

## Rural Health Development Programme Nepal - EcoHimal

### Case Study: Traditional Healer

***“Our relation with Sub-Health Post is  
very good”***

This is the personal experience of the 60-year-old traditional healer **Bir Bahadur Rai** of Bakachol, Khotang District, Nepal.

He is a member of the traditional healers' association in Bakachol.



**Bir Bahadur Rai**  
Photo: EcoHimal

EcoHimal Nepal formed a VDC level traditional healers association organizing us in a group. Before, we used to cure the villagers traditionally by throwing rice and herbal leaves on the body of patients, lighting incense (dhoop) and oil lamp (Diyo), feeding Sunpati, Titepati (medicinal herbs). In this way we formerly used our knowledge for curing patient but now after organizing in association we have established the tradition of discussing and sharing methods and ways of treatment and use of medicinal herbs as home made medicines for curing the patients. In addition, we became aware of modern medical treatments and their importance. Now after our treatment we send patients to the Sub-Health Post for further treatment. We are aware of the referral system and apply it in our daily life. The interesting thing is that patients were referred to us as well. Our relation with the Sub-Health Post is very good. We offer puja, offer our herbal medicine to the patient, if the patient is not cured with herbal medicine and puja, we recommend the responsible person to take the patient to hospital and we also help them to transport them there.

Bir Bahadur was interviewed by Sangita Shakya, Health Programme Officer, EcoHimal Nepal, in December 2011.

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