

Farah province folkloric medicine treatment

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Abstract: Folklore refers the people's cognition and experience; this knowledge and experiences have been passed down to us in different aspects of life from generation to generation; one of them being traditional medicine. Many people in remote areas of Farah province still use traditional medicine. These traditional and experimental treatments are popular among people and research of the researchers responsible, therefore, collect them in Farah province and provide a good source for other readers is the initials. In this article data collection is provided by survey and library study which descriptive and interview tools are used. Collection of traditional treatment experiences of Farah province. To present to the readers that traditional treatments are used in more areas. in result various methods have been mentioned, which the people of this region use to treat their ailments.

Keywords: Farah province, folklore, herbs, traditional, treatment

INTRODUCTION

The traditional beliefs, stores of society, and customs passed from generation to generation by word of mouth are called folklore. Traditional treatment from past generations is also a part of folklore. Although many people are not familiar with such herbs, now scientific experiments using technology have proven the benefits of more natural of them.

Collecting and saving these traditional treatments and experiences is the duty of a writer, so with this goal, we also researched this to save the traditional treatments of Farah province and to convey these experiences to other people. This article, first about the traditional treatment, then about the background of the traditional treatment, and finally about the types of traditional treatment and their benefits described the data collected through interviews from the people of areas of Farah province the people who had information about traditional treatment, interviewed and provided the data.

Folklore is a branch of literature; therefore, the collection of folklore data is also the subject of the researcher's goals. The value of this research is evident in several points: firstly, these are medical experiences, that are popular among the people, and with this research, these experiences will be saved in the record of the study. Second: It is the best information for physician to use for their treatments so that the medical

benefits and harms of these plants can be known and then the general public can be aware of them. Third is: After reading the article any reader, will be familiar with some folk medical experiences and will benefit from them.

I did not find any specific work or article that has compared the Collection of traditional treatment experiences of Farah province. This is probably the first research article in this section that the readers will be able to read.

We collect the primary data from the survey through interviews and secondary data will collect books, journals, and newspapers... and describe them in our paper.

The information of this research is popular among the people. The survey method is often used to collect such folklore data. First of all, we are looking for this folklore data (traditional medicine) which forms the main content of my research. In order to collect these data, we first selected the research areas and fields. We found knowledgeable, experienced, and expert people in these fields. The interviewees were people of different ages. When the research data were collected through the survey method they were described and explained under the relevant headings through the descriptive explanation.

Traditional medicine

Traditional medicine treatments are used in rural more than other treatments. The rural and mountain people treat various diseases with the help of mountain and desert plants. People of villages use these types of herbal medicines for many diseases. When someone's arm, leg, or back hurts or breaks, at that time people get an appointment with a bonesetter instead of a physician, they go to the bonesetter (Ganda Mali) and they treat them.

Satgh (*Plantago ovata*)

The scientific name of Satgh is (*Plantago ovata*). Satg is a type of plant that grows in the mountains in the spring season and has a very strong smell. Before it is cooked, it is like a lump. It is boiled in water, and after boiling, it becomes a fine paste, and then it is eaten. It is used for stomach pain excessive nervousness and insanity. Another good thing is that for toothache and injury, if a little bit is placed on the tooth, it will calm the toothache and it will be cured. This medicine is used more in the nomads and less in the villages (Afzali, 2023).

Mokhalasa

Mokhalasa is a type of mountain medicine, which is used for health. These plants turn green in spring. When the fruit of this seasonal plant is ripe, it is dried and then put in boiling water and after it is well dissolved, it is used for high fever, body aches, and headache (Firooz, 2023)

Kalfora (*Teucrium polium*): The scientific name of kalfora is (*Teucrium polium*).it is one of the mountain medicines, which is one of the seasonal herbs. People use kalfora for diabetes (karimi, 2023).

Olek: Sang Olek is a type of mountain root. This mountain root is put in boiling water and takes color in the form of tea. This type of drink is used by villagers and farmers to treat stomach aches, body aches, headaches, and appetite. By eating this plant, the pain of the whole body is reduced and it has a calming effect (Nezami, 2023).

Moum Lai: Moum Lai, popularly known as (Molaya). It is a type of mountain medicine, which is used for medicine. It is found on the rocks of the mountains. Some people call it mountain rock boil, but actually, it is a kind of mineral moisture, which comes out of mountain rock fissure due to the acid of the sun and hardens. Moum Lai is very hot, dry, and pungent in nature, with bad taste and dark in color, which is used in human and animal medicine. Moum Lai is considered to be a very useful medicine for body injuries and wounds. Humans eat it for stomach pain and stomach ulcers. Sometimes it is placed on the wound of the body and with this the wound heals quickly also the mountain sheep naturally eats for broken bones and wounds and injuries (Nikmal, 2023)

Abdul Sattar Faizi says this: It gives strength to the heart, brain, and all parts of the body. It has aphrodisiac properties, dries body moisture, increases sexual power, and gives phlegm if dried in milk or oil. Cuttlefish bodies and broken heads are quickly repaired, if slightly dissolved in olive oil. And drops in the ear. Toothe ear pain, Moum Lai is available in the market and many people use it (Faizi, 2012).

Tarkha (Sophora - Pachycarpa)

The scientific name of Tarkha is (Sophora - Pachycarpa). It has been used in a number of other regions and provinces. Tarkha is an annual plant that grows in mountains, mountain slopes, and deserts. The Tarkha has many buds and looks like a bud and has many small leaves. The plant has a height of (15-30) cm. There are three types of Tarkha: desert Tarkha, mountain Tarkha, and Seabandy Tarkha; The best Tarkha Seabandy is considered Seabandy, because it is very strong. It has a pungent and bitter taste and smell (Zobier, 2023)

The Tarkha is first dried by the sun, then it is ready to be eaten after it has been thoroughly fermented. Many benefits of bitter have been proven and many people use it for various diseases such as indigestion, heartburn, stomach ache, walking, and sore throat and appetite in newborn children (Afzali, 2023)

Similarly, Professor Muhammad Bashir Dudayal. Also, it talked about the benefits of Tarkha. Bitter gives pain in the stomach, and relieves stomach cramps, constipation, and indigestion. The way to eat it is to mix a cup and half a glass of water and drink it (Dudyal, 2004).

Barthang (Plantago Major)

Barthang (Plantago Major) is a plant that grows naturally in gardens, deserts, and fields in spring. This annual plant has broad green leaves from these leaves, small spikes grow and from these spikes, bartang seeds are formed on the tops. Barthang

seeds are very small and round in shape, and ripen in summer. For children's cough, water is poured into the bartang and given to the children. It is also considered a good medicine for chest congestion, colds, and sore throat (Firooz, 2023). Muhammad Bashir Dudayal wrote his book about bartang: Bartang is also called Zof in other regions, which is given to breast disease, cough, phlegm, bloody phlegm, gonorrhoea, and mothers to keep the stomach and intestines normal (Dudyal, 2004).

Take the leaves of Bartang, take out the water, and swish it in your mouth. It is good for mouth sores and if applied in the nose it also cures sores in the nose. If the nose is bleeding, stop it. If you grind the root of bartang and take the water in your mouth, it soothes the toothache and strengthens the gums. It is considered a useful treatment for cough, cold, stomach ache, and lung, and stomach ulcers, mostly used for children's illnesses. Bartang strengthens the liver, spleen, and kidneys. Barhang is good for intestinal pain and colic, and the patient, who has intestinal pain and intestinal inflammation, should make Barhang water mix it with a little yellow onion, and eat it (karimi, 2023).

Mountain tea: One of the natural mountain herbs is mountain tea. It is a kind of green plant, which has green leaves, which are boiled in boiling water and tea is made, it has the same taste and color as our usual tea. Many nomads and mountain people use it for medicine. This mountain plant is considered a very useful plant for some diseases such as body pain and headache (Nezami, 2023).

Faloss: The scientific name of Faloss is (Cassia Fistula), Faloss is brownish to black in color. The Faloss is first moistened in hot water and then crushed completely. Then filter this water with a cloth, which is useful for many diseases. Constipation disappears, normalizes the stomach, and it is a good treatment for sore throat (Nikmal, 2023). In another book writes about Floss. Floss relieves inflammation of the mouth and throat, relieves constipation, and relieves swelling livre If the knee is lubricated, the pain will be relieved (Ahmadzai, 2010). Floss is considered a useful remedy for breast disease, colic, and constipation (Faizi, 2012).

Sperki: The scientific name of Sperki is (Foeniculum vulgare). It's found naturally in gardens, deserts, and agricultural fields. The sperki plant has a height of (18-35 cm), which consists of small white flowers These flowers are slowly becoming seeds of the sperki seed and ripen in the summer. The taste of sperki is slightly bitter, so it is eaten together with candy, which is useful for many diseases. If given to a child. Relieves flatulence and colic pain and is also a good remedy for constipation and intestinal worms (Zobier, 2023).

Clove (Lawang): The scientific name of Clove is (Sytygium aromaticum). Clove is used by people in many areas. Cloves are eaten by some people for bone pain and are considered very beneficial. Cloves are very beneficial for those who have stomach acid and are also good for other ailments. Stops vomiting, corrects flatulence, calms

the stomach and heart, digests food, stops diarrhea, increases sexual power, makes the mouth taste good, strengthens the teeth, and also for cough and phlegm (Nikmal, 2023). If cloves are eaten, the intestines will not get irritated. If elderly people eat it continuously, they will be safe from stomach and digestive diseases. Cloves are also used in making medicine. If cloves are put in a glass of hot water and eaten after ten minutes, it opens the brain (Ahmadzai, 2010).

Poshay: Poshay is naturally found in the mountains, valleys, and lakes. Poshay has other names. The water of the Poshay is useful for back pain and also for leg pain. If someone has a stomach disease, it brings indigestion and appetite to the stomach (Firooz, 2023).

Harira (plantago majorl): The scientific name of Harira is (plantago majorl):. mostly used for children's diseases such as diarrhea and colic in children (Nezami, 2023). Harihara is a very useful and harmless plant. There are three types of Harihara. It removes body heat, wind, and phlegm, relieves the stomach, removes heart, brain, and stomach diseases, improves eyesight, coughs and sneezes, dysentery, piles, flatulence, and sore throat. it removes the heat of the body and makes the stomach clear. The method of making it is like this, first put some water in a pot, enough to cover the Harihara, then boil it well, and when it becomes muddy, then eat it (Nikmal, 2023).

Mint: The scientific name of mint is (Mentha Specta Lavar Crispate Schrad). Mint is a small annual plant. It has green leaves, which are found and cultivated wildly in different regions of our country. Our people usually put it in buttermilk during the hot season and drink it. Nana has several important elements. Eating it is beneficial for headaches, bad breath, respiratory disease, and heart disease. Boiled mint is a good medicine for stomach and heart pain, nervous tension, and also for diarrhea. If boiled mint is sprayed the skin eliminates itching (karimi, 2023). There are nine compounds in mint, which are very effective in expelling phlegm. It can affect the respiratory system in the form of capsules. It corrects the acidity of the stomach, corrects flatulence, calms cough, gives liver mucus, relieves headache, and brightens the eyes if chewed. Soothes toothache. Mint has other benefits as well. It works the stomach, calms the nerves, relieves nervous pains, gives bitter disorders, gives heartache, and stops dizziness and vomiting, if the child has respiratory vapors, it digests food. Mint has effectiveness for up to three years, which should be dried in the shade. Use of mint; One teaspoon of mint is taken in a glass of water or milk for two glasses a day (Ahmadzai, 2010).

Caraway (Carum Carvil): The scientific name of Caraway is (Carum Carvil). Caraway is found in rural, deserts and mountains. Caraway has many benefits. It is especially good for children's cough and appetite (Afzali, 2023). Caraway cures flatulence, appetite, respiratory tract inflammation, cough, and colon inflammation. if

black seed is combined with Caraway; It increases the milk of the mother of the child (Dudyal, 2004).

Shin Shubi: The scientific name of Shin Shubi (*Mentha Pulegium*). Shin Shubi is a fragrant herb, which belongs to the mint family. People don't plant green grass, but it grows in the garden and on the banks of rivers and has many benefits. If the mouth is washed or swallowed, it smells good and kills microbes. Appetite, gives flatulence and has digestive properties, purifies the blood, cleans skin wounds, calms cough, eating Shin shubi softens the stomach, and cures dysentery (Nezami, 2023).

Cumin: The scientific name of Cumin is (*Cuminum setifolium*). White sedge is a grassy biennial plant. In the first year, there is only a bunch of stems and leaves. But in the second year, it produces a strong and tall stem, on the top of which the seeds are formed and grow. The height of the plant is (30to150) cm. The seeds are small and oval in shape (karimi, 2023). In English, it is called a Cumin. It strengthens the stomach. Improves the digestive system. It is a substance that regulates the menstrual cycle of women. It is a useful medicine for intestinal infections and diarrhea. Cumin is used for children's sore throats, vomiting, and appetite and also for adults' indigestion (Faizi, 2012).

Eating turnips for the common cold: When the common cold virus enters the human body, low fever, headache, and other such diseases occur with it. Some people use turnips for this disease, the first turnips are put in water and boiled, and after boiling black pepper and salt are put on the turnips. This food is considered a useful treatment for colds and headaches (Nezami, 2023).

Rabbit blood: There are some people who have shortness of breath and their breath stops and they use different things. One of them is the use of desert rabbit blood. He said that I told some people who have asthma. I brought him the blood of a wild rabbit, and he eats it to relieve his pain and derives great benefit from it (Nezami, 2023)

Using garlic for pimples: Dry garlic is mixed in a pot and placed in the place where the pimples are located. And the pain is reduced, because this work is done effectively and efficiently (Zobier, 2023).

Placing salt and ghee on the body for swelling: When a person's hand or leg has pain and swelling, the mountain people anoint the place with ghee put a little salt on that place, and tie it in a cloth. After that, the swelling and pain will be reduced for several hours (Firooz, 2023).

CONCLUSION

Traditional treatment is the treatment that people in the villages use from various desert and mountain plants to treat various ailments. These plants have different types, each of which is used as medicine for a disease. Although many people are not familiar with these types of plants, but now technology permit experiments have proven the benefits of more natural plants. In the majority of mountainous regions of Afghanistan,

nomads and other people who do not have access to health centers still use traditional treatment up to 80%. Although traditional treatment is beneficial, if it is used by inexperienced people, then it is very harmful. It can even cause the death of a person. Traditional treatment is done using natural materials, there is no special damage, and it is cheap and affordable in terms of consumption.

Collecting folkloric information is one of the duties of the writer so that we can preserve the heritage and customs of our ancestors on paper. Traditional medicine is one of the good customs of this land.

I studied a lot in this area, so I realized that there had been written about it before, such as in the villages of Khushal Khan and some other writers had also researched it, but no one had researched the area of Farah yet. Another thing is that in this research, we interviewed the people of Farah province who had information about this.

DISCUSSION

Folklore is an expression derived from two words: folk and lore, which means people and the second part means education. In the term, all the material and spiritual things that are created from human knowledge and experience are included in folklore (Azmoon, 2016).

The old folklorists used to compose their material according to the subject, and this type of composition is still used. Mr. Qadir Tarakei has divided folklore in Kabul magazine into two parts, material and spiritual.

The second part of the Spiritual part is education. It is divided into the following:

1. Medicine: type of treatment for old women, effective herbs and stones, sedation.
2. Snake charmer: Treatment of scorpion and snake bites with expensive herbs and stones.
3. Astrology
4. Strange sciences: like the elf brought to order.
5. Public psychology (Rohi, 2015).

In the above classification, there is a place for traditional medicine in the education part, which means that traditional medicine is a part of folklore, so its collection and preservation are the duty and responsibility of writers. Therefore, we want to collect this part of the folklore of the Farah people.

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