

## INDIGENOUS CULTURE AND MEDICINE

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### **Abstract**

*Growing up from the (Tribal Stage) system, only a few ethnic groups isolated in the geographical environment (Geographies Environment) are left behind in ethnic life. Following the same pattern of civilization, as they did in ancient times, they live in isolation in the wilderness or in the mountains of the modern world. They are said to be centuries old as they were the first settlers to inhabit the land.*

**Keywords:** *Geographical, Europeans, ancient, Indigenous, civilization ect..*

### **Introduction**

Europeans who saw many tribes race AD. By 1400, many European countries had settled in Africa, Asia, North America, and South America. European nations began to call the people who had lived as isolated groups for centuries in the areas where they had settled 'tribes'. They referred to the area inhabited by these people as the areas inhabited by the tribal people. The reason is that the economy, social structure, customs, culture and culture of these tribes were different and different.

Researchers have defined some peculiarities of tribalism. Indigenous descendants of the tribe are seen as sharing their customs, language, place of residence, civilization, culture, all in the same way, without distinction. And those who create the economy only for daily food and do not make any other progress are described as 'tribes'. The Tiv tribe of Nigeria and the Genie tribe of the United States are still seen as people who make a living by creating an economy solely for food.

### **The Word Tribe**

The LD community itself grew out of the Tribal Stage. Only a few ethnic groups isolated in the Geographic Environment are left behind in ethnic life. Indigenous people are living in a time when the scientific world is performing various miracles, immersed in the fog of antiquity and discovering innovation. Their culture, habits, way of life, delicacies, follow the same pattern as to how the uncivilized man lived in ancient times and live in isolation in the wild or mountainous world in this modern world. The abode of a tribe that accepts all the characteristics of the tribe is called the Mudu tribe, as it has been found there since the earliest times. Indigenous peoples living in Australia are called "Aboriginal" tribes. They are said to be centuries old as they were the first settlers to live in the area.

The word tribe was first used in English by Jews. BC For 1000 years the Jews lived in groups of 12. These groups are said to be the 12 tribes of "Israel". The father of these 12 group tribes is the same, i.e. the leaders are brothers. From this, the ancestors of many families living in adjoining groups began to call that community group a tribe. About 698

ethnic groups are living in the world. This is an average of 6.98% of the world's population. Of these, 427 live in India alone. Indigenous peoples live in other parts of Asia as well as in South America, Africa, Australia, and North America. Indigenous people make up 5 to 10 percent of the population of each country in the world.

### **Europe's Who Identified the Tribe**

AD 1400 - Many European countries begin to settle in Africa, Asia, North America and South America. The European nations began to call the people who had lived as a separate group for centuries in the areas where they had settled 'tribes'. They referred to the area inhabited by these people as the areas inhabited by the tribal people. The reason is that the economy, social structure, customs, culture and culture of these tribes were different and different.

### **Uniqueness**

Researchers have defined some peculiarities of tribalism. Indigenous descendants of the tribe are seen as sharing their customs, language, place of residence, civilization, culture, all in the same way, without distinction. And those who create the economy only for daily food and do not make any other progress are described as 'tribes'. The Tiv tribe of Nigeria and the Genie tribe of the United States are still seen as people who make a living by creating an economy solely for food.

### **Notable**

Tribes are people who are different in life. Their lifestyles are delicious and remarkable. Thus some of the indigenous peoples living in the world are noteworthy. You can find delicious information about them here.

### **Man-Eating Race**

"Asanthe" tribes living in countries such as the northwestern African country of Kana, Sudan, and the Central African Republic of Congo have a habit of eating mentally. Similarly, the "Ban" tribes living in the Ivory Coast and Siberia are human-eating.

### **Onion Eating Race**

The Koyatribe, who live in the Indian states of Andhra Pradesh, Orissa and Madhya Pradesh, have a habit of eating onions, but they do not hunt and eat birds.

### **Snake and Frog Lovers**

Snakes and frogs are the main food of the "Kadaba" tribe living in the states of Andhra Pradesh, Orissa and Madhya Pradesh in India.

### **The Most Human in the World**

The "Mubatti" tribe, who live in the mountains of "Katturi" in the country of "Zaire", are the dwarf tribe in the world, with men measuring four feet six inches and women three feet five inches.

### **The Tallest in the World**

The Tutsis, as they are called, are the world's tallest tribe, living as a minority in Rwanda and Burundi, making up 14 percent of Rwanda's population and 9 percent of Burundi's population, with men 7 feet 13 inches and women 6 feet 10 inches. There are also

### **Culture**

The customs and way of life, culture and taste of the tribal people are delicious. This modern world follows the same pattern of how uncivilized man lived in ancient times in the lonely dense forest and high mountains.

They also live on the slopes. From deadly beasts and the fury of nature. They set up shelters in caves, cliffs, and wooden huts to protect themselves. Today, with the help of the government, some people have changed their situation to some extent. Initially undressed, they use bark, leaves, foliage, and animal skins as clothing to protect themselves from the cold and heat. At present, except for a few people in the plains, they wear yarn.

### **Language**

To differentiate and exalt mankind from other living beings. The language itself is formed by the language of the people. Language is the lifeblood of people's lives. But some signs can help people express their opinion. Symbols, facial expressions, handwriting, sketches, letters, and so on. Yet language is the head of these. "Language" is transliterated, and oral love is called "language" by the Tamils is very apt. The reason is those tribal languages are still spoken. It has no written form. Indigenous people in Tamil Nadu speak their language among their mothers and have become accustomed to speaking in Tamil when speaking to outsiders. Literacy is very backward. Each of the tribal peoples has their own mother tongue, which is just spoken. All the tribes worship their ancestors and nature (sun, moon, forest rain, etc.) Among the tribes living in Tamil Nadu, both the Todar and the Gothar worship buffalo.

One can learn the culture of that society from the activities of a society. People's thoughts are reflected in their lives. They are the culture of the mothers, the culture is set to fulfill the needs of the people. It is based on the culture in which society has the fear of being better off. People can live in harmony only because there is a system of culture in the way of life of the people. The way of culture is to know the inner feelings of the people. The human race, which was in the animal state, continues to live a civilized social life and emerges from all walks of life. Culture is therefore understood to involve the small movements of a community of people. Thoughts, lifestyle, rituals of the tribe. Their culture is based on habits. This includes all stages from birth to the death of the mother, so the culture emerges

not only from the activities of the present-day events of the tribal people but also from the traumatic activities. Tribes are of high character even though they live with a different culture. Not only sound education but his alertness and dedication too are most required.

### **Medicine**

In the days when pills, medicines and surgeries were practiced in modern ways, in the days when people were surprisingly thriving, only herbal remedies are still practiced by the majority of the Nilgiri hill tribes today. These people are using herbal medicine in their diet. It is rare to go to the government and private hospitals for treatment. They cure diseases using herbs available in the hills where the tribes live and are also doctors for the following ailments. Headband (headband). Herbal medicine is used for diseases such as cataracts, fever, abdominal pain, ulcers, fractures, rashes, scabies, vomiting, poisoning, urticaria, maternity, maternal health, and jaundice. The leaves, stems, stems, and rhizomes are also used in herbal medicine. Largely adhere to medical procedures in the absence of passage. Mostly.

### **Headband**

The "castor" plants are plucked and wrapped in a cloth around the forehead and the sides of the forehead, and the headache is cured in the morning, even if it is only at night.

### **Cataract**

Grind the leaves of the "silk" plant and take the extract three times more than the eye.

### **Sick Warm**

The leaves and stems of the "Chittagollam" plant should be mixed with a little water and its juice mixed with buffalo milk to cure fever. Along

### **Stomach Pain**

Stomach pain can be relieved by mixing water with the leaves of the "Bemathu" plant (boiled part) and squeezing it and drinking it on an empty stomach.

### **Injured**

Wherever there is an injury on the body, take the leaves of the "pug hole" plant and apply a drop or two of the extract on the injured area and the sore will heal.

### **Fracture**

In the "fracture" area, the leaves of the walnut tree are plucked, rubbed with ghee and rubbed on the fractured area, and then the bamboo stick is tied to the fractured area.

### **Psoriasis**

Take the root of the "Kadagur" plant, add a little water, mix it with lemon juice and rub it on the body to dry it. After drying, it is enough to take a bath.

### **Vomiting**

Pluck the leaves of the "mountain vine" and mix it with the required amount of water, take the juice and perhaps drink it, the vomiting stops.

### **Poison**

It is enough to pluck the leaves of the "Bothak vine" and mix it with water, boil it, evaporate it and take a bath in that water. Insect oxidation is broken down.

### **Maternal and Maternal Health**

The mother of a child with psoriasis should pluck the leaves of the "bulk" and boil it and add the rice to the juice and eat it. Two weeks later the woman's body is solid.

### **Jaundice**

Peel a squash, grate it and boil it in buffalo milk for three working days. Doing this will cure jaundice. Clinics today are also changing according to the climate. Therapies that started in paranormal medicine are growing day by day today. But some of these tribes still strongly believe in paranormal medicine. Thus the names of many diseases that can affect human beings and their treatments are unknown. He considers it a curse of God if such diseases occur to people or his children. As a result, many, many children are still suffering from deadly diseases.

### **Conclusion**

"Herbs were used as medicine because of the need to find drugs to cure various diseases in an environment where ancient humans had to fight them. This is why the most important medicines we use in the world today are derived from herbs used by tribes in different parts of the world. India is home to the most backward tribes belonging to 76 sects out of 618 castes. Of these, 5 out of 38 tribes in Tamil Nadu live in the Nilgiris. This is due to the 3 types of climate prevailing in the hilly district namely hot temperate and cold region.

Details of the Herbal Biodiversity Act should be made available to all people. Indigenous peoples are well versed in traditional medicine and plants. However, they do not have proper documentation of it. It needs to be documented. .. said . Krishnakumar, Director, Forest Genetics and Tree Breeding Institute, said that there are 47,000 species of plants, 91,000 mammals and 58,000 species of insects in our country. Of these, 12 percent are flowering plants and 8 percent are animal species. It is in our country that a large number of laws and regulations have been developed to protect the forest. Forest cover is increasing only in India and China.

Tribes in Tamil Nadu today are changing at various levels. The resulting changes Present and race them in the following five steps.

1. Ancient Tribes. Living in forests and mountains completely isolated from the Hindu community.

2. Ancient Tribes. The state of not accepting certain elements of the Hindu community but not becoming a caste form.
3. Tribes who want to become Hindus and become castes. Desiring to achieve the status of posing as a caste.
4. Indigenous tribes. But the condition of acting individually apart from the castes.
5. Tribes who became castes. Trying to identify the tribe again.

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