Nalderun Education Aboriginal Corporation
Curriculum Resource

Resource Title	Traditional Medicine
Aboriginal Protocols	
Person	Aunty Julie McHale
Mob Group/Country	Aunty Julie is a Trawlwoolway woman of the Palawa nations.
Content Country	This resource was created on Djaara country of the Kulin nations.
Curriculum Area	• Science VC2S10H01
Year Levels	• 9 - 10, Secondary
Pedagogies	• The 8 Ways, Learning Maps
Ways of Assessing	
First Nations Education Academics that back your reasons	
Any other info / comments	

BRACKEN FERN (Pteridium esculentum)	SHRUB

Description: A perennial shrub (0.7-1.5m tall) with dark green, glossy and hard fronds on stiff stalks joined to hairy rhizomes (underground root-like stems) that contain slimy white starch.

Uses: The sap from the stems of young ferns was applied directly to insect bites by Aboriginal people to relieve the pain. A tea made from leaves and leaf stalks can be used to help rheumatism (Lassak & McCarthy, 2001).

Tea tree oil

(*Melaleuca alternifolia*)

Bundjalung Aboriginal people from the coast of New South Wales crushed tea-tree (or paper bark) leaves and applied the paste to wounds as well as brewing it to a kind of tea for throat ailments. In the 1920s, scientific experiments proved that the tea-tree oil's antiseptic potency was far stronger than the commonly used antiseptic of the time. Since then, the oil has been used to treat everything from fungal infections of the toenails to acne.

Emu bush

(*Eremophila sp.*)

Concoctions of emu bush leaves were used by Northern Territory Aboriginal tribes to wash sores and cuts; occasionally it was gargled. In the last decade, leaves from the plant were found to have the same strength as some established antibiotics. South Australian scientists want to use the plant for sterilising implants, such as artificial hips.

Snake vine

Nalderun Education Aboriginal Corporation https://nalderun.net.au

(*Tinospora smilacina*)

Communities in Central Australia used to crush sections of the vine to treat headaches, rhumatoid arthritis and other inflammatory-related ailments. The sap and leaves were sometimes used to treat sores and wounds.

Sandpaper Fig and Stinking Passion Flower

(*Ficus opposita*) / (*Passiflora foetida*)

The combination the two plants were used in northern coastal communities to relieve itching. The rough leaves of the sandpaper fig were crushed and soaked in water, the rubbed on the itch until it bled. The pulped fruit of the stinking passion flower was then smeared on to the affected area. Sandpaper fig leaves have also been used to treat fungal skin infections such as ringworm, sometimes in combination with the milky sap.

Goat's foot

(*Ipomoea pes-caprae*)

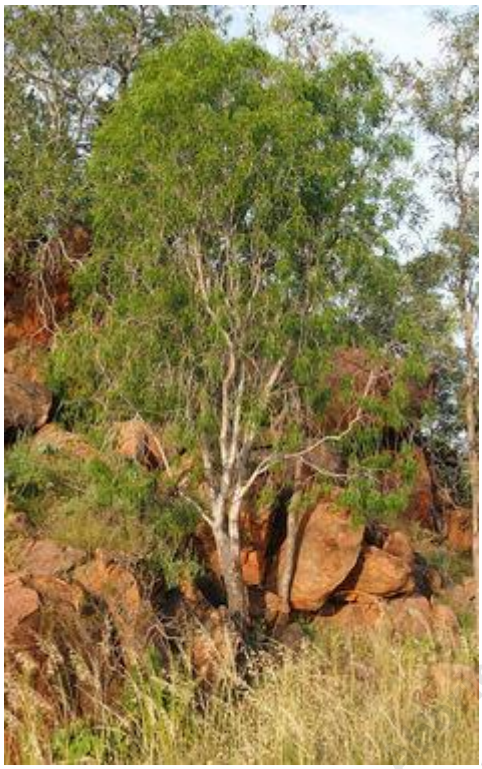
For pain relief from sting ray and stone fish stings, mobs from northern Australia and parts of New South Wales, crushed and heated the leaves of the plant, then applied them directly to the skin. Goat's foot is common near sandy shorelines across Australia.

Nadeloun Education Aboriginal Corporation https://nadeloun.net.au

STINGS	Nipan (Capparis lasiantha) Native hop (Dodonaea viscosa) Beach convolvulus (Ipomoea pes-caprae) Snakevine (Tinospora	Whole plant infusion applied Chewed leaves bound to sting Heated leaf applied Root poultice

	smilacina) Peanut tree (Sterculia quadrifida)	applied Heated leaves pressed on sting

Gumby Gumby – an all-rounder



P. angustifolium. Mark Marathon/Wikimedia Commons, CC BY-SA

Pittosporum angustifolium – also known as "Gumby Gumby" – was involved in a significant number of traditional medicinal applications. The most common of these were related to treatment of coughs and colds and eczema, and for lactagogue (milk let-down) activity. Volatiles from Gumby Gumby have structural similarities to compounds identified in mother-infant bonding (including acetic acid decyl ester or 1-dodecanol, if you'd like more detail).

Perhaps these compounds were traditionally involved as a lactagogue, particularly because the leaves were used in heating as a compress and to fumigate a nursing woman's breasts.

Nalderun Education Aboriginal Corporation https://nalderun.net.au

Acacia estrophiolata Traditional medicine[edit]

Parts of the tree are used topically to treat skin problems such as burns, cuts, scabies, sores and it is also used for treating major wounds. It is used as a lotion to treat eye problems

- Acacia falcata Australian indigenous people use the bark to make a liniment for treating ailments of the skin

- Centipeda cunninghamii (Old Man Weed)*C. cunninghamii* has a long history of traditional use by Australian Aboriginals for wounds, infections and inflammation.[5]Traditional methods of use most commonly involve binding leaves of the plant directly to the forehead or other parts of the body, so that body heat may release the plants oils which are then absorbed into the skin.[5] It may also be taken orally, sometimes mixing it with emu fat or boiling/soaking it in water to create a tea. In cases of oral ingestion, traditional medicinal authorities have cautioned to carefully regulate the dosage as the plant may be toxic if taken in large amounts.

E

- Erythrina vespertilio
- Eucalyptus vernicosa

V

- Ventilago viminalis

What is a poultice? A homemade poultice is made by mashing herbs, plant material or another substance with warm water or natural oils to make a paste. The paste can be applied directly to the skin and covered with a piece of clean cloth. If the herb used is potent such

Nalderun Education Aboriginal Corporation https://nalderun.net.au

as onion, garlic, ginger, mustard, etc., you may want a layer of thin cloth between the skin and the herb. The cloth can then be covered with plastic wrap to hold in the moisture. The poultice can be changed every 3 to 4 hours or whenever it dries out.

9JAN2014

HOW TO MAKE A HEALING SALVE

Posted ByHerbal Academy

/

Comments26

In the online herbal apprenticeship, we are studying plant energetics and their actions. Many of us in the herbal community share a passion for seeking out natural homemade remedies. We are not only studying plant's actions individually, but also how to create vehicles for these herbs to work together with the body. These vehicles have names like a **healing salve, tincture, infusion, decoction, and many more**.

One of the best ways to receive the benefits of herbs as well as alleviate dry skin is through the creation of a healing salve. The skin is one of the largest gateways on the body to receive actions of the plants. Calendula, or *Calendula officinalis*, known commonly for its skin healing magic is a great herb to start with in salve making. It is used to heal wounds, rashes, and other skin irritations. This time of year, dryness, and irritation can be prevalent due to the weather's icy bite and moisture-sapping indoor heat.

Nalderun Education Aboriginal Corporation https://nalderun.net.au



Nalderun Education Aboriginal Corporation https://nalderun.net.au

A How-To Guide to Making a Healing Salve

If you would like to play with your own mixture, it is highly recommended to research the actions and energetics of herbs. For the recipes provided today, here is some brief information on the herbal actions indicated.

- Meadowsweet (*Filipendula ulmaria)* has anti-inflammatory actions. Meadowsweet, combined with calendula, which is healing for the skin, can soothe sore feet, hands, and shoulders as well as rough cracked skin that go along with hard work.
- For a dry skin salve, you can use a calendula base, then add lavender (*Lavandula)*, which is soothing and anti-inflammatory. The addition of coconut oil is very moisturizing as well as a nice compliment to the lavender smell.

To make a salve, you must have the following materials:

- 1 cup of oil (coconut, or olive oil is best) – *choose an organic oil like this one*
- Equal parts dried herbs – *we purchased our herbs at Mountain Rose Herbs*
- 1 ounce of beeswax (shaved)
- Cheesecloth
- Jars or containers to store salve in – *We recommend using glass or tin containers which you can find easily on Amazon. Containers can be purchased in a number of sizes based on personal preference.*
- Essential oils are optional – *like these*

Nalderun Education Aboriginal Corporation https://nalderun.net.au



For the suggestions recommended above, here are the homemade salve recipes below.

Nulderun Education Aboriginal Corporation

Aches and Pains Salve

-

Ingredients

One part dried meadowsweet
One part dried calendula
One cup of olive oil
One ounce of beeswax
15-20 drops of roman chamomile essential oil to relax

Ingredients

One cup of coconut oil
One part lavender
Two parts dried calendula
One part dried rose
One ounce of beeswax
15-20 drops of grapefruit essential oil to uplift

The first step to making a healing salve is to create an herbal oil infusion.

Creating an herbal oil infusion can be completed through the double boiler method:

- Place herbs and oil in Pyrex container or smaller pot, over top of a large pot with water about $\frac{1}{4}$ full.
- Bring water to a boil.
- Once water is boiling, you can then turn the stove down to a simmer and let the herbs and oils infuse in this double boiler method for 30-60 minutes.
- Take care not to splash water into your oil/herb infusion.

Nalderun Education Aboriginal Corporation https://nalderun.net.au



Another method for making an infusion is called solar infusion. In this method, place herbs and oil in a sealed Mason jar and then position the jar in a sunlit area for 4-6 weeks. You can find more methods for creating making herbal infusions here.
Once you have completed your oil infusion, remove from heat and set aside.

Now you will prepare your infusion for the salve:

- Place three layers of cheesecloth over top of a funnel or atop a bowl.
- Pour the infused oils over cheesecloth to strain oil and keep herbs separated.
- Once drained, gather the cheesecloth with your clean, dry hands and squeeze out the remaining oil.

Super Side Note! You can compost the remaining herbs in the cheesecloth. Or if you are using coconut oil, you can tie off the cheesecloth with a rubber band or string and place into a steaming bath for moisturizing and soul-awakening deliciousness.



Making The Healing Salve

- Place your shaved beeswax in a pan over low heat, and pour the infused oil over top and melt together.
- Once the beeswax and oil have combined, pour the mixture into jars.
- Place your herbal salves the refrigerator for about 10-15 minutes to determine the solidification of the salve.

Using less beeswax will yield a more creamy salve, and more generous usage will yield a harder salve.

Nalderun Education Aboriginal Corporation http://nalderun.net.au