medicine to cure ailments.

Modern methods of treatment are very expensive. The ordinary rural people cannot afford to buy them. On the other hand, herbal treatment is pretty less expensive. As such the rural people are easily attracted by herbal medicines.

Maintaining the rituals of seven generations of ancestors, Assamese people have been observing both the methods of treatment. It has been established that both the two forms of treatment are appropriate for the Assamese people.

**CURE OF AILMENTS AND HERBAL MEDICINE:**

The use of various herbal medicinal plants as recorded in Ayurvedic Scriptures have often been used for treating ailments among the ancient Assamese people. The appropriate uses of the medicines are also being preserved orally among this community.

A folk belief exists that *loratita*, *mohaneen*, *khagori*, *bihuripat*, mango stem, arum (*kosu*), *khutura*, *norosingho*, *senga kosu paatare* used to cure diseases. According to traditional beliefs, on the second day of Bohag Bihu, if one chews mohaneem leaves, and masoor dal, one can prevent himself from snakebites. The branches of mohaneem are used to relieve toothache. Religious realizations have recognized the medicinal value of tulsi and wood apple tree so as to lead a disease free life. The leaves of tulsi can be highly useful in treating cough and flu. Neem leaves can be useful

enough in treating toothache. Tulsi juice also treats tooth cavity.

In winter season, juice of tulsi leaves mixed with tea prevents one from catching cold. Malaria is also treated using tulsi and leaves of wood apple. Physical weakness, stomach trouble are cured by using medicinal leaves namely *bhedailota*. Ginger helps in digestion. It is useful in treating headache and toothache. A mixture of jaaluk and wood apple leaves also helps in curing pimples.

It is believed that *xiju* trees relieve us from the evil effect of super naturals. Its importance is also seen in treating chest pain and cough.

Oral literature has established that *pipli* provides man with a disease free life. Those people who consume *pipli* every morning can save themselves from the attack of diseases. A mixture of *pušina leaf*, *elaichi* and *bétel leaf* relieves us from stomachache. Consuming *pušina leaf* mixed in hot water can immediately prevent vomiting. Take 10 grams of coriander seeds crushed in hot water and leave one night completely. After every 8 hours, the next day, drink the water 4 to 5 times per day. The intake of this water cures indigestion.

Gooseberry (*amla*) is consumed in treating heart diseases, liver, stomach trouble, diarrhea and dysentery. Diseases like asthma can be treated by the intake of gooseberry. Herbs of *brahmi* and *manimuni* are used as medicines by student to increase memory power.

**CONCLUSION:**

According to Assamese medicinal values, carrot secures an important place. Consuming carrot juice mixed with milk can increase the rate of memory power. Leave small pieces of carrot in a glass plate, dipped in lemon water the whole night. Consume every morning in empty two months. This can cure various eye diseases like night blindness.

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