

## Indigenous Knowledge

### Healing in Fiji

#### Introduction

Indigenous knowledge in Fiji includes many types of healing. These healing practices are passed down from ancestors and are still used today. They can be divided into two main parts:

- 1. Healing with medicinal plants.
- 2. Healing through bone setting, massage, and healing waters.

#### Medicinal Plant Healing

##### Kava (Yaqona)

Kava, also called Yaqona, is one of the most important plants in Fiji. It is used in ceremonies and as medicine. People drink it to feel calm and relaxed. It can help reduce pain, stress, and help with sleep. The main chemicals in kava are called kavalactones. These can relax muscles and reduce inflammation. But drinking too much kava can harm the liver, so it should be used carefully.

##### Botebote Koro (*Ageratum conyzoides*)

Botebote Koro is a common healing plant in Fiji. The leaves are crushed and used on cuts, boils, and swellings. It has natural chemicals that fight germs and reduce pain. It is mainly used on the skin for wound healing.

##### Totodro (*Centella asiatica*)

Totodro is another plant used in Fiji for healing. It is used for rashes, stomach pain, and wounds. People sometimes make juice from its leaves for skin problems. It is known for reducing inflammation and helping wounds heal faster.

##### Noni (*Morinda citrifolia*)

Noni is a plant found across the Pacific, including Fiji. Its fruit and leaves are used to treat stomach pain and swellings. Some people drink noni juice as a general health drink. It is believed to help the immune system and reduce infections.

#### Healing Waters

In Dawasamu, Fiji, there is a place called Natadradave. The water there is believed to have healing powers. Visitors say it helps cure skin and eye problems when they bathe in it. Many people travel there because they believe in the healing spring. Scientists have not proven these powers, but it is important in local culture.

### **Bone Setting and Alignment**

Bone setting and alignment are traditional healing skills in Fiji. Healers use massage, touch, and sometimes plant medicine to help people with broken bones or dislocations. Some healers are known for having a 'magic touch'. While there is little scientific proof, many people trust these healers based on community experience.

### **Conclusion**

Fiji has a rich history of indigenous healing knowledge. Medicinal plants, healing waters, and bone setting continue to play an important role in the community. While some methods are proven by science, others are based on tradition and belief. Both are valuable parts of Fiji's culture and health practices.