



Traditional Sudanese Medicine

Quick Tour

Professor

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What is TM?

- The sum total of all the knowledge and practices, whether explicable or not, used in diagnosis, prevention and elimination of physical, mental or social imbalance and relying exclusively on practical experience and observation handed down from generation to generation, whether verbally or in writing. (WHO)



Utilization

- Cost
- Availability
- Accessibility
- Affordability



Why do we care?

- Tap TM/CAM real potential for people's health and well-being while minimizing the risks of unproven or misused remedies



Lay Labels

- Tibb
- Matbub
- Tabbab al-jarh
- Tabbab al-kasr
- ..



Concepts

- Affliction & Misfortune
- Disabilities
- Death
- Sanity & insanity
- Health
- Ill-health
- Medicine



Beliefs

- Supreme beings
- Supernatural beings
- Evil Eye
- Magic
- Witchcraft
- Sorcery
- Natural phenomena



Practitioners

- Religious Healer
- Witchdoctor
- Kujur
- Bonesetter
- Herbalist
- Shallag
- Midwife
- Zar Shaikha
- Tumbura Shaikh

- Unnamed:

- Artificial limb
- Washm
- Wasm
- Shullukh
- Fisada
- Circumcision
- Women beauty
- Cupping
- Hillaig
- Haiyfat
- Uvulectomy
- Massage
- New breed
- Hallag (sanitary barber)



Diagnostic methods

- Mandal
- Raml-sand divination
- Wada (cowrie shell)
- Dream interpretation
- Numerology
 - Awfag
 - Jaffar Asghar
 - Jaffar Akbar
 - Zayirga
- Augury
- Omens
- Ordeals
- Isitkhara
- Khaira
- Fath al-Ilba
(Tin divination)
- Cup divination



Practices (Religious)

- Baraka
- Karama
- Mihaya
- Rugia
- Azima
- Shifaa
- Ta'wieza
- Shrine sleep
- Shrine visits
- Tas-iet
- Bakhra
- Takhriga



Practices (Magical)

- Zar
- Magic
- Witchcraft
- Sorcery
- Evil Eye



Practices (Surgical)

- Caesarian Section
- FGC
- Male circumcision
- Adal
- Tas-heem
- Uvulectomy
- Keloid formation
- Cupping
- Blood letting
- Cautery
- Shullukh
- Wasm
- Washm
- Trepination
- Midwifery
- Dental extraction



Practices (Harmful)

- FGC
- Shulukh (Facial scarring)
- Taboos
- Poisons
- Narcotics
- Preferential baby care
- Baby feeding and weaning



Practices (General)

- Rituals
- Symbols



Treatment techniques

- Surgery
- Bone setting
- Catheterization
- Couching
- Vaccination
- Variolation
- Massage
- Hot mineral water
- Faith healing
- Psycho-therapy
- Music psychodrama



Recipe forms

- Muscle relaxants
- Poisons
- Toxins
- Laxative and purgatives
- Aromatic
- Emmenagogues
- Diuretics
- Astringent
- Lactogenic
- Emetic
- Culinary
- Psychotropic
- Narcotic
- Analgesic
- Molluscicidal
- Anti-septic
- Anti-helminthic
- Oxytocic
- Abortifacient
- Contraceptive
- Spasmolytic
- Tonics
- Sedative
- Fungicidal



Pharmaceutical forms

- Potions
- Macerates
- Decoctions
- Powders
- Sachets
- Pills
- Gargles
- Ointments
- Oils
- Poultices
- Suppositories
- Enemas
- Incense
- Nose & ear wash
- Eye lotions & drops
- Lozenges
- Powders
- Emollients



Surgical Instruments

- Lazim
- Samandia
- Murwad
- Risha
- Makhri
- Ishfa
- Ibra
- Kamaya
- Fass
- Saliha
- Sakkien
- Mulgat
- Masalla
- Tabb



Healing Centres & Places

- Maseed
- Atara
- Clinics
- Home
- Sanctuaries



Prevention

- Amulets
- Roots
- Variolation
- Isolation (Kurbaba, kujra, & kurfa)
- Clothes
- Dwellings
- Nuba Patens



Women health

- Conception
- Fertility & infertility
- Virility, femininity & sexuality
- The course of gestation
- Contraception
- Abortion
- Midwifery
- Scented Massage
- Scented Smoke bath



Child health

- Baby feeding and weaning
- Teething
- Birth anomalies
- Monstrosities
- Mental stimulation
 - Khalwa
 - Ahaji
 - Nursery rhymes
 - Quizzes



Food

- Types
- Preparation
- Preservation
- Menu choice
- Taboos



Beverages

- Types
- Preparation
- Preservation
- Choice



Water

- Sources
- Procurement
- Preservation
- Purification



Sanitation & Hygiene

- Maintaining a healthy environment
- Waste disposal
- Latrines
- Water & food safety
- Control of vectors
- Clothing
- Housing
- Burial rites
- Body care
- Teeth brushing
- Hair care



Taboos

- Religious
- Social/cultural
- Food taboos
- Pregnancy & confinement
- Breaking taboos



Foreign Influences

- North African
- West African
- East African
- Arabic/Islamic
- Graeco Roman
- Etc



Hazards

- Misconceptions
- Ill-founded therapies and practices
- Unfounded claims and statistics
- Ineffective therapies
- Delay of effective measures
- Agent abuse
- Adulteration of recipes
- Ignorance
- Secretiveness and monopoly
- Charlatanry & quackery
- Unexpected risks and side effects



Sources of Study

- Oral
- Ancient books
 - Tazkira
 - Ibn Sirin
 - Al Mufradat
 - Al Rahma
- Sudanese books
 - Al Sayigh
 - Al Tabaqat
- Manuscripts
 - Hasan Sala
 - Al Hakeem
- Archaeological
- Palaeo-pathology
- Artifacts



Conservation

- Pharmacopoeia
- Monographs
- Manuals
- Bibliographies
- Museum



Policies

- National Office
- National Programme
- Expert committees
- Regulatory Directorate



Laws, bylaws & regulations

- Laws
- Regulations
 - Manufacturing
 - Registration
 - Marketing
 - Patents



Research

- Medicinal and Aromatic Herbs Research Institute (1972)
- Traditional Medicine Research Institute (1982)
- WHO Collaborating Centre for Research in Traditional Medicine (1984)
- Sudan Medical Heritage Foundation
- Universities



Profession

- Organization
- Societies



Teaching & Training

- Schools
- Colleges
- Courses