

TRADITIONAL HEALING IN SOUTHERN AFRICA

PRIMARY SCHOOL WORKSHEET



1. Look carefully at the display and describe the *sangoma's* clothing and jewellery. Why do you think she is dressed like this?

2. Name some of the items that are arranged around her.

What do you think they are used for?

3. Name the 2 types of traditional healers and say what each one does.

4. Explain how someone becomes a *sangoma*.

5. Which types of problems does a traditional healer help people with?

6. Explain how a traditional healer diagnoses problems. (How do they tell what is wrong with a patient?)

7. Name 4 things that traditional healers believe are the causes of illnesses.

8. What are their medicines made from?

9. What is an "African Injection"?

10. Name some rituals that a *sangoma* may perform.

11. Why are protective plant charms worn?

12. Explain what a *sangoma* believes about

a. Black and red medicines _____

b. White medicines _____

13. Role Play

Examine the labels on the bottles.

One of you is a traditional healer and the other a patient.
Choose a symptom and ask the healer to provide a treatment.

Here are some traditional cures as examples:

- *Grated turnip is applied to the skin to heal acne.*
- *iNngwevu - elephant's foot is used to treat rheumatism.*
- *Radish juice is used to kill germs.*
- *The Calendula flower (marigold) is applied to the skin to draw poison from insect bites.*
- *Tea brewed from the marigold plant is used to relieve fever.*

14. Western medicine would prescribe different medicines for the ailments described above. If you visited a Western trained doctor, what medicines would he/she prescribe for these ailments?

➤ Acne _____

➤ Rheumatism _____

➤ Fever _____

➤ Influenza _____