CHAPTER: IV

Sources of Traditional Knowledge in Western Himalayan Region

This chapter of the thesis deals with the primary data of the work conducted by the researcher. As the work is based on the sources of the traditional knowledge on medicinal plants, this chapter provides the description of 46 TKHs with the detailed information. Some of the referral TKHs which were found while studying the area are categorized under other case studies. The knowledge gathered from elder people and housewives is also provided. The chapter also highlights some of the popular places for healing and cure from the study area.

4.1. Traditional Knowledge Holders:

The persons of the communities holding the traditional knowledge from one generation to another are popular with number of names as per the area and work conducted by them. In this thesis the term used for this group of people is Traditional Knowledge holders (TKHs). This kind of people fall under the different groups as explained earlier in chapter I and in this thesis the different groups undertaken for study are: housewives, midwives, amchis, ojhas, bone settlers, hakims, vaids, special healers, some ayurvedic practitioners and yoga practitioner.

4.1.1. Detailed Case Studies:

The details of the 46 THKs are given with general as well as professional information. It is the qualitative data collected by the researcher to accomplish the task given to her. It also includes the patient’s output where ever is available. While interacting with the TKHs, the patients present in their place were also interviewed to gather their outputs for this type of treatment and cure. In all cases the interaction with the people living in the surrounding area was done to verify the information provided by the TKHs.
4.1.1.1 Amchuk tsefail1:

He is a male amchu. He is 38 years old. He has done B.Sc. He is working in his home town Sumur So, Nubra, Leh, J&K. He has acquired the knowledge of traditional means of curing the diseases with the help of medicinal plants from his parents and he is from 6th generation in the field and his son is taking the ancestral work experience from him. He cures the broader spectrum of diseases as general doctor. He is in the field of traditional work and serving the society from the last 12 years. He diagnoses the disease by the thorough checking of the pulse of the patients. He cures the problem by providing the medicine which is made from medicinal plants and in some cases suggest some of the physiotherapy exercises for the early and better recovery. He covers the local area and approx. 5-18 patients from Nubra region come to him on daily basis for consultation. He and his son make the medicine to be given to patients by grinding the parts of medicinal plants collected from the local and adjacent areas. One of his patient namely Rigzin Namgyal was also contacted at the time of interview with the TKH. He was suffering from chest infection from the last few years and after spending lot of money and time on other systems of medicine he consulted Amchu for the treatment of the same disease and now feeling much better from this long problem. Amchu charges nominal fees from his patients. According to Rigzin Namgyal, this treatment is an excellent treatment than others and one should go for it primarily rather than after disappointment from others. As Leh is a high tourist destination thus numbers of tourists also visit to him for consultation. After interacting the TKH the area of his vicinity was also interviewed for his services and they also seem happy with this way of treatment.

4.1.1.2. Ashutosh Sharma2:

He is the son of a famous traditional doctor Lt. Ram Dutt Sharma known as Do aana Wala Hakim This personal interview revealed the whole history of his father in practicing indigenous knowledge and his journey in this field. Mr. Ashutosh Sharma, middle aged resident of Bishnah, Jammu, J&K has no body in his family to carry his knowledge and is ready to transfer it to some volunteer. In the start of 50’s they have started the profession in Kamero Wali Gali, Near Ram Mandhir, Purani Mandhi, Jammu, J&K, purely on the basis of Ayurveda. His grandfather has started the work at the said place and he has no memories whether ancestors were also in this field or not.

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1 Interview conducted on 22 June, 2011
2 Interview conducted on 18th April, 2010
Initially service to the society was provided free of cost and later on they charged do aana (twelve paisa) as it was felt that patient did not took the medicine as per dose which was prepared with lot of time and labor. Their method of diagnosis is a complex process and it includes reading of psychology, body language, questionnaire, clinical investigation and of course pulse reading. In some rare cases he preferred the patients to come empty stomach. Around 20-30 patients visit to him daily and the clinic remains closed on Saturday.

Fig. 4.1: TKH Ashutosh Sharma of Jammu, J&K

Initially, medicines were self made with plants and minerals but now only rasayans and churans are prepared that too with the help of patients and volunteers. According to him some chance of human error is always there for diagnosing the problem. The main objective of his service is understanding and safety of the patients. He has also treated the patients with unknown etiology. He treats all types of diseases but has specialty over multiple liver diseases except gall stones, malignancy especially of throat, cervix and uterus, some viral diseases like Herpes, Hepatitis B, Chicken pox, Measles, Rubella, thyroid problems and kidney problems like stone, nephritis. To cure
Hepatitis B he uses kuki (*Picchrohyzia kurou*) with moukata (mooti) and aryogayavardini and for Herpes he uses Moukata (mooti) with sulphur. For kuki, Rhizome is used and that too is collected from higher reaches of Varinaag. While using the stones as part of medicine, he also uses the bhij mantra of that stone like for moukta (mooti) he enchants the Chandrma mantra. His positive approach has helped him a lot for curing the patients. People from adjacent area – Jammu, Kashmir, Punjab and Delhi are visiting the clinic. Some families have made him as family doctor that too during his father’s time. Talks with some patients revealed that they are highly satisfied with his treatment. The traditional medicine is bitter in taste and difficult to intake and hence, initially patasas were used and now the medicine is sprinkled over glucose granule to change the taste. This researcher had a personal experience of her own treatment as she was suffering from dry cough. As per allopathic prescription she took about 30 antibiotics with 30 sinarest and 15 antiallergic tablets for about 15 days but could not find any recovery from the disease. Ultimately, Ashutosh Sharma was contacted and after getting three doses of the prescribed medicine, got tremendous recovery from the problem. This raises a question whether some allopathic drugs are spurious or the indigenous prescriptions are more effective.

**4.1.1.3. Baldev**:  

Baldev Ji is 70 years old and is a resident of Phinter, Kathua District, J&K. He on routine basis came to the roadside of Phinter to cure the problem and sometimes patients reach his home. He has not disclosed his level of education. He has specialization in bone settlement. He has acquired this knowledge from some unknown passerby. He has not transferred this knowledge to anybody. More than a decade he is in this field and serving the society without charging any fee from them. His mode of diagnosis is symptomatic and he cures the fractured bones by massaging the affected area with oil and also with some mantras. He prepares the oil for massaging the patient which he does himself. He adds the extracts of some plants to the meetha oil (tilli ka tal). He served the local people and sometimes the people visiting that place. According to the local people, the services provided by him are good and they use his services for the treatment of fracture, sprain of bone and any muscular stretches. Rarely in extreme cases, localite go for treatment in hospitals.

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3 Interview conducted on 30\textsuperscript{th} Dec., 2009
4.1.1.4. Banarsi Lal Vaid:

He is a Retd. Havaldar from Army residing in Chak Moorh, Purani Muthi, Muthi Mera, Jammu, J&K. He is 10+2 passed, 50+; a yoga teacher. He has acquired the knowledge of the use of medicinal plants from his father. It is the 3rd generation in this process. He has the keen interest in this procedure right from birth and now serving the society from last 25 years.

Fig. 4.2: TKH Banarsi Lal of Akhnoor, J&K

Fig. 4.3: Pictures of the patients displayed by the TKH successfully cured by his treatment

\(^4\) Interview conducted on 2\(^{nd}\) Dec., 2012
Sources of Traditional Knowledge on Medicinal Plants in the Western Himalayan Region

Fig. 4.4: Panoramic view of the work place of TKH Banarsi Lal

He is specialized in curing fever, asthma, allergic, disc problems, ear problems, dermal problems, pikes, paralytic, facial problems, swelling of mouth and urinary organs. He is also specialized to cure infertility in humans. On the average 20-25 patients per day visit his place from Punjab, Reasi, Sunderbani, Rajouri, Udhampur, Pathankot and Rajasthan. He uses his own preparation to cure the diseases and diagnose the disease by pulse feeling. He has transferred his knowledge to his cousin’s son. He provides this service free of cost but the charges incurred in preparing medicines charged from the patients. He has successfully cured more than 311 cases of piles. While the researcher interacted with patients it was found that patients are fully satisfied with his treatment. Surinder Singh (39 years old from Pallhawala) has recovered from his chest pain, Rattan Lal Chowdhary (65 year old from Matuya) has consulted him and recovered from his 3 years old asthmatic problem after spending app. 3 lakhs rupees and is now satisfied with his treatment, Ravi Kumar (26 years old from Reasi) has recovered from asthmatic problem after 7 years, S. K. Singh (22+) has recovered from gastric problem. According to him, he has done Siddhi and control one herb in his control to cure fever and with that herb he can cure any type of fever. Subhash Chander (24+ from Muthi) and Vanadana Devi (22+ from Sol) have recovered from long fever. A number of medicinal plants used by him are Gritkumari, Amla, Atees, Arjunshaal, Puthkanda, Ghinoi, Tulsi, Aloe vera, Bans, Shilajeet, Satavari, Gandana, Khair, Hemp, Neem and minerals. Go mutra is used to cure kidney and food pipe cancer, kidney stone, leucorrhoea is cured by using minerals, imli and hazarmani is used to cure piles, Amb is used to cure asthma, hazarmani is used to cure snakebite, the flower of guta is used to cure gas if used in tea and its oil paste cures swelling. He prepares the medicines by mixing plant products with some minerals also and for this purpose he has engaged some persons on charge basis. For promotion of herbal products he also sells some of the leading herbal products in his shop for daily purposes of the locals.
4.1.1.5. Bhajan Dass\textsuperscript{5}:

He is 60 years old residing in Bhardoo Dachham tehsil Marwah, Kishtwar, J&K and has studied upto 12\textsuperscript{th} standard. He is specialized to cure the dermal diseases by traditional means; the knowledge of which he has acquired from some unknown source and till now he has not transferred the same to anybody. He is serving the local people and surrounding 10-15 villages in the field from the last 19 years. His mode of diagnosis is symptomatic and after examining the patients he prescribe the medicines made by him. He collects the herbs; mix them in right proportion to prepare the desired medicines. Some of the medicinal plants used by him are Dhak, Sulum, Sunay, Castor oil (joint pain reliving oil), turmeric. He himself prepares the medicine without taking help from others. He did not charge any cost from the patients. According to the patients, they are highly satisfied by the treatment and grade his treatment as excellent one. Shanti Swarup relieved from dermal infection on ankle and Ashok relieved from facial dermitis.

4.1.1.6. Bodh Raj Sharma\textsuperscript{6}:

\begin{figure}[h]
\centering
\includegraphics[width=\textwidth]{TKH_Bodh_Raj_Sharma_of_Khour_JK.png}
\caption{TKH Bodh Raj Sharma of Khour, J&K}
\end{figure}

\textsuperscript{5} Interview conducted on 10\textsuperscript{th} July, 2011
\textsuperscript{6} Interview conducted on 28\textsuperscript{th} Nov., 2010
Vaid Ji is 61 years old, a retired teacher B.A., B.Ed. serving the people of the vicinity by the ayurvedic means. As a hobby he learned the use of medicinal plants from some unknown person during his service tenure in hilly areas and in ayurvedic dispensaries ran by Govt. agencies in towns. He is practicing in Rakh Malal Khour C/O Ganesh Medicos from 1979 as part time and from 2007 as full time after retirement. Earlier he provided the services free of cost but now he has commercialized his services and offer these on nominal charges. He is specialized in curing rheumatism, piles, menstrual problems, sciatica, digestive problems, Surinja, paralyses. He prefers to use the available ayurvedic medicines in market due to the lack of manpower for preparing and collecting the herbs. For some specific problems he used his own preparation like for piles, rheumatism (mixture of some herb seeds and tamba bhasm- shawara, kajur, gugal dhoop), surinja (castor oil leaves), menstrual problems (mixture of amla, kajur). He has not transferred this knowledge to anybody because of the lack of interest in younger generation. On the average 40 patients per day visited his clinic from Udhampur, Samba, Rajouri, Jammu, Kashmir. His mode of diagnosis mainly is pulse feeling means stress and speed count of pulse and symptomatic in few cases. Manisha from gram Dariya consulted him for long gastric problem and after some days she got recovered and is satisfied with his treatment. Kaka Ram is again satisfied to overcome his general weakness with ayurvedic means. Sheela Devi after long rheumatism consulted him and now fully satisfied with the process.

Fig. 4.6: TKH checking the pulse of one of his patients
Fig. 4.7: Patients waiting for their check up

4.1.1.7. Chander Kant Arora⁷:

Fig. 4.8: TKH Chander Kant Arora of Jammu, J&K

⁷ Interview conducted on 24th May, 2013
He is 55 years old famously known as Nanu Shah (Desi Ghee Wala) after his parental business. He has studied upto matric. He is residing and working at Patel Bazar, Jammu, J&K. He has acquired the traditional knowledge from his father. He is from 3rd generation in the field. Initially the knowledge was transferred by some unknown saint to his grandfather. He has not transferred the knowledge to anybody in his family as his two sons are busy in their higher studies. He is serving to the society from the last 25 years to cure the dermal problem. He is specialized in curing boils i.e. foda, funsi. His mode of diagnosis is symptomatic. He prepares the self made ointment (malham) himself and not takes any help from others as its preparation needs a lot of attention and any minor mistake can invite a danger of fire. The people of the local area come to him for consultation from city as well as from nearby villages also. On the average 5-8 patients consult him daily. He charges nothing from them for the service. His ointment shows effect on ruptured foda/funsi. He suggests tying the gur ka halwa on the affected area made from atta, gur, tilli ka oil; this halwa helps in the rupturing of the affected area and his ointment sucks the infection from that area and completely cures it within 5-6 days. In the ointment tilli ka oil, red sindhur, raal, safeda (zinc oxide) etc are used.

4.1.1.8. Darampal Vaid:

Vaid Ji is 57 years old and he is residing in the area of Kishanpur Veda of Billawar, Kathua, J&K. He has studied upto Ved Vachaspati. He is serving the local communities from childhood and covers the wide spectrum of diseases as general doctor. People of Manwal, Kandi visit him for the solution of their health problems. He is carrying forward his ancestral business but no one from next generation is ready to inherit this knowledge from him. His mode of diagnosis of disease is like others i.e. pulse feeling. He provided the services to the local and near by communities on nominal charges to carry out his livelihood. Vaid Ji has stopped manufacturing his own medicines as the preparation of medicine is very tedious job and some rasayans, chywanprashs, bhasms, gugal takes several years. In majority of cases, the task was completed by the grandchildren. The ancient literature available with them is available on Bhoj Patras and cloth manuscripts. Thus, he prescribed the medicine available in the market but too on herbal products. As per the observations made during interview, the patients are satisfied with his treatment and consider it as a good method of treatment.

8 Interview conducted on 28th Dec., 2009
4.1.1.9. Descendents of the Lt. Ganga Dutt, Lt. Partap and Lt. Sansar Chand’s family:

Fig. 4.9: Panoramic view of the TKH descendant’s locality in Domana, J&K

Fig. 4.10: A sadhu has got treatment from the TKH

In the periphery of Jammu city on Akhnoor road, Jammu, J&K at a place called Machine Domana near girls high school, lives a family popularly known in this region for the treatment of Kalpatra. Presently, the descendents of three brothers Late Ganga Dutt, Late Pratap and Late Sansar Chand are treating the people. All are 10th pass and carried out the traditional way of treatment from the long time. They have a temple at their home and only male members of the family apply paste of the ash made from the burning of wood of their Chula and water from the utensil made of copper (kansa) sprinkled on the disease; affected area of the patients. A number of patients suffering from

9 Interview conducted on 11th April, 2010
this disease visit this home preferably in the morning (6.00 – 10.00 a.m.) and sometimes in evening also. Around 100-200 patients visit per day from different states – J&K, Bombay, U.P., Punjab. As per the family records depending upon the concentration of disease, the visits of a patient depends. Some patients show improvement after one or two fanda and some show in 5-6 sittings. The patients were interviewed for three different days. All the patients interviewed reported that they are satisfied with this system of cure and are quickly recovering from the disease. One of the patient reported that he visited a big hospital in Ludhiana for several months and took the prescribed medicines also but suffered a lot as he could not recover from the disease. However, in a few days of treatment at Domana he is finding visible signs of recovery and is fully satisfied with the treatment administered. Pritam (40+ from Kaleeth), Baba Ji (from Tarihaar), Preeti (from Talab Tillo) reported that they quickly recovered from the disease. The affected area is different in each case in some it is head and neck, in some chest, in some leg, in some it may be back and front. They charge nothing from the beneficiaries as they found it as spiritual gain. It is their 3rd generation in the services of the society.

4.1.1.10. Dhani Ram10:

He is 80 years old residing in Chowki Choura, Akhnoor, J&K. He has passed primary level of education. He has specialized to cure the jaundice with help of sarso oil and fanda. Any level of jaundice can be cured with in few days and the level of jaundice came below than half with one visit only. Large number of people of the state and surrounding states come for treatment. Around 50-100 patients visit his place daily for treatment and according to him with god’s grace no body return unhappily. He has gained this knowledge from some unknown source and yet now has not transferred the same to anybody. His mode of diagnosis is symptomatic and cures the treatment with his own medicine made by himself. He is serving the society from so many years (exact years not remembered by him) and doing this service free of cost to the society. As per the patients output it is an excellent means for curing the disease and fast reliever also.

4.1.1.11. Fazil – ul – Rehman11:

He is popularly known as Qazi Sahib, 52 years old passed matriculation residing Panghai

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10 Interview conducted on 01st Dec., 2012
11 Interview conducted on 20th Nov., 2010
Tehsil Thanamandi District Rajouri, J&K carried out his traditional practice in main bazaar.

He has acquired the knowledge from his parental uncle Hakim Mohd Shafi Quarshi belonging to the generation of proper main bazaar of Thanamandi. He has transferred this knowledge to his son Mohi-ul-Rehman. He is in this field right from his schooling. He cures jouryan, iykorhae, dental problem, etc. by old pattern by providing desi medicine. He uses papermint, satpudina, sat ajwain as pain killer, ammonia aromattie, rectified spirit for dental pain, silfori for kidney stone. He diagnoses the disease by pulse beating count and control. Approximately 50-80 patients from local area come to him daily. He prepares his medicine by mixing plant extracts like neem patta, papermint with different salts of chemicals. His whole family helps him to prepare the medicine. He also uses the services of 2-3 servants as employee in making and collecting the raw material. He is from 2nd generation who is in the field of service. When the patients and nearby people contacted it was found that they are highly satisfied with this way of treatment and they recovered earlier than the allopathic means of treatment. He charges nominal fee from the patients to meet the expenditure incurred in the preparation of medicines.
4.1.1.12. Gulam Mohd. Hakeem\textsuperscript{12}:

He is 72 years old and working with Hakeem Salam Wani in Bismillah Ayurvedic Shop at Lal Bazar, Nahi mohallh, Srinagar, J&K from the last nine years. He has passed 7\textsuperscript{th} standard and residing in molvi stop Khanbagh, Srinagar. He has acquired the knowledge from his parents and his daughter is under training with him. As he has no knowledge that grandparents were also in the field or not thus he is from 2\textsuperscript{nd} generation to carry this profession. People from all over the valley visit to him and he is working as general physician. His mode of diagnosis is the symptomatic way. He gives self made medicine which is prepared with the help of family members from herbal plants and with the use of some minerals. He takes nominal charges from the patients to cover the expenditure incurred in preparing the medicine. As per the observations made, the patients are satisfied with this treatment and marked it as a good method of treatment.

4.1.1.13. GurDass Vaid Ji \textsuperscript{13}:

He is the resident of Karanbara, district Kathua, J&K a middle aged person has primary level of education. He has specialized in bones treatment and acquired this knowledge from his ancestors. He is in the field from his childhood as due to his interest in the field in his childhood he assists his grandfather. Due to lack of interest nobody from next generation has acquired this knowledge from him. His mode of diagnosis of the disease is symptomatic. He cures any type of fracture in bones by massaging the fractured area with mustard oil and also prescribes self made medicine for better and early recovery. He prepares the medicine himself from the local herbs available in the region. He serves the local people and charges no fees from them for this service. As per the local people they are satisfied with this treatment and graded it as a good means of treatment.

4.1.1.14. Hari Chand\textsuperscript{14}:

He is 63 years old resident of Bani, district Kathua, J&K and has studied upto the primary level. He is serving the society as a general physician and acquired the knowledge from his parents. He is the member of 3\textsuperscript{rd} generation who cures the local people against various diseases. He diagnoses the disease by looking at the eyes of the patient and observing the pulse. During his

\textsuperscript{12} Interview conducted on 05\textsuperscript{th} Oct., 2010
\textsuperscript{13} Interview conducted on 28\textsuperscript{th} Dec., 2009
\textsuperscript{14} Interview conducted on 26\textsuperscript{th} Dec., 2009
course of treatment he got specialty in the heart and eyes problems. He is working in this field from the last 40 years. Till now he has not transferred this knowledge to anybody. He gives the self made medicines to the sufferers and charge nominal charges from them for the medicine. His family helps him in preparing the medicines. As per the local people it is a good method for treating various common problems.

4.1.1.15. Hari Ram Bhandari:\footnote{15}{Interview conducted on 4\textsuperscript{th} July, 2011}

He is popularly known as Harbaj, 57 years old residing in village Lopara, Dachhan Tehsil Marwah, Kishtwar, J&K and studied upto 8\textsuperscript{th} standard. He is specialized to cure bone problems and have edge on animals bone problems. He has acquired this knowledge from his parents and transferred the same to his son. He is from 3\textsuperscript{rd} generation to serve the local people of around 15-20 villages. By symptomatic means he diagnose the disease and being in physical contact with the patient and examining the fractures and deformities if any he starts the treatment. He has recovered a number of cases from serious fractures. He uses the self made herbal paste prepared by churning the various herbs available in the area. He charges nothing from them for the treatment. He is serving the society from the last 41 years. He prepares the medicine himself used for the cure and treatment by him. As per the data collected from the local surrounding people, they are satisfied with his treatment and grade it as a good treatment method.

4.1.1.16. Jagar Nath Dhar:\footnote{16}{Interview conducted on 4\textsuperscript{th} July, 2011}

He is 58 years old popularly known as Jaga Chacha. He is illiterate. He is residing in Village Lopara, Dachhan Marwah, Kishtwar, J&K and acquired the knowledge to cure dermal, ortho and general epidemics by traditional means from his parents and has got specialty over ortho problems. He is from 3\textsuperscript{rd} generation and has transferred the same to his cousin. From the last 25 years he is serving as a general physician. His mode of diagnosis is symptomatic: as per physical appearance of patient condition and rarely conduct some clinical test of mild standard. He has been associated with some local medical teams to supervise the nomadic people residing in the upper hills of the district. Patients from the surrounding 15-20 villages come to him for treatment. Depends on the severity of the case, he prescribes the medicines which are almost self made. He cures the fractured bones by
moving, stretching and plastering (thin strips of wood in smooth longitudinal size and lady hairs as reel of thread) the affected part. He made the medicines with the help of his relatives and friends from the local herbal plants like kuth, sanay, tulsi, mullatin, pambash etc. and charges nominal fee from them to incur the cost spent on the preparation of medicine. Viju Lal cured his fractured right arm, Vinoy comes for the treatment of his left ulna and Savita Devi for her right arm. He massages with the paste of haldi and sarso oil and then covered the affected part with garam pati for 2-3 days. He also cures the domestic animals such as horses, oxes, cows in simple fractures; bone pains and also detect the seasonal infection among the animals. To diagnose the seasonal infection, he cuts the pinna muscle of the animal and by investigating the blood from that part he diagnose the disease.

4.1.1.17. **Jigmet Dorjay**¹⁷:

He is popularly known as Dorjay 30 years old male is practicising as amchi from last 6 years in Kargil, J&K. He has qualified the basic Tibetan course. He is the permanent resident of Sapi and acquired the knowledge from Chota Aak famous as Guru 75 year old lama (practising Buddhism) of Sheragol of spiritual fanda and spiritual tavij and from Amchi Hemarscoo on Leh Road. He has not transferred the same knowledge to anyone. He is specialized in ortho and skin problems. He diagnoses the disease by symptomatic way i.e. by examining the affected area and his way of curing is the massaging of the affected area. He said that the way of massaging and the concentration of various oil and paste used vary as per the proportion of affected area. He covers the local area and number of patients vary per day from 10-50. He charges nominal fees for this service to carry on his livelihood. He uses readymade buddhist preparartion of Tibetan medicine and Dharamshala medicine for his patients. As per patients output and local area it is a good means of treatment.

4.1.1.18. **Kamal Kapoor**¹⁸:

He is 65 years old famously known as Barf Wala of Rajinder Bazaar, Jammu, J&K residing in lower Mast Garh, Jammu. He has studied upto middle class. He has acquired the knowledge from his ancestors. He is from the 5th generation in the field and transferred the same to his son. His son carried out the treatment in his absence. He is known for the treatment of Jaundice from the years and from the last few years he is also curing piles, kidney stones.

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¹⁷ Interview conducted on 17th June, 2011
¹⁸ Interview conducted on 30th May, 2013
Fig. 4.12: TKH Kamal Kapoor of Jammu, J&K and the self made medicines used by him for the cure and treatment.

His mode of diagnosis is the clinical reports and his medicine is used by the people residing in the area and also inter-district like Delhi, Bombay. He is serving the society from the last 50 years. Initially he started the service free of cost now with the passage of time he started the nominal fee to meet the expenditure incurred in preparing the medicine. Number of patients is not defined. He used self made medicine and with the help of family members he prepares the same. He did not disclose the ingredients of the medicine just say that the herbal products like leaves of bari, balpatra, guava were used. He assured to cure the disease with in a week and insists on the way he referred the patient follow the prescription. As per the interaction with nearby people it has been found that he is giving his best to the society.

4.1.1.19. Kamal Kishore Gupta\(^{19}\):

He is 48 years old; matric passed and residing in the old city of City of Temples, Jammu, J&K. He has acquired the traditional knowledge from his relative thus falls in the second generation who is working in the field of traditional knowledge. He is serving the society from the last 10 years and has specialization in curing the burn cases. Any type of burn he can cure whether it is electrical shock; burn of press, burn from silencer of bike or fire burn. Approx. 25-35% burn cases he deals in as he has not efficient space to keep the patients with them.

\(^{19}\) Interview conducted on 30\(^{th}\) May, 2013
Fig. 4.13: TKH Kamal Kishore Gupta of Jammu, J&K displaying the medicine and the bandage used by him for the treatment.

He has not transferred this knowledge to anybody nor did anyone from the family is interested to carry out this profession. He is basically working as a shopkeeper and also running a STD/PCO corner. He is serving the society 24 hours a day and that too free of cost. The people from Lakhanpur to Srinagar come for consultation to him. His mode of diagnosis is symptomatic and he noticed that children get fever due to burns. Around 4 - 5 patients per day come to him for their cure and treatment. He uses the self made bandages for the treatment made by himself and his wife. He uses ratanjoot, wax, oil and other herbal products for preparing the bandage. For fever and other related symptoms, he allows to take the allopathic treatment from his neighbourhood doctor Dr. Rajinder Gupta. Four months old baby is under his treatment as his both feet get burnt with the press. He has successfully cured 3 months old pregnant lady from the burns. Rajni from Udhampur, consulted him for treatment too late that due to burns her fat comes out and more painful but successfully recovered from that problem with his treatment. Dr. Suresh working in GMC Hospital, Jammu got treated for burns by his traditional treatment and also referred 3-4 cases to him for better recovery. At the time of interview a patient namely Nishant was interacted. He is 22 years old from New Plot, Jammu, J&K has got his arm burnt from the silencer of the bike and recovered a lot after two bandages only. He changed the bandage on the alternate days only. According to the people with whom the researcher interacted he is giving his best to the society.
Fig. 4.14: a) Burnt arm of the patient and b) covered with the bandage of the TKH

4.1.1.20. **Lachhman Singh Thakur**:

Janta Clinic in Gharoh, District Kangra was visited where Dr. Lachhman Singh Thakur, middle aged man has an indigenous method of diagnosis of disease with the help of unique mirror. Dr. Lachhman Singh has completed the medical studies and diagnoses the body of the patient with the help of this specialized mirror and informs the patient about the problem and then prescription is given. He is serving from the last 15-20 years in the field. He said that he has acquired this knowledge from unknown source but has the specialty through his personal experience. He has not transferred this knowledge to anybody. Dr Lachhman Singh was asked in a personal interview how he can identify the diseased condition with a mirror and what is unique about this mirror. Lachhman

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20 Interview conducted on 28th June, 2009
Singh refused to comment on the unique characteristics of the mirror and simply replied that it is his personal experience and he only can diagnose the problem areas of the body with the help of this mirror. He informed that he receives patients from distance places from all over Northern India because of his unique way of diagnosis of disease. It takes around 20-30 minutes to diagnose a patient. Some of the patients present in the clinic were also asked about the effectiveness and accuracy of this diagnosis technique. The patients replied that they are fully satisfied regarding the diagnosis of their medical problem and graded it as an excellent method of diagnosis. After diagnosis of the problem, Janta Clinic also initiates treatments of the diseases mainly through the prescription of herbal medicines and charges nominal fees for prescription and medicine sold as per the rates.

4.1.1.21. Mohd. Amjad:

Mohd. Amjad popularly known as Bali/ Glass Wala Vaidya who belongs to Maler Kotla, (Punjab). He visits Jammu at Bali Ortho Centre, Chand Nagar, near Petrol Pump on Thursday night and stays here till Saturday evening. He is serving the state from the last 4 years and till now, he never advertised his services for publicity. He had acquired the knowledge of treating bones, joints and muscles initially from his grandfather then from his father and uncle and not transferred this knowledge to anybody till now. He is just 33 years old, secondary passed and serving the patients

\[21\] Interview conducted on 30th April, 2010
since the age of 13. He diagnoses the problem with his self experience while touching the affected area. Without seeing any X-ray or MMI he can diagnose the problem whether it is a muscular pain, fracture, dislocation, a chronic spondilytis and then the treatment starts accordingly. The way of his treatment is unique and different from other traditional means. He uses vacuum therapy concept while treating the patients and did not recommend any medicine except an oil for massage that too made by his mother. He is from 3rd generation in the field. The traditional oil which his mother made had a mixture of olive oil, sarso oil, teli oil and some herbal products acquired from Afghanistan. He takes around 20 minutes for examination of each patient and nominal fee as consultation charges. Around 100 patients visit his clinic daily. People from Kashmir, Bhaderwah, Doda, Kargil, Jammu visited for their treatment on the day he was interviewed. Mr. Sapru of Srinagar had met with an accident and got joint fracture in knee. He recovered from his treatment without any operation and is satisfied with this treatment. Baba Usman of Jammu an artist on whose request he visited Jammu has got a fracture in his right arm and doctor declared that the only way to save the patient was to cut the right arm. He had faith on his almighty Allah as he wrote Quran with that hand it could not be removed. He accidentally met with Mr. Bali in Ludhiana and successfully recovered. He is now fit and fine with his both arms and making the paintings too as he is an artist. Ms. Pushpa of Nanak Nagar met an accident and got a fracture in back bone. The tragedy was that she had already received a fracture in the same place in the past. Doctors said that you received a fracture in fracture which is not easily curable and advised to take complete bed rest and not to walk here and there. However, she is now walking and moving after receiving treatment from the Bali Clinic and recovered from the problem in three weeks time. It was observed while interviewing the patients that they are generally disappointed with the allopathic system of treatment of bone and muscles problems and graded it as an excellent method of treatment.

4.1.1.22. Mohd. Shafi Wani Hakeem:

He is 52 years old, 12th pass residing in the Old Botakadal Lal Bazar, Srinagar J&K practising his traditional parental business at Botakadal Pokhribal. He has acquired the knowledge from his father Hakeem Salam Wani during the initial three years training and now he has transferred this knowledge to his son. He is from the 2nd generation in the field and does not know whether grandparent was practicising this service or not. He is serving as general physician from the

22 Interview conducted on 7th Oct., 2010
last 10-12 years with nominal charges from the society. Mode of diagnosis is like other is symptomatic and he cures the diseases with the help of self made medicines like sharbat, oil. His wife helps him in preparing the medicines. Around 15-25 patients visit him per day from all over the Kashmir. As per patients output it is a good method of treatment of diseases.

4.1.1.23. **Mollha Tani Ram**

He is 60 years old famous as Morha, passed primary level of education. He is specialized in bone treatment. He resides in Kalana and examines the patients near Peer Baba of Uuj Pul, Kathua, J&K. He examines the patient on Thursday only and follow-up cases on Tuesday. Around 50-100 patients visit him daily. He is specialized in fractures and any type of pain in bones and he has acquired this knowledge by spiritual power and not transferred to anybody. He is serving the society from the date when he got this power from Almighty Allah. His mode of diagnosis is symptomatic. He uses both mantra vidya and herbal products to cure the affected area. He use aalsi oil/ dalda ghee for massage and then tie the affected area with a powder made of laung, elaichi and gram-masala. He prepares the medicine by himself. He covers the local area and takes nothing from the patients as remuneration. As per the patients output they said Morha Sahab has got miracle in his hands from Allah Tallah and woh jisa chuhta hai dheek kar deta hai (to whom he touches he make him fine).

4.1.1.24. **Nimat Ram**

Nimat Ram Vaid of Shaiah Grass, Kullu, H.P. is a middle aged person serving the people as general doctor. He has studied upto primary level. With the help of medicinal plants, he cures the number of general diseases like diarrhea, fever, cold, cough, jaundice, dysentery and so on; the information about which has acquired from unknown person. He has not transferred this knowledge to anybody. His mode of diagnosis of disease is symptomatic and serving the society from a last decade. He gives self made medicine and some medicine prescribed also. Family members help in preparing the medicine. The paste of the local dry fruits proves beneficial in cure of number of problems like joint pains, diabetes, cholesterol reduction, acidity, asthma, blood purification, etc. Shilaji Oil, natural in origin from Khir Ganga, Rudranath, Parvati Valley is very effective in joint problems. Again Shilajeet natural in origin is effective in bone problem, joint pains, empower

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23 Interview conducted on 29th Dec., 2009
24 Interview conducted on 26th June, 2009
human sexual system, high blood pressure. The mixture of some herbs namely Gorakh Mundi, Amla, Chirayta and Paneer Doda help in control of diabetic problem. He serves the local community and takes nominal charges from them. As per the survey the treatment given by him is graded as good one without side effects.

4.1.1.25. **Nun Sagis Zimo**

![Fig. 4.17: TKH Nun Sagis Zimo of Kargil, J&K interacting with the researcher and self made medicines displayed in the clinic.](image)

She is an amchi doctor 40 years old lady and has qualified the tibetan study to carry out the traditional means of cure. She is permanent resident of Choglamsur, Leh presently working at Kargil, J&K. She is highly inspired by her teacher Thaliyajor and started serving the society from the last 6 years. She collects raw material from Amritsar and with the help of other amchis prepare the medicine. She is general physician but has edge over cough and cold prominent in the town. Around 10-15 patients per day visit for consultation from the Ladakh area and some tourist also. She diagnoses the disease by feeling the nerve of the patient. According to her, she has diagnosed the new version of cold other than pneumonia named as Tombo in which below the feet the patient feel pain and heat, nausea, symptoms severe in nights and frequently occur with the change of weather.

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25 Interview conducted on 18th June, 2011
She has successfully cured it in many cases and also cured number of patients from cough pain. She has not transferred this knowledge to anyone as now education becomes the necessity. She gives self made medicine and also prescribed some medicines to his patients. She charges nominal fee from the patients and as per survey, it was noted that she provides an excellent means of treatment.

4.1.1.26. Pathan Akram Khan\textsuperscript{26}:

He is more than 84 years and primary passed. He is a resident of Dharamkote, Kathua, J&K and has specialty in curing snake bite, kalbatra, tuberculosis, cancer. He is serving in this field from last 45 years. He got this knowledge from his relative. He diagnoses the problem by simply observing the affected area. He uses the mantra vidya and the powder made by him from the medicinal plants to cure the disease. At the maximum he takes 10-15 days to cure the disease. He has not maintained the record of the patients, he had seen in his whole life span. He memorizes about 200 patients successfully treated by him. According to him only one patient died because she was brought for treatment at the last stage of the disease. His son Share Khan is also in this field. He is from the 2\textsuperscript{nd} generation in the field. People from the area and surrounding districts visit him for consultation. He charges nothing from the patients. As per the discussion with the patients and local people, he is providing good services to the patients. Even patients come for treatment while registered in the hospital wards. As in case of Akram Khan, most of the patients when dissatisfied with the doctors come to him for treatment and go back with full recovery. Patients have generated so much of faith in this unique system that they have made the traditional doctors as the family doctor. As per the patients, the traditional systems takes the time but gives full recovery and destroy the diseases from its root level. In hospitals the patient spent lot of time and money where as in this traditional system the patient recovered while living at their homes.

4.1.1.27. Padam Kumar Sharma\textsuperscript{27}:

He is 63 years old. He is the son of Gopal Dass Sharma (famous in his area in the field). He has qualified B.A.M.S. He is residing at Canal road working at Pacca Danga, Hanuman Wali Gali, Jammu, J&K. He has acquired the knowledge from his parent and from 2\textsuperscript{nd} generation in the field. He is working in the field from the last 34 years.

\textsuperscript{26} Interview conducted on 30\textsuperscript{th} Dec., 2009
\textsuperscript{27} Interview conducted on 2\textsuperscript{nd} June, 2013
Fig. 4.18: TKH Padam Kumar Sharma of Jammu, J&K

He has not transferred the knowledge to anybody. He cures wide spectrum of diseases and his main mode of diagnosis is pulse feeling and he also strengthen his analysis by questioning the
patients and in rare cases with clinical tests. He treats purely on the basis of Ayurveda. He uses self made chywanprashs, churans, tablets like Chandra prabha and prescribed majority of medicine. Number of patient varies so no comment on that. He charges nothing for consultation but sell the medicine as per the rate. His family helps him in preparing the medicine. The raw material is collected from Amritsar from the last 30 years. The local people consult him for the cure and treatment of various diseases.

4.1.1.28. **Piyush Abrol**

Fig. 4.20: TKH Piyush Abrol of Jammu, J&K and the researcher interacting with the TKH

He is 50 years old; done P.G. in Commerce holding his ancestral profession right from the age of 13 years. He carried out his studies and sport with this profession. His father Sh. Ram Chander Abrol was famous with the name Gaso wali pati due to his profession and Phalwan due to his achievement working in the Babli Chowk, Pir Mitha, Jammu, J&K before 1947. He charges 5 paisa / 10 paisa from the patients to meet the expenditure incurred in preparing the medicine. He is from the 3rd generation in this field and transferred the same to his brother’s son. He has specialized in curing any type of burn cases even deep burns also. His mode of diagnosis is symptomatic and

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28 Interview conducted on 6th June, 2013
treats the patients like others with the dressing of the wounds. He did not recommend any allopathic treatment. The consultation time is 8-11 AM in the morning and 5-7 PM in the evening. In case of emergency he is available to serve the society 24 hours a day. Number of patients coming for treatment varies per day. He changes the bandage daily initially and then as per the requirement. He is serving the people coming from different states for treatment and cure and even his self made burnt cream is taken out of country also for treatment. He is preparing self made medicine that too with high risk and efforts. He uses honey wax, raal, dhoop, yellow sindhur, ratanjoot, tilli ka oil etc. A major precaution taken while preparing the medicine is that no air supply in the room where malam is getting prepared as the material used is highly inflammable and it will catch fire with air and burnt like a blast. He is charging nominal fees from the patients against the treatment to meet the medicine expenditure. If in case any amount will remain left he donates that amount to poor or on any temple. He memorized his first case which he dealt after getting refusal from his father, Chandigarh hospital and Amritsar hospital too. In 1989, a tanker driver Sardar resident of Narwal, Jammu, J&K got major burns due to the explosion in the tanker driven by him. He individually took that case and after 4 months of treatment he recovered the person completely. Mrs Marthew Mattoo of Christian Colony, Jammu, J&K got recovered from 70-75% burns in 2 months. A patient from Rajeev Nagar, Jammu, J&K got recovered from 70% burn in one and a half month. As per the feedback of the area, he is giving excellent services to the society.

4.1.1.29. **Puran Chand Ji**

He is 70 years old (studied not upto primary) residing in the Madrian near R. C. Public School, Akhnoor, J&K practicing indigenous knowledge of medicinal plants from the age of 14. He acquired this knowledge from a mahatama when he was just 10 years old. He can treat any type of disease and that too free of cost. He is specialized in treating bone problems (ghadia), burns and heart problems. His mode of diagnosis is pulse reading and family history. Till now he has not transferred the knowledge to anybody. His one son who is in army has shown some interest and when he comes to home in vacations he helps his father in all these processes. On the average 300 patients per Sunday and 100+ per day visit to his home for consultation and treatment. People from the different states of the country like Delhi, Karnataka, Bombay, J&K, Punjab, Lucknow, Madurai

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29 Interview conducted on 18th Nov., 2010
and from foreign like Italy visited his place. He prefer to use the self made medicines and to make that his family, villagers and pahari people help him.

Fig. 4.21: TKH Puran Chand of Akhnoor, J&K and the instrument used for preparing the medicine

Fig. 4.22: TKH interacting with patients and researcher and the wound of the patient highly improved by the treatment.

The herbs used in preparing the medicines collected by the paharis; tribal community of that area. The prominent patient among his list is a doctor from Delhi that is Dr. Vikram Seth M.D. (AIIMS), an Eye Surgeon in National Eye Hospital Delhi who visited his place for the treatment of
his mother for multiple problems. A child 2 and a half year old not able to speak with his parents from Amritsar visited his place and now after one year, the child is normal and speaking as normal kids. Rakesh Kumar from Mishriwala has a wound in leg for that the doctor advised the operation and after two weeks treatment his leg has improved a lot with normal home made bandaging.

According to Puran Chand Ji the powder of the Arjuntree bark helps in curing wounds. Rasonth and Katha helps in curing cough and fever. Rasonth also help in curing munyadi bhughar i.e. fever with malaria and eye problems. Dry aaloo bhughara helps to cure jaundice in children. Mixture of fatkari powder and gulab jal improves eye sight. Powder of til with water proves beneficial for foot care. Grinded mixture of saunf, gur, songi in equal quantity beneficial for daily use. He suggested to eat raddish, papaya, amrood empty stomach and to give child salty products in the morning like curd with namak, zeera powder for better digestive process. A number of plant frequently used by him are patris, ashwagandha, amla, bana, bans, putkanda. He charges nominal fee from the patients to cover the expenditure incurred in the collection of herbs from the pahari people and in preparing the medicines. As per the survey made the patients are fully satisfied with his treatment and they also give publicity by telling others for his treatment. According to them he is providing excellent means of treatment to his patients.
4.1.1.30. **Qazi Mohd Aslam**

Fig. 4.24: TKH Qazi Mohd. Aslam of Rajouri, J&K

He is popularly known as Hakim Sahib. He is 60 years old, has passed matriculation and is residing in Manyal more near thananmandi district Rajouri. He has acquired the knowledge from Qazi Bader Din from his parental side who received the knowledge from grandfather Peer Badar Din and serving the society from the last 42 years. He has passed this knowledge to his son Iqbal Qazi. He treats skin diseases by looking the affected area and knows the stage by pulsebeat. Approx. 15-30 patients come daily from twin districts of Rajouri and Poonch and he charges nominal fee from them. He prescribed blood purifier of Hamdard or Local and prepared asfar from shetara and honey. He uses datura for pain killing. His family and sometimes engaged labour help him in preparing the medicine. As per the observations made, the patients are fully satisfied with his treatment and grade it as an excellent way of treating the diseases.

4.1.1.31. **Raj D. Das**

He is the Vaid of Hadimba road, Manali, H.P. and is the follower of indigenous knowledge. He is in his 70’s and has not disclosed his level of qualification.

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30 Interview conducted on 21st Nov., 2010  
31 Interview conducted on 24th June, 2009
Fig. 4.25: Display board of the TKH on the shop where he sits to see the patients

It is his 3rd generation who is using the medicinal plants for the cure of various problems like kidney stone, diabetes, sex weakness, Sexual Transmitted Diseases (STD). He has acquired this knowledge from his parents and yet not transferred to anybody. His mode of diagnosis is symptomatic and sometimes to know the depth of disease, he study the pulse also. In addition to medicinal value of plants, he also uses the massage therapy to provide the relaxation from the joint pains, back pain, neck, shoulder pains and other types of body pains. He is also preparing his own medicines at low level in his home with the help of family and the huge level work of that is carried out in Haridwar where the extracts of medicinal plants in proper proportion are mixed to get the fruitful results. He prescribed majority of the medicines available in the market made by his company and from other sources also. He provides self made medicines in some cases. He is serving the local and tourist people from the last few years under the banner of a shop Himalayan Ayurvedic. He started serving people with his parents from his childhood. He charges nominal fee from the patients as he commercializes his services and as per the patients and local people output he is providing excellent services to his patients.
4.1.1.32. **Raj Devi**

She is 60 years old female, illiterate and popularly known as Tai in the whole tehsil of Marwah, Kishtwar, J&K. She is residing in village Bhatpora Dachhan. She is specialized in gynecological operations. She has acquired this knowledge from her parents and it is 3rd generation carrying the knowledge. She has transferred this knowledge to her relatives but not completely as she visit and learn it occasionally. She is serving the society for the last 30 years. She diagnose the problem by physically check whether any irregularities during pregnancy, sterile factor. She solves the problem during pregnancy by her hand movement and for infertility she prescribes some exercises and also suggests various poses. With the help of some minor instruments specially designed for conducting the minor surgeries during the delivery of baby, she has successfully done the number of deliveries. With the passage of time the rate of complexities increased so to avoid the risk factor now a day, she is conducting various gynae operations in consultation with allopathic doctors for the healthy mother and baby. She has started this process due to the complication came in the extraction of mucus after safe delivery of child. But it has been found that the doctors working in the area has learnt a number of things which is traditionally used for years during the birth of a child. After delivery she gives a kara locally called as hanth having antibiotic and antiseptic qualities to the mother and advised to continue for 3-4 days. She collects the herbs used in kara 3-4 months prior the delivery, then dried it and used the juice in kara and the remaining portion as sabzi (vegetable). She has helped Sheela in normal delivery, Gayanadevi in complicated delivery, Rampyari in distressed menopause problem and Santosh Devi in complicated foetal displacement. Patients from nearby 10-15 villages come to her for consultation and she takes nothing from them. The ladies designate her as Goddess for them as she helps them in their difficult situations. As per the output of patients she is giving her best in the field and graded her services as an excellent means of treatment.

4.1.1.33. **Ram Nivas Padha**

Vaid Ram Nivas Padha, 86 years old has passed B.A.M.S. and has long experience in this field. His ancestor served the Emperor of the Mughal Period. Padha family is residing in Basholi, J&K from the last 2300 years and before that their ancestors were in Ujjain.

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32 Interview conducted on 5th July, 2011
33 Interview conducted on 27th Dec., 2009
He has acquired knowledge from his ancestors and not passed to anybody till now. He can treat any type of disease but has specialty in paralysis, gout and arthritis. His way of diagnosis is unique pulse observation. He recommends the patient to come empty stomach at early morning and after giving rest for half an hour to the patient, observe the pulse rate of the patient. In addition to this he also observes some general features of the patient like how he comes, how he sits, expression of the body, what he feels etc. He has the opinion that the sand and stones of the hilly areas are also beneficial to provide relief against various disorders. As per his observation the amount and the combination of medicine varies from patient to patient. He examines more than 50 patients in a day and that too not only from his area but also from adjacent states like Punjab and Himachal Pradesh. He acquires some medicines from a company located in Maharashtra and majority is made by him. His whole family helps him in preparing the medicines. He is serving the society from his childhood. He charges nominal fee from the patients and they are highly satisfied by his services and grade it as an excellent means of treatment.
4.1.1.34. **Ram Pal Sharma** 

He is 45 years old 10th passed from Machine Domana, Jammu, J&K and has acquired the knowledge to cure piles by traditional means from unknown Bengali person. He is curing the disease from the last 15 years and satisfied the patients residing near by and of J&K, Punjab, Haryana, Haridwar. His mode of diagnosis is symptomatic and by hearing the case history of patient. He has transferred his knowledge to his wife so that in his absence his wife can help the patients for early recovery. As per the type of piles they provide the medicine and that is home made with the help of family members. 3-4 herbs are mixed to prepare the medicine which is prescribed to take with curd or butter. They provide medicines for a week without any cost. The patients are satisfied with the treatment and graded it as a good means of treatment.

4.1.1.35. **Rattan Chand** 

Vaid Rattan Chand’s family had been in this profession from several generations. He is residing in the area of Kishanpur Veda of Billawar, J&K. His ancestors had served Maharaja Hari Singh and the latter’s generations. For their services Maharaja gave them MURABHA (a piece of land). His paternal uncle was designated with the title “Pandit Ji” by Pachang Association for his services in spite of the fact that he did not belong to a Brahman Family. Rattan Chand, a middle aged man has studied upto B.A.M.S have acquired this knowledge as ancestral property. He can cure fever, chronic diarrhea and jaundice and specializes in liver disorders, neurology (paraplegia). He diagnoses the problem with pulse observation. Around 100-150 patients visit from Jammu, Punjab, Himachal, Kathua, Srinagar daily. With the passage of time he has also acquired the knowledge of allopathic medicines. The people of the coming generations are shifting to the other fields due to lack of recognition in the field, so he has not transferred this property to anyone. He is serving from childhood to the society. He prescribed the medicines to the patients both ayurvedic and allopathic. He charges nominal fees from the patient ad provide excellent service to the patients.

4.1.1.36. **Rehmat Shah** 

He is the son of Ali Shah popularly known as Peer Lali Shah is 55 years old, primary passed.

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34 Interview conducted on 19th Feb., 2011
35 Interview conducted on 28th Dec., 2009
36 Interview conducted on 22nd Nov., 2010
He is residing in village Alal tehsil Thanamandi District Rajouri, J&K and is carrying out his traditional business at ward no. 5 Thanamandi from the last 30 years. He has acquired the knowledge from grand father-in-law and uncle-in-law belonging to the Sayeed Peer Family. His son Sayeed Azahar Hussain has shown the keen interest in this field and taking knowledge from him to cure the specialized disease pile and jouryian. He diagnoses the disease by talking and hearing to the patient. He treats the problem by ayurvedic means i.e roots of the plant collected from the upper reaches of Pir Panjal hills and prescribed some stones if required. Plants collected are Patris, Kachnar, Pit papra and so many others. On the average 50-70 patients come per day from the local area especially soldiers. His family members especially his son and daughter help him in preparing the medicines. He charges nominal charges from the patients and in turn provides good services to them.

4.1.1.37. Sanjeev Sharma:

![Fig. 4.27: TKH Sanjeev Sharma of Jammu, J&K](image)

He is the son of famous Vaidya Gopal Krishan Sharma carrying out his traditional business at Parade, Jammu, J&K opposite Govt. Women College for Parade. He is 39 years old and did B.A.M.S. He is from the 4th generation who is serving the society in treating various diseases. His visiting hours differ in summer and winter. In summer the consultation time is 9.30 AM-2.00 PM in

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37 Interview conducted on 31st May, 2013
the morning and 4.00 PM – 8.30 PM in the evening. In winter the timings are 10.30 AM - 3.00 PM in the morning and 4.00 PM – 7.30 PM in the evening. He covers the wide spectrum of diseases but has got specialty in Jaundice. He has acquired the knowledge from his father and has not transferred the same to anybody from the family. He is serving the society from the last 25 years. Mainly the way of diagnosis is pulse but the mode of diagnosis differs as per the diseases of the patient. Like in jaundice skin colour and the clinical reports help in diagnosis, in skin problems symptomatic mode of diagnosis is used. He prescribed self made medicines and for the preparation of self made medicines, he collects the raw material from the market and also collects himself some herbs used in medicines. His family co-operates him in preparing the medicines. Around 70-80 patients per day visit his place for consultation. People from the state and nearby states come for consultation. He charges money for the medicine only and his personnel service for examination of the disease is free of cost. He suggests some food items to be avoided with medicine and the patient if follow proper instruction of the TKH he/she will recover very soon. TKH disclosed that in the modern time, the patients want early recovery without any effort and they have no patience to follow the instructions given by him, so it will take more time to recover. Secondly, the recovery of the diseases take time as the patients come after spoiling initial time in other mode of treatments.

Fig. 4.28: TKH interacting with the patients and display board of the room where TKH checks the patients.

Deepali, 20 years old from Shivnagar have come with his father and consulted the TKH for the skin problems. She has consulted Dr. Sudan skin specialist but the disease again reoccurred after the
treatment. Now she is highly satisfied with the treatment and said that it is very effective treatment. Mamta Salgotra, 20 years old from Pallahwala consulted the TKH after failed recovery from GMC Hospital, Jammu and Palloura Hospital. She has some critical stomach problems from the last 2 years but now in few month treatments she has got a huge relief from the problem.

4.1.1.38. **Sardari Lal Sajgotra**: 

Fig. 4.29: TKH Sardari Lal Sajgotra of Jammu, J&K and his display board in Hindi, English, Urdu and Punjabi Languages

He is 60 years old studied upto P.U.C. (11\textsuperscript{th} pass) and designated as Hakim. He is the son of Hakim Koda Ram Sajgotra famously known as Koda Nai residing in Mohalla Afghan, Pacca Danga, Jammu, J&K. His working hours are 9 AM – 5 PM in all weekdays. He has acquired this knowledge from his ancestors who were nai (Barber) by the profession and not able to recall the number of generations in the field but disclosed the truth that with his this business is going to stop as he has not introduced his son or anybody in the field due to disappointment from the field.

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\[38\text{ Interview conducted on 27\textsuperscript{th}} \text{ June, 2013}\]
He said that he has not allowed his son to even come in the room where the traditional work is carried out. His son is settled in Sri Lanka and is an engineer by profession. He has with him the 600-700 years old manuscripts of the ancestors about the treatment and cure approx. 150 in number. He has sold some of the manuscripts to the foreigners for monetary benefits. On questioning why not to Indians he replied - “what Indians can give to me against this, if they have not paid anything to us till now.” He is serving the society from the last 40 years. He covers the wide spectrum of diseases but specialized in any type of skin diseases like gangrene, phulwari, psoriasis, balchara. He has special instrument for ri ki dard (pain in spinal cord) and any other infection made in Germany manufactured in 1875. Before using these instruments, he did not require any local anesthesia. He treats kidney stones, piles, gas, acidity, bone problems, all type of allergies. His mode of diagnosis is to identify the problem by pulse feeling in the morning empty stomach. He provides self made medicines. On the average 100-150 patients per day come to him for the consultation. Patients from whole state and nearby states come for consultation. His self made medicines were delivered to foreign countries also for monetary benefits. He has engaged 4 labourer for preparing the medicines and they charged Rs. 400/- per day from TKH. He is providing free of cost service to the poor society and charged from others for the services. As per his statement out of 100 patients 99 were of free category thus it is difficult to meet the expenditure incurred in preparing the medicine. At the time of interview, his workers were grinding Jayfal which is 1200/- per kg and they were grinding 20 kg at that time. He purchased the local herbs from the Gujjars tribal people who have the business of collecting and selling herbs from Jammu to Amritsar.
Sources of Traditional Knowledge on Medicinal Plants in the Western Himalayan Region

Fig. 4.31: Manuscripts of TKH around 600-700 years old

Fig. 4.32: Instruments used by TKH to cut the infected areas.
Fig. 4.33 Work station of TKH where self made medicines prepared (a) crushed medicinal herbs (b) engaged labourers preparing the medicines as per the instruction of TKH (c) stored medicines displayed in the area.

Some of the herbs used by him are: akarkara, khuni shosha, sheski (available only in Kishtwar valley and cure any type of stomach worms), hanth, patees, pamchalan, pamhaag etc. Majority of the patients after disappointment from government hospitals consulted him and saved their body parts from the removal due to spreaded infection. Sunil Dutt from Kishtwar recovered from Phulwari, Sayed Ashafak Hussain Shah from Poonch while admitted in GMC Jammu consulted him and recovered from his severe skin problem. As per patients feedback they are highly satisfied by this way of treatment and urges on the steps to be taken for the welfare of the TKHs.
4.1.1.39. **Sherap Amdo**:  

He is famous as Amdoo 42 years old treat the people by traditional means in his home town Tirshey, Hunder, Leh, J&K. He has acquired the knowledge from his parents and he is from 2nd generation in this work. He has transferred this knowledge to his first son. He is working from the last 11 years as general physician. His mode of diagnosis is as others pulse reading and his way of treatment is self made medicine prepared with the help of family members. Around 7-12 patients per day come to him from nubra valley. He uses Neelkandposh, Hanth, Ratanjoot and other local medicinal plants for traditional medicine. He charges nominal fees from the patients. Tundup Dorjey 46 years old recovered from 11 years old muscle pain and head ache with in 2 years from Amdoo’s treatment. According to patients and local people he is providing an excellent services to the society.

4.1.1.40. **Subhash Chander**:  

![Image](image_url)  

Fig. 4.34 TKH Subhash Chander of Jammu, J&K
He is 42 years old and primary passed. He has acquired the knowledge from his father Dr. Om Prakash. The family is known with the preface of doctor in the village but they have not done any medical studies. He is living in Churta, Jammu, J&K He is from the 3rd generation in the field. He has not transferred the knowledge to any other from his family. He is specialized in treating sun burn with the symptoms blackening of tongue and mental fever. He gives self made medicine for the disease and charges nominal fee for the medicine only. His family helps him in preparing the medicine. His father did not take anything for the service but they have started nominal charges for the service. The local people of the village and surrounding village come for consultation. As informed by him due to this disease the patients will not able to eat anything thus he kept the patient on his medicine for a week and after that the patient feel better and starts his normal routine. Number of patients per day consulted cannot be defined and he has not remembered from when he starts serving the society.

4.1.1.41. Tashi Nonkit\textsuperscript{41}:

She is popularly known as Monpa Kachupa 37 years old female working in S.D.H. Nubra, J&K after completing her Amchi Traditional Medicine study. It is pertinent to mention here that in Leh most of the Amchis are working with govt. doctors under the National Rural Health Mission (NRHM) and successfully operated the difficult surgeries also. Her younger sister is also interested in the field and studying Amchi Traditional Medicine. She is serving the society from the last 8 years in broader spectrum. Her mode of diagnosis is examination of pulse and urine. She looks after the whole Nubra Valley as working in Sub District Hospital and takes nominal fee prescribed by government. Around 10-20 patients come daily for consultation. She cures with the prescribed medicine available in the market made by traditional means through plant extracts. Tsering Angmo a 65 years old patient got relief from her 10 years old chronic arthritis with Amchi Traditional Medicine. As per the patients output, she is giving better services to the society.

4.1.1.42. Tsering Gyalpo\textsuperscript{42}:

He is famous as Amchi in local area. He is 31 years old male. He has done matric, 10+2 in tibetan language and after that studied for amchi profession. He is presently working in Kargil, J&K.

\textsuperscript{41} Interview conducted on 23\textsuperscript{rd} June, 2011
\textsuperscript{42} Interview conducted on 17\textsuperscript{th} June, 2011
Fig. 4.35: TKH Tsering Gyalpo of Kargil, J&K and patients waiting in the clinic

His home town is Sapi and he has acquired knowledge from his father and studied. He is from 2nd generation who is in the field. The younger generation can acquire the knowledge from both study and peers. He is working from the age of 17. He is general physician and diagnoses the problem with the help of nerve study in empty stomach. Approx. 40-50 patients per day from the local and vicinity area like Drass, Sanku, Silmo, Moulvik etc. He has successfully cured the nose ulcer (1st stage of cancer) in six months after 2-3 years of patient disappointment treatment (patient did not want to disclose his name of the surrounding village). Zairo Bano of Kargil has successfully got rid of her one month old backache in one week. Prominent people also consult him for the daily needs.
Fig. 4.36: Medicines used by TKH displayed in the clinic

He charges nominal fee and provides excellent services to the society. The plants used by him are pambash, ratanjot for hair loss, Chukpa. He prefers self made medicine which is prepared by him and his family members. He collects the raw material from Leh which contains 35% local herbs and rest from H.P. According to him this medicine has no side effects.

4.1.1.43. **Tulsi Ram Lovie**

He is 65 years old known as Tulla among the local inhabitants and has studied upto 5th standard only. He is residing in Village Lopara, Dachhan Tehsil, Marwah, District Kishtwar and is specialized to cure bone problems in humans and all domestic animals. He has acquired knowledge about this treatment from his relative of paternal side and has transferred the same to his son-in-law. He is practising this process from the last 29 years. He personally checks the condition of the patient and without undergoing any clinical test on symptomatic basis he starts the treatment. Local people from the 15-20 villages of the vicinity consult him at the time of emergency. He collects the known available herbs of the area and creates the bands and makes paste of the same to heal the wounds and cure bone problems. He himself prepares the medicine used for the treatment. Jhanki Nath has got treatment for the fracture of his arm and benefitted with the treatment. Madan Lal has got relief from fracture in the inter-phalanges. He charges nothing from the community and provides an excellent means of service to the society.

4.1.1.44. **Vaid Ji of Bhaklydar**

Vaid Ji of Bhaklydar, Kullu, H.P. is middle aged person who did not disclose his level of qualification. He makes use of the plants and warm therapy for the bone repairment. During personal interview he disclosed, that it is his 5th generation that is working in this field and he acquired knowledge from ancestors about it and transferred it to no one. He is serving to the society from the childhood. His mode of diagnosis is symptomatic and by applying the paste of some medicinal plants known to him and covering the damaged bone he helps the patients to recover. He serves the local people and charges nothing from him in response to the services. He prepares the medicines with the help of family and provides good services to the community.

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43 Interview conducted on 5th July, 2011
44 Interview conducted on 28th June, 2009
4.1.1.45. Vikas Nagar\textsuperscript{45}:

He is 47 years old working as general doctor in the Jullaka Mohalla, Jammu, J&K. He is famous after the name of his grand grand maternal father Parshu Ram Ji. He has done B.A.M.S. A.M. but along with this, he is carrying out the traditional method of cure and treatment of renal stone and hepatitis B. He is of 4\textsuperscript{th} generation in the field and serving the society from the last 29 years. He has the capacity to remove 22mm renal stone and cure 26 points jaundice with the medicines. As per the traditional means he cures Hepatitis B (6 month course) and renal stone (3 month course). He diagnoses the problem by clinical reports. The reports show the clear picture of intensity of the problem. For other problems the mode of diagnosis is different like pulse feeling and reading, tongue colour and questions putted to the patients. He uses both self made medicines and prescribed one. Almost 40-50 patients per day visit to him for consultation. The patients from all over the Northern India and from foreign (Belgium, Australia, Russia, Canada etc.) use his medicine for the cure and treatment of the diseases. He prepares the medicine himself or with the help of a person engaged with him to distribute the medicines as per prescription. He prepares powder form of medicines by himself and for that the raw material is collected from the market. For hepatitis, ulcers,

\textsuperscript{45} Interview conducted on 12\textsuperscript{th} June, 2013
gastric problems – laung, elaichi, mishri, hing is used. At the time of interview Sudhesh 50 + consulted him for gas problem, Amit 23 years old consulted for the removal of 16mm renal stone.

![Fig. 4.38: TKH interacting with patients and patients waiting for their turn](image1)

Fig. 4.38: TKH interacting with patients and patients waiting for their turn

![Fig. 4.39: Helper of the TKH in preparing and giving the medicines to the patients as per prescription](image2)

Fig. 4.39: Helper of the TKH in preparing and giving the medicines to the patients as per prescription

Comments, clinical reports of a number of patients recovered from Hepatitis B were seen and it was found that Smt. Kungi Devi of Doda, Nasir Ahmed, Farooq Ahmed, of Doda and Vishal Patil from Army got their Hepatitis B +ve reports to –ve in a very less time. Babli of Link road, old colony get rid of 22mm stone in uretal track. Sushma Khajuria of Channi Himmat have 2 stones measuring 9mm and 16mm and the medicines given by TKH help in removing that. Renowned personalities like K. P. S. Gill (Punjab Police), Sardies Singh Shingari (Congress leader), Depinder
Giri (Head of Amarnath Yatra Chaari) and Sobha Ram Gandhi (Munciff Judge) also consulted him for the removal of renal stones. He is providing free of cost service to the patients but the cost of medicine has to born by the patients. The dawakhana run by him was established in 1915.

4.1.1.46. Young Boy on Kandakhat Chahal road:

On Kandakhat Chahal road at Shimla, H.P. after the Sadhu Pul sits a young boy just outside his roadside dwelling. The boy applies a liquid with a twig to hundreds of patients suffering from cancer. A number of cancer patients visiting him from far off places like Katra in J&K to Rajpura in Punjab. The boy applies a liquid prepared with some indigenous formula, on all the patients and advises them to avoid some categories of food. A select number of patients interviewed reported that their disease has shown the signs of recovery and they are satisfied with the kind of treatment they are getting there. Some of the patients reached at this place after spending a large amount of money on allopathic treatment in hospitals. The boy treating the disease received this knowledge from an elderly person of his family who died a few years back. His mode of diagnosis is symptomatic. He charges nothing from the patients and provides an excellent service to the society.

4.1.2. Other Case Studies:

In most of the rural communities a vaid is working for the well being of the people of the local area. Vaids are either specialist to deal with specific diseases or undertake general treatment for all diseases. Vaids have their own unique methods of treatment. The Vaids don’t disclose the traditional knowledge methods they employ for treatment of diseases. Oral interviews were conducted with Fouji Vaid of Bajura and Taj Mohd Khan Vaid of Maler Kotla is specialized in bone repairment. The two vaids use the warm therapy and soil therapy. They have also inherited the knowledge of repair of bones. The sand of the area where most of the medicinal plants are cultivated is used to prepare the paste and this paste is applied on the damaged part of the bone. The actual area from where the sand is collected was not disclosed but it was informed that the area is in high altitudes. Some other local bone settlers from the study area are Doun Gnni 82+ of Basholi, Pappi 80+ of Bani, Kuta, retired army man of Kagwal who are well known for their way of massaging of the affected area with mustard oil. Vaid Ji of MarhaPati Mahanpur Kathua, J&K is middle aged, illiterate who treat the local people from various diseases with the self made medicines from the

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46 Interview conducted on 2nd May, 2010
various medicinal plants. He has got specialty in treating the jaundice. He has acquired the knowledge from the elders and transferred to nobody till now. He is not sure from when he is serving to the society. He by symptomatic way diagnoses the disease and provides self made medicine made with the help of family. He serves to the local community and charge nominal fee from them. As per the local people he is providing good services to the community. Lalla Ji of Kanachak, Sant Ram Pansari of Akhnoor and Mast Ram of Satwari also treating the people as general doctor and providing the best services to the humanity. Naresh Shan from Talab Tillo is also serving in the specialized cases i.e. burn cases to the society. Mohd. Wani of Botakadal serving the society by traditional means in a medicinal shop of Lal Bazar, Hakim Ghulam Rasool of Bhagwan pura also treating the patients traditionally, Fateh Khadl prepare own medicine to heal the fractures, MuraGrata also known in the locality as bone settlers and Khozgar family near the shrine of Hazrat Shahi Hamdan is working in the field from the various generations.

4.1.3. Housewives and Elder People:

It has been found while interacting with the elderly people and housewives that a number of spices have their own medicinal value and for day-to-day problems they use their own time tested medicinal products for relief. The importance of Turmeric (Haldi) is well known to all of us. It is very effective antiseptic. It is useful against various problems. As the rural women has to do lot of households work even after delivery of a baby. For early and effective recovery they take haldi fried in ghee. In case of any fracture and accidents they immediately prefer to have milk with haldi. Normal diseases like body pain, stomach-ache, headache, dysentery, diarrhea, fever etc. are easily handled by them at home itself and for severe cases they seek help of traditional doctors as they have full faith in traditional system so they prefer to have ayurvedic medicines rather than allopathic. According to them, Kara of ajwan and saunf is beneficial for stomach problems. Hing is beneficial for cough and cold. The extract of Tulsi leaves with ginger, pepper and honey is beneficial in fever. Rasont is used by the rural housewives for stooping breast feeding as it is bitter in taste and beneficial for child also. Rasont clean the digestive track of the child.
4.2. Local medicinal herb sellers:\(^{47}\):

While surveying the area the researcher found that the number of people living in higher altitudes is associated with collection of medicinal herbs and help in the preparation of plant based medicines. People living in higher altitudes like Lahul-Spiti and adjoining area collects and sells the herbs to the locals and tourists on high prices. They conveyed that the climate is so fine in the area that they rarely fall ill and generally don’t need any type of medicine. Due to medicinal plants in the area and clean air, the breeze that blows carries good health molecules rather than germs. But due to modernization the climate of the area is getting disturbed. The medicinal value of some of the herbs is known to local people. Some of the shops sell Tibetan herbs and there are physicians who operate the Tibetan system of medicine. Tourists buy the dried herbs and the physicians instruct them the uses of those herbs.

Fig. 4.40: Local Ladakhi selling medicinal herbs to the tourists

\(^{47}\) Interview conducted on 27th June, 2009
Fig. 4.41: (a – f) local dried fruits
  (g) Shilajeet
  (h - l) local dried herbs
  (m) Chilgoza
  (n) Garlic
  (o) White chana
  (p) Zeera
4.3. **Local known places for cure:**

Himachal Pradesh is also gifted with hot springs, hot caves and mud that help to cure different types of skin problems, body pains, joint and bone problems. There are also naturopathy hospitals and thermotherapy clinics.

As a joint venture of Himachal Pradesh Voluntary Health Association and La Maison des Himalayas; a non-profit association registered in France, a physio/occupational therapy unit function in Kulu for physically challenged children. A visit to the centre revealed that treatment is administered with the help of equipment, thermotherapy and local massage therapy.

A visit to MacLeod Ganj area of Dharamshala revealed that there are several yoga and massage centres that are functioning in the area for health, rejuvenation and fitness. A number of foreigners visit this area for health and solace.

Fig. 4.42: Tourist enjoying the natural warm therapy in hot caves of Manikaran, H.P.
Baba Rishi Shrine located in Tangmarg, Kashmir, J&K has got a tremendous faith and belief by the population that by taking the ash from this shrine as medicine with water will help in healing any type of loss occurred by any disease. It is also believed that it also cures a number of diseases and childless couple get child from this shrine also.
Bhimbhum Stone is associated with a Pandava legend during the period of their exile. It is situated about 5kms from Drass, Ladakh, J&K town in a village called Bhimbat. As per local legend, this huge rock is actually the solidified body of the second Pandava – Bhimsen. Till date, the rock is perceived as a holy relic even by the Islamic population of the area. It is also believed that a childless women consuming dust from the rock will be able to conceive.

Parvati Kund is situated in Matyain village on the way to Drass and it is believed that Parvati wife of Lord Shiva bath in this pond and now who baths in this pond they will get rid from any diseases by the grace of Lord Shiva and Maa Parvati.

![Image of Parvati Kund in Drass, J&K](image)

Fig. 4.44: Parvati Kund in Drass, J&K

Sehar Baba Waterfall at Talwara, Reasi, J&K has belief among the local population and tourists that by taking bath under the fall cures them from a number of skin diseases. The water is falling from the height of more than 40 feet and after taking bath the people pay obeisance in the nearby temple of Lord Shiva and get rid of any type of skin diseases. It is also believed that a childless women having bath in the fall will be able to conceive.
Baba Chamliyal Mela is celebrated annually at the border line in RamGarh sector which is about 45 kms from the district Jammu, J&K. In this mela people from both sides of the border come together and pay obeisance to Baba Chamliyal Shrine. It is believed that while using the dust and sand of the shrine the people get rid of skin diseases. During an interview with the person Mr. Ram Prakash\footnote{Interview conducted on 3\textsuperscript{rd} July, 2013} who attended that mela it has been found that the devotees recover from various skin problems even skin burns also. People collect the holy shakkar; the soil of the land and sharbat; the sweet water used for mixing with the sand to make paste and for drinking which is believed to have good medicinal properties against the skin diseases from the saint of the holy shrine. People rub the shakkar to their bodies with the belief that they will get rid of various incurable skin diseases.
Tattapani, a hot spring, in Tehsil Kalakote District Rajouri, J&K is popular among the people from a number of years. It helps in curing the joint problems as provide the warm therapy treatment and also helps in curing the skin diseases. A number of people interacted in Rajouri, Sunderbani and found that the local people have belief that the warm therapy helps in curing a number of problems like bone and joint pains, body ache, skin itching, irritation etc.

In district Kishtwar, Dachhan block, is known for its ecological biodiversity i.e. flora and fauna. The natural hot springs found in village Kiyan area known for their medicinal values. The cluster of hot springs joins in a stream and flows down into a nearby well. It has been found from the locals that the water carries the properties of curing acute skin disorders, arthritis and pneumonia like diseases, especially in children. Hot dips of 3 rounds per day are considered adequate to overcome these problems. Another village Panjdhara in the same area is also known for similar hot water springs.

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49 Interview conducted on 20th Nov., 2010
50 Interview conducted on 5th July, 2011