# Nalderun Education Aboriginal Corporation
## Curriculum Resource

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|---|---|
| Resource Title | Traditional Skin Treatments |
| 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 VC2S8H02 |
| Year Levels | • 7 - 8, Secondary |
| Pedagogies | • The 8 Ways, Community Links |
| Ways of Assessing | |
| First Nations Education Academics that back your reasons | |
| Any other info / comments | |

# MANNGA

**(BRACKEN FERN-*Pteridium esculentum*)**



**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. The new growth was eaten but only in small quantities.

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# GUKWONDERUK

**(OLD MAN WEED-*Centipeda cunninghami)***



Gukwonderuk is an erect Australian perennial herb perennial of the Daisy family (Asteraceae).

Old Man Weed has a long history of traditional use by Australian Aboriginals for wounds, infections, bites 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.

# BUDJOR

## (TEA TREE-*Melaleuca alternifolia)*



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Numerous Aboriginal communities along the east coast of Australia have a long history of using tea tree as an antiseptic for skin conditions. The leaves were crushed and applied as a paste to wounds and skin abrasions. Oils from the crushed leaves were also used to treat sore throats, bites and coughs.

*The legendary Princess Eelemani of the Bundjalung people was the Johnny Appleseed of tea tree oil. In the legend of Eelemani we learn of a beautiful princess who has to leave her true lover and travel through the bushland of coastal New South Wales. The journey was long and the forest trail was unknown to Eelemani. She was concerned that the return to her loved one and family would be difficult. Eelemani was no ordinary princess and so she spoke to the Gods of the earth and planets and was rewarded with special seeds that were to be sown along the trails.*

*As Eelemani walked through the forests, the bell birds called reassuringly and willie wagtails followed protectively through their territory. The special seeds were scattered on the moist, fertile forest soil. Falling to the ground, they grew roots and shoots and flew towards the sunlight. So remarkable were these trees that their beautiful white paper bark stood out from all the other trees. At night the polished sheen reflected the light of the moon showing the trail. Eelemani felt so safe knowing that the Gods had given her such a powerful marker to protect her on her journey.*

*And so the trees of Eelemani flourished and over the aeons of time the Bundjalung people came to learn of the magical properties: Just as the trees had protected Eelemani, the leaves were found to protect against infection and skin ailments.*