



TRADISONEL MERESIN BLONG PIKININI LONG VANUATU: STADI LONG SANTO MO EFATE

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WANEM WOK WE TRADISONAL MERESIN I MEKEM LONG VANUATU?

Vanuatu i gat klosap 80 aelan long Pasifik. Wetem ol bigfala maonten, bus, mo difren kaen klaemet - sam ples oli wetwet mo sam oli drae. Plante difren kaen plant i stap long Vanuatu, araon ova 2,500 difren spesies i stap, mo klosap 700 long olgeta oli yusum long tradisonal meressin. Be nating se kantri ia hemi rij long ol plant, i no bin gat plante stadi long ol meressin plant ia olsem long ol kantri raonabaot olsem Niu Kaledonia mo Fiji.

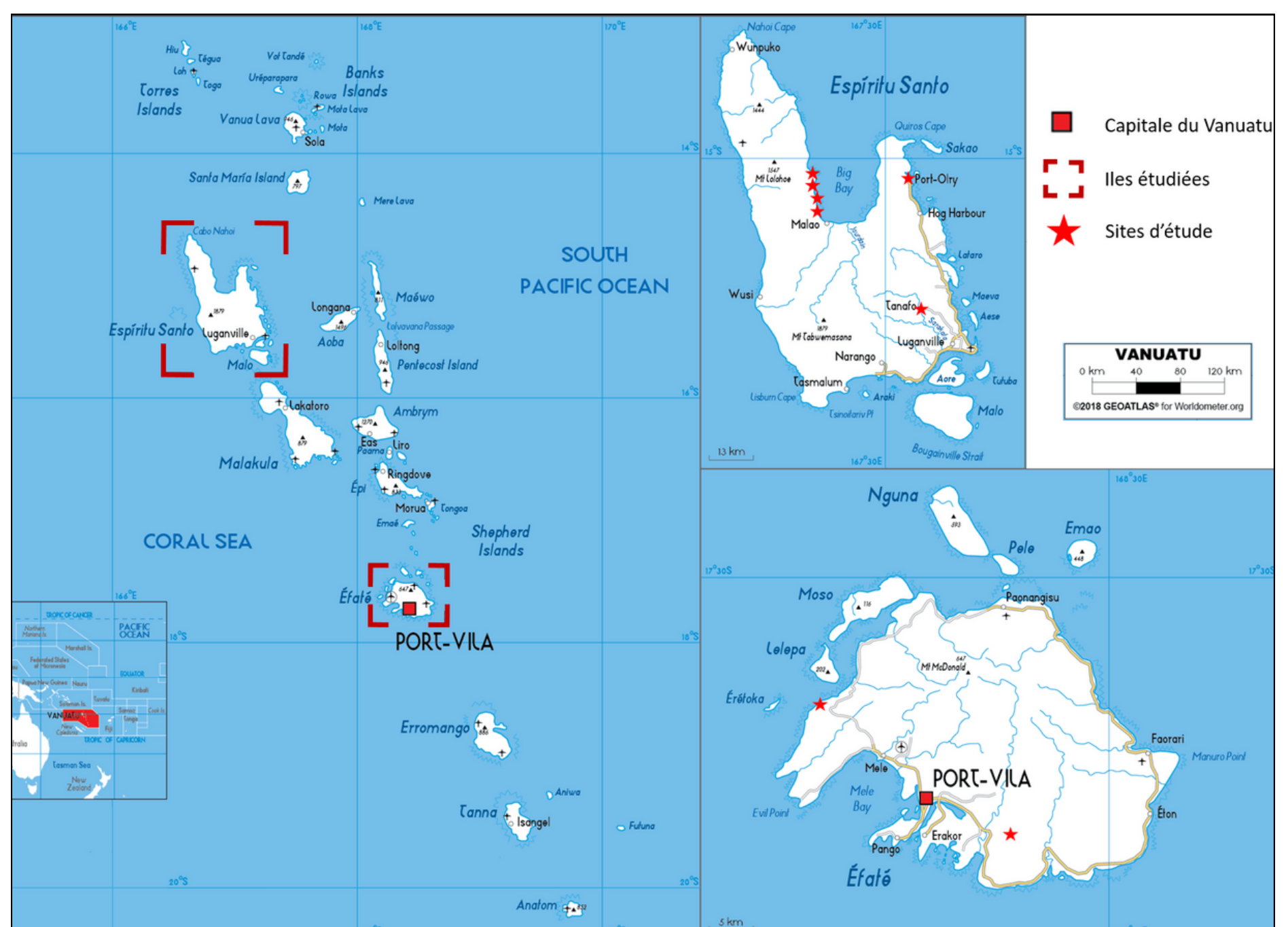
Helt sistem blong Vanuatu i stap long han blong Ministri blong Helt mo i wok long wan netwok we i gat 6 hospital, 38 helt senta, mo 104 dispenseris we sam NGO tu i stap sapotem. Be from we populesen i stap long plante difren aelan, i mekem se hemi no isi blong kasem gud akses from i nidim gudfala transpot mo samtaem i kat bigfala kost.

Long fasin ia, tradisonal meressin – we oli kolem kastom meressin o lif meressin – i wan impoten samting,

speseli long ol rurel eria. Vanuatu i luksave kastom meressin insaed long loa blong hem tu. Long Helt Praktisona Ak (Health Practitioners Act), Atikol 17, i talem se kastom meressin mo ol fasin blong hilim man long rod blong kastom i wan samting we i gat ples blong hem long kantri ia.

Olsem nao, ol fasin blong meressin we i kamaot long ol big kantri mo ol kastom meressin oli no stap agensem olgeta, be oli stap wok tugeta blong givim gudfala helt long pipol.

Plante risej mo stadi long etnobotani i bin mekem long Vanuatu blong soem ol fasin we ol pipol i yusum ol meressin plant long ol aelan. gat stadi long Santo (Queyrel & Moranne, 1998), Malekula (McCarter & Gavin, 2015; Simeon, 1979), Tongoa (Shirakawa, 1999), Erromango (Cabalion, 1986), mo ol Banks aelan (Vienne, 1981). Mo tu, wan skring long 300 indigenous plant i soem se i gat antiprotozoal, antifungal, mo antimycobacterial fasin (Bradacs et al., 2010). Sam narafala stadi i bin go tru long yus blong lif meressin long ol woman we oli gat bel, long taem blong bonem pikinini, mo long hao blong kontrolem pikinini (Bourdy & Walter, 1992; Bourdy et al., 1996). Be i no gat stadi yet we i tokbaot fasin blong yusum kastom meressin blong lukaot gud long helt blong ol pikinini.



OL PIKININI, WAN POPULESEN WE OLI STRITIM OLGETA WETEM LIF MERESIN

Olsem wanem long meressin blong ol pikinini? Ol kastom meressin oli stap yusum plante blong hilim ol sik blong pikinini, be i no gat plante ripot mo infomesen i soem sapos i wok gud mo oli rili sef. Ol pikinini, speseli ol smol wan mo bebi, oli moa isi mo oli vulnerabol long ol efek blong samfala lif meressin long taem blong tritmen.

STADI BLO MIFALA

Blong kasem moa nolej long ol fasin ia, wan stadi i bin tekem ples long Espiritu Santo mo Efate. Objektiv blong stadi hemi blong :

- Lukaot ol kastom meressin we oli stap yusum long ol pikinini we oli 0 kasem 12 yia,
- Talem wanem fasin blong oli wok gud mo wanem risks oli save gat,

Lukluk olsem wanem kastom meressin i save wok gud blong givim moa gudfala kea long ol pikinini.

WOK LONG FILD

Stadi ia i tekem ples long plante vilej we i stap longwe long ol hospital mo helt senta, ples we oli stap yusum plante kastom meressin. Seven studen blong Nasonal Univesiti blong Vanuatu oli mekem sove wetem ol lokol pipol mo ol tradisional hila blong save moa long kastom meressin we oli stap yusum mo oli tekem samfala sampol blong plant ia tu.

Long evri intaviu, oli askem infomesen long:

- Profael blong ol man o woman we oli ansa (yia, seks, lanwis, wok, sipos oli hilaman, mo moa yet),
- Ol sik we i stap kamaot moa long ol pikinini,
- Ol plant we oli yusum blong hilim ol sik ia,
- Ol fasin blong priperem meressin mo hao blong givim long ol pikinini.

AEDENTIFIKESEN BLONG OL PLANT

Ol plant we ol pipol oli tokbaot oli bin karem mo tekem foto long ples we oli stap gro long hem, wetem sapot blong ol pipol we oli save gud long olgeta. Afta, ol woka long Department blong Forestri long Port-Vila oli bin lukluk long olgeta mo raetem stret nem blong olgeta, afta oli putum olgeta insaed long herbarium blong department.



OL IMPOTEN RUL BLONG RISEJ

Stadi ia i bin mekem folem ol loa mo rul blong Vanuatu. Bifo projek i stat, Nasonal Univesiti blong Vanuatu i bin kasem wan risaj pemit we i kam long Vanuatu Kaljoral Senta, Dipatmen blong Invaeromentol Proteksen mo Konsevesen, mo Dipatmen blong Forestri. Ol infomesen we oli bin tekem i stap long ol samting we ol pipol oli glad blong serem nomo. Ol riseja oli rispektem ol save we oli tabu o we i blong sam spesel grup nomo. Bifo wanwan intaviu i stat, ol pipol we oli joen oli mas agri fastaem mo oli saenem wan pepa blong soem se bambae oli givim konsen

HU IA OL MAN WE OLI BIN TOKTOK LONG OL RISEJA?

I gat **73 pipol** everiwan we oli bin patisipet: 24 long Efate mo 49 long Espiritu Santo. Plante oli ol woman (54% long Efate mo 67% long Santo), wetem wan averej ej blong 47 yia blong ol pipol long efate mo 44 yia blong ol pipol long Santo we oli bin ansa. Risal ia i soem se ol woman oli gat bigfala wok long lukaotem ol pikinini mo oli stap pasem nolej long kastom meresin insaed long famli. Be, risal olsem i save minim tu se from we ol intaviu oli mekem long haos taem we ol woman oli stap, from ol man oli stap go long bus, long solwota, o mekem sam narafala wok.

Stadi blong mifala i jusum blong fokas nomo long ol Hila, mo i mekem difrens wetem ol man we oli gat sam nolej long ol meresin be oli no rekonaes olsem kastom hilaman. Be, difrens ia i no klia tumas, from nolej blong kastom meresin i stap long wan skel, we i gat ol difren level blong eksperiens.

Characteristics	EFATE - Number of informants	SANTO - Number of informants
Gender		
Male	11	16
Female	13	33
Age		
19-30 years	3	13
31-50 years	11	18
51 years and plus	10	18
Education		
None	2	4
Primary education	4	23
Secondary education	16	22
Higher education	2	0
Activity		
No activity (retired or at home)	9	9
Farmer (subsistence or commercial)	5	9
Employed	4	2
Type of informants		
Hila	2	22
Non-specialist	22	27

OL PRAKTIS BLONG KASTOM MERESIN: HILA MO KLEVA

Kastom meresin long Vanuatu i stap long wan save we ol bubu oli pasem i go long ol pikinini blong save mo yusum. Mo i gat tu difren kaen grup blong ol man o woman we oli save plante long meresin. Faswan grup hemia ol **Hila**, we ol komuniti i luksave olgeta olsem ol man blong hilim sik mo oli wokbaot aot long ol famli blong olgeta. Nambatu grup hemia ol **Kleva**, we oli gat bigfala save long ol plant mo ol bigfala sik, mo samtaem ol pipol oli ting se oli gat spesel paoa. Long 2012, World Health Organization (WHO) i makem se i gat araon 200 kastom hilaman long Vanuatu.

Stadi i soem tu se i gat bigfala difrens long namba blong hila long tufala aelan we mifala i wok long hem. Long Efate, 2 aot long 24 pipol nomo oli rekonaes olsem Hila, be long Santo, 22 pipol (45% blong olgeta) oli stap long grup ia. Ol risen we i save mekem difrens ia hemi:

- **Laef long taon mo long bus:** long ol rurol eria long Santo, ol pipol oli stap pasem nolej long kastom meresin, be long Efaté we i moa modan, fasin ia i no strong tumas.
- **Akses long heltkea:** long Efaté, we i gat moa hospital mo helt senta klosap, pipol oli no depend tumas long kastom hilaman.

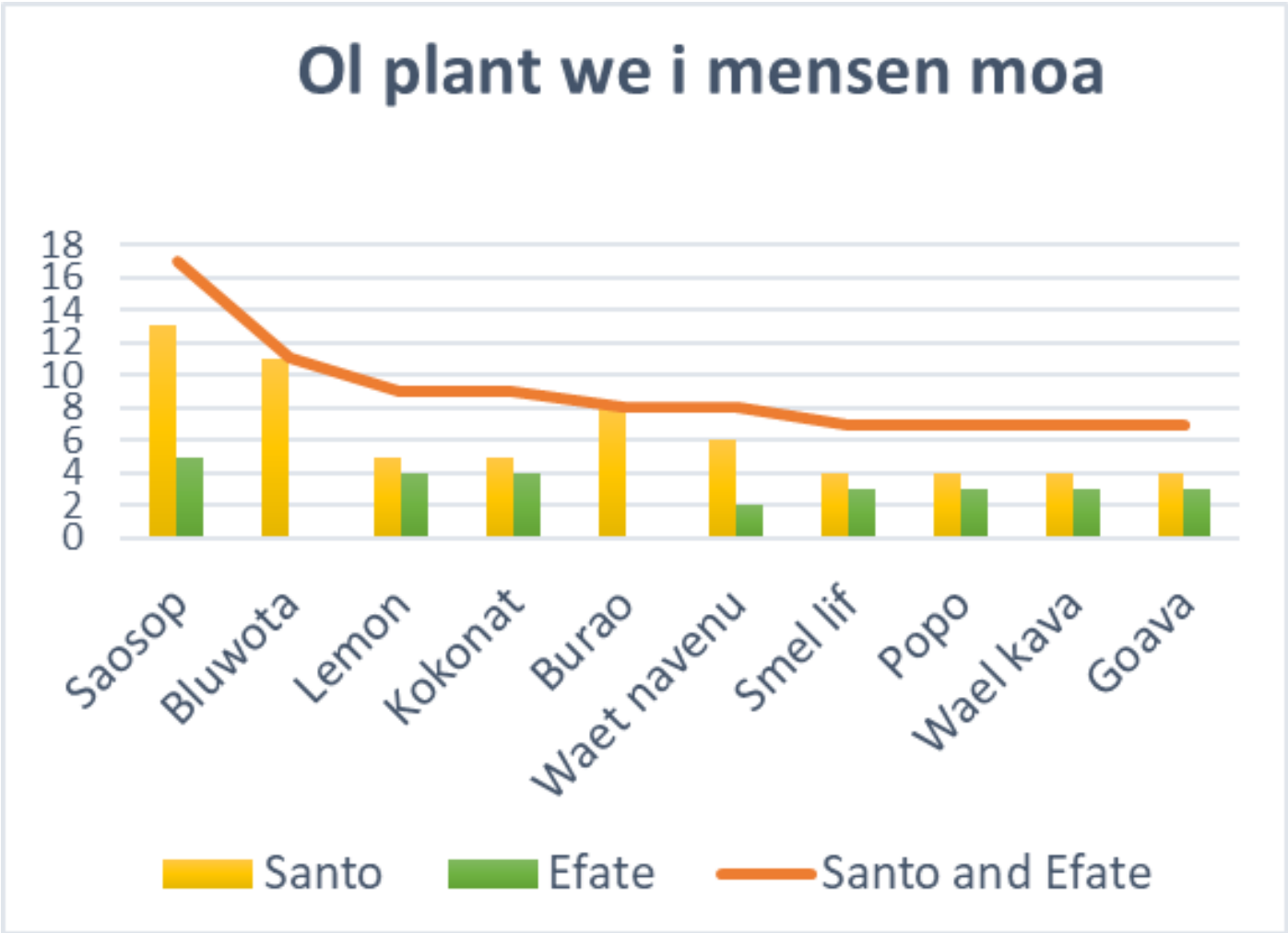
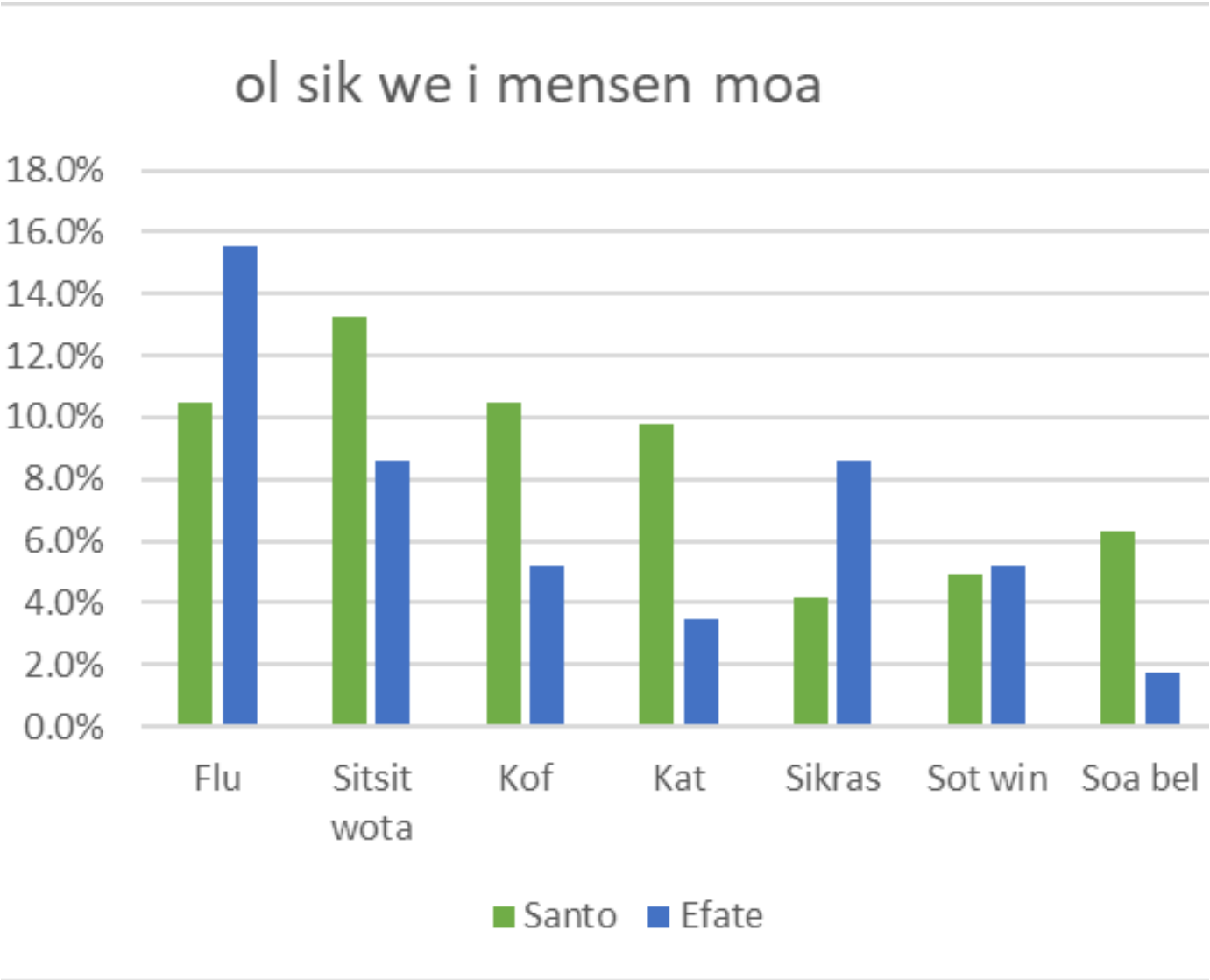
OL SIK WE OL PIKININI OLI KASEM OLTAEM

Stadi i faenem **40 difren sik** we oli save kasem ol pikinini, mo oli putum olgeta long 9 bigfala grup. Be, tu kaen sik oli stap mensesnem oltaem: ol sik blong winpipe (olsem kof, flu, mo sot win) mo ol sik blong bel (sitsit wota mo soa bel).

Long Santo, sitsit wota hemi nambawan sik we oli stap yusum plante kastom meresin blong tritim (13.3% blong kes), bihaen i kam kof mo flu (10.5%), I kat so (9.8%), mo soa bel (6.3%). Long Efate, sik blong flu nao oli stap tritim plante wetem kastom meresin (15.5%), afta i kam sitsit wota mo sikras (8.6%).

From wanem ol sik ia oli stap talem oltaem?

- **Ol infeksens long winpipe** i go antap from laef long ol rurol ples, we haos i smol mo i no gat gudfala ea. Plante man oli stap yusum faia blong kuk, we i mekem sik long lung i wos.
- **Ol sik blong bel**, olsem sit sit wota, oli stap plante from kakae i stap jenis i go long moa proses kakae, we i gat plante gris mo suga be i no gat inaf nutrien. Mo tu, sam ples oli no gat gudfala akses long klin wota mo gudfala toilet.
- **Ol sik long skin**, olsem sikras, oli stap plante from hot mo wet klaemet blong Vanuatu. Laef blong ol pipol long sam eria i had moa, mo sam ples wota i no klin. Vanuatu hem i wan long faef kantri long wol we i gat hae namba blong sikras, mo ol pikinini we oli bitwin 6 kasem 10 yia oli stap kasem sik ia moa.



OL REMEDI MO FASIN BLONG YUSUM

Long taem blong mekem toktok wetem ol man, oli rikodem **207 remedi** (145 long Santo mo 62 long Efate), we 187 long olgeta oli difren. Plante long ol remedi ia oli yusum ol plant (239 taem oli bin mensesnem), mo sam narafala prodak olsem kokonat oil, "Chinese soap", titi blong mama (blong red ae), solwota, mo blak ston blong volcano.

Plante long ol remedi ia oli simpol: 149 we i gat wan ingridien nomo, mo ol remedi we oli moa kompliket oli gat fo ingridien.

OL PLANT WE OLI YUSUM

I gat **99 difren plant** we oli rikodem. Ol plant we oli stap plante long ol toktok hemi: saosop [*Annona muricata*] (18 taem, 7.6%), bluwota [*Pterocarpus indicus*] (11 taem, 4.6%), lemon [*Citrus x limon*] (9 taem, 3.7%), kokonat [*Cocos nucifera*] (9 taem, 3.7%), burao [*Hibiscus tiliaceus*] (8 taem, 3.3%), waet navenu [*Macaranga tanarius*] (8 taem, 3.3%), popo [*Carica papaya*] (7 taem, 2.9%), smel lif [*Euodia hortensis*] (7 taem, 2.9%), wael kava [*Piper latifolium*] (7 taem, 2.9%), and goava [*Psidium guajava*] (7 taem, 2.9%).

Long ol plant ia, 47 I kam long wan narafala kantri, 34 oli plant blong Vanuatu, mo wan we i stap long Vanuatu nomo, Vanuatu tiare [*Gardenia tannaensis*].

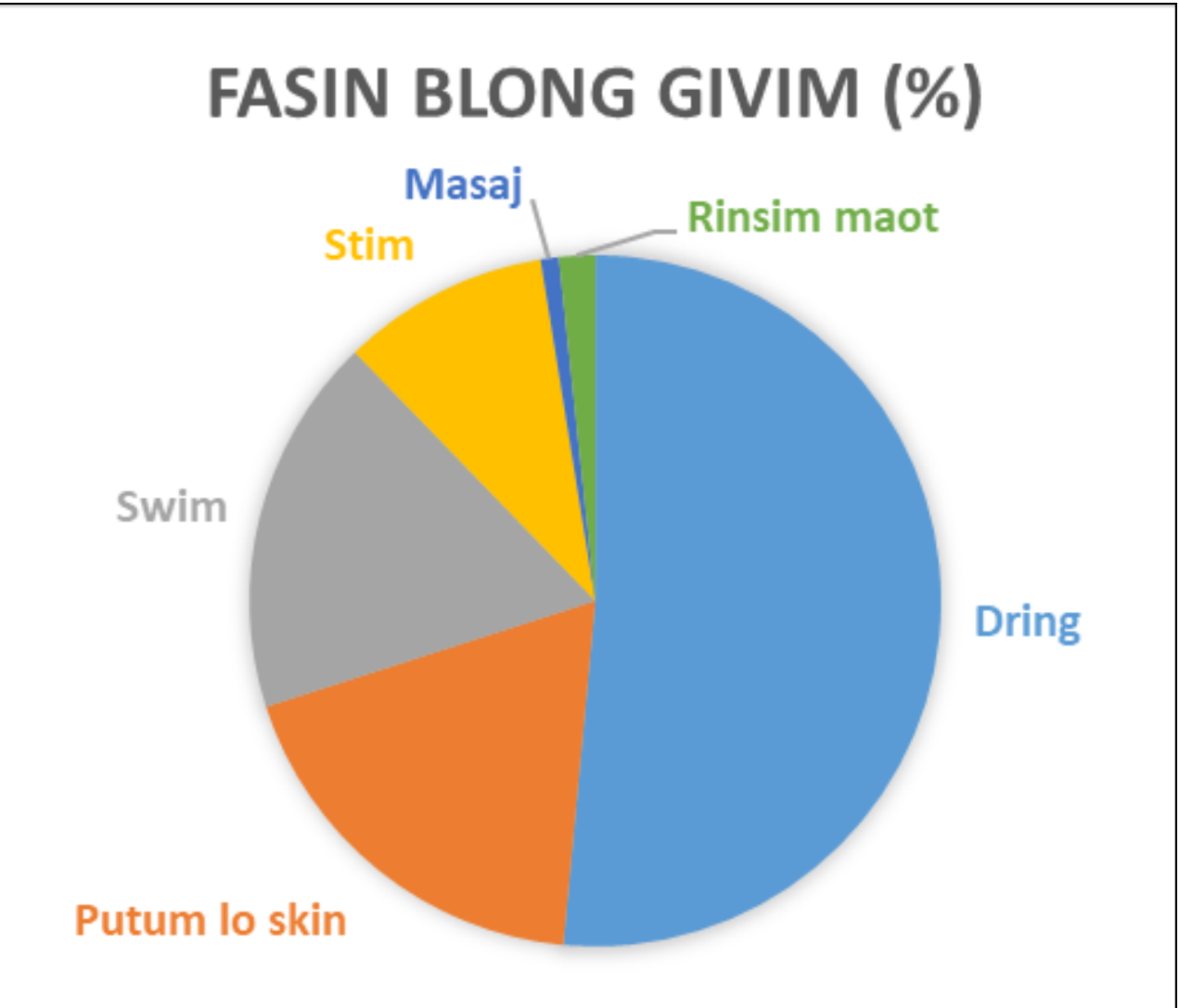
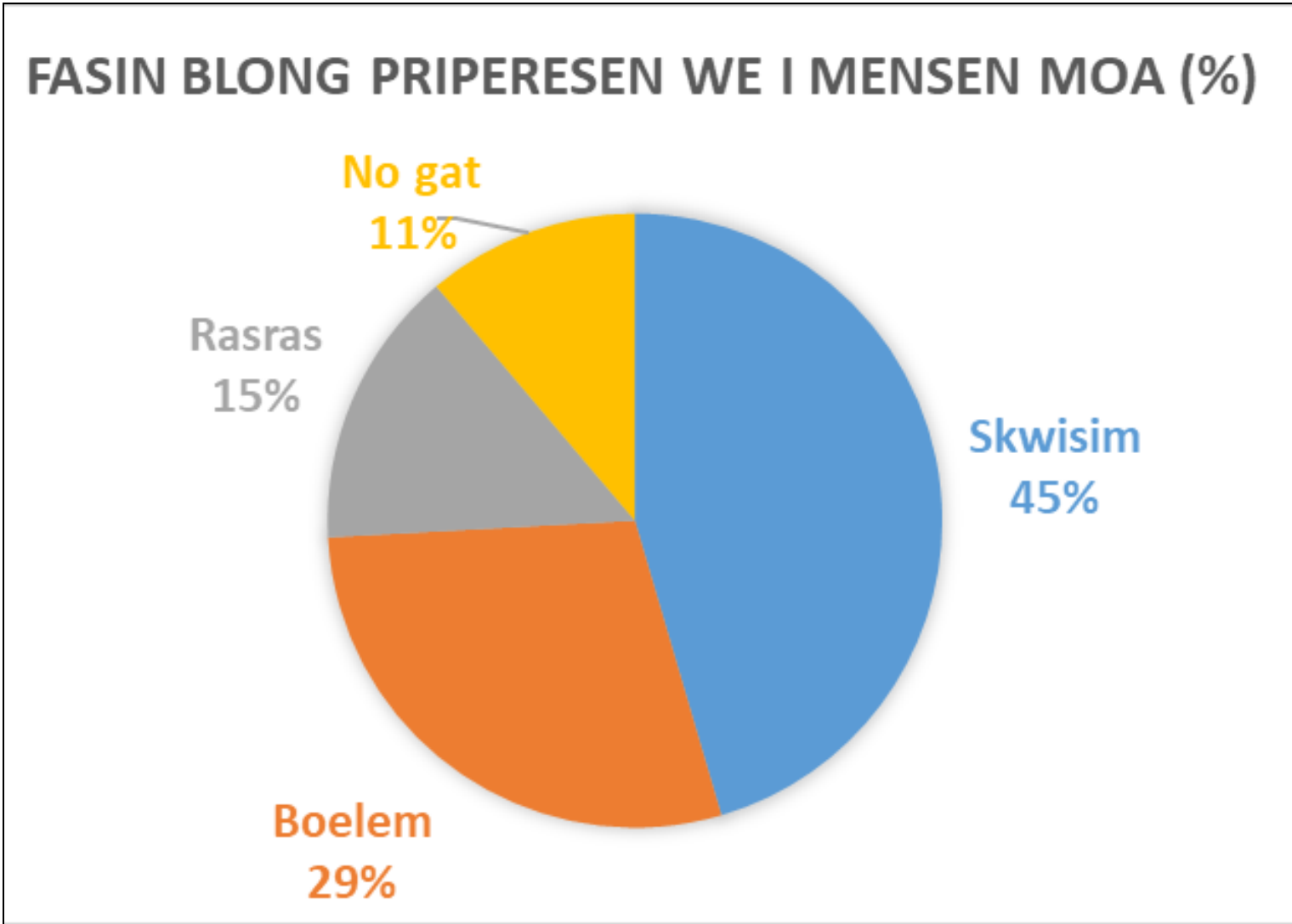
Long 99 plant, pat blong plant we oli yusum plante hemi lif, afta skin, ruts, mo frut. Kaen fasin blong yusum lif long kastom meresin hemi olsem long ol narafala stadi blong etnobotani long ol narafala ples, mo i riflek long nem blong kastom meresin long Vanuatu, we oli kolem **lif meresin**.

FASIN BLONG PRIPEREM MO GIVIM

Oltaem ol man oli priperem plant oli **skwisim blong karemaot jus** (36.6%) or **boelem** (33.3%). Samtaem, pipol i yusum plant **stret wan taem** (12.3%).

Ol plant we oli yusum oli fres mo i no gat prisevesen from ol plant oli stap everi yia.

Taem oli givim, plante blong ol remedi oli **dring moa** (51.5%), **putum lo skin** (18.6%), **swim** (17.7%), mo **stim** (9.7%).



BENEFIT-RISK BALANCE BLONG OL PLANT WE I MENSENEM MOA

1

SAOSOP, KOROSOL (*Annona muricata* L.)

18 mensen (13 long Santo ; 5 long Efate)

Ol pat we oli yusum: lif

Long stadi blong mifala: lif blong saosop oli yusum, moa blong tritim flu (44%), be oli yusum tu blong tritim sikras (22%), sikenpox (17%), kof (11%), mo problem blong kidni (6%). Ol remedi oli involvem boelem lif, moa oltaem I miksim wetem narafala plant (smel lif, lemon, goava, mo noni), oli yusum long swim o stim.

Ol gudfala saed: hem i gat fasin blong anxiolytic mo sedative, antiparasitic mo anti-inflammatory.

Ol risks: ova yus blong lif mo frut blong saosop i save kosem neurotoxic problem from i gat alkaloid we oli kolek acetogenins. Samfala moa stadi i nidim blong konfem se remedi we i yusum plant ia long pikinini hemi sef.



2

BLUWOTA (*Pterocarpus indicus* Willd.)

11 mensen (Santo nomo)

Ol pat we oli yusum: lif

Long stadi blong mifala: insaed skin blong bluwota oli yusum plante long ol remedi. Insaed skin hemi wan sof pat blong skin long stampa we i stap insaet long aotsaed skin, we oli prestem blong karemaot jus, mo oli putum wetem smol wota we afta oli stap givim oral nomo blong tritim soa bel mo gas. Ol lif oli yusum tu blong boilem bifo dring (blong tritim sik olsem sisit wota) mo yusum boel wota blong swimswim (blong tritim soa bodi). Long soa hed, ol lif oli kakai. Laswan, latex (waet wota) blong bluwota i mensen wan taem long lokal aplikesen long tritim waet tang.

● **Ol gudfala saed:** hem i gat fasin blong antimalarial, antidiarrheal, mo antiviral propetis blong ekstraktem long ol lif, wud, skin, ruts, mo red sap blong *P. indicus*.

● **Ol risks:** ol ekstrak blong lif oli noat toksik, be sefti blong skin blong tri, we hem i moa yusum, i no bin gat stadi long hem yet, speseli long ol pikinini.



3

LEMON (*Citrus x limon* (L.) Osbeck)

9 mensen (5 long Santo; 4 long Efate)

Ol pat we oli yusum: lif (67%), frut (33%)

Long ol stadi blong mifala: ol lif oli stap boelem plante wetem ol narafala plant (guava, smel lif, noni, korosol) blong swim mo stim, speseli long sik blong flu o sikenpox. Jus blong hem oli miksim wetem jus blong jinja blong tritim kof, oli miksim tu wetem wota blong kokonat mo givim long pikinini i dring taem sisit i strong, mo blong sikras (oli masajem wetem oel blong kokonas).

● **Ol gudfala saed:** ol gudfala oel we oli stap long frut mo lif i mekem hemi antibakterial, anti-inflamatori mo antioxidan. Hemi rij long flavonoid mo vitamin C we oli stap long jus.

● **Ol risks:** olsem evri meresin, sipos man i yusum bigfala dos tumas, i save mekem bodi i kasem toksik.





4 KOKONAT (*Cocos nucifera* L.)

9 mensen (5 long Santo ; 4 long Efate)

Ol pat we oli yusum: wato (89%), skin (11%).

Long stadi blong mifala: kokonat oli stap yusum plante blong sik blong sitsit wato. Oli miksim wota blong kokonas wetem latex blong bredfruit (*Artocarpus altilis*) mo givim man blong dring. Skin blong hem tu oli stap boilem mo dring blong mekem pispis yelo i lus.

● **Ol gudfala saed:** wota blong kokonas i gat plante gudfala nutrien mo i save mekem bodi i no drae taem sitsit wota i mekem man i lusum plante wota.

● **Ol risks:** wota blong kokonas i save yusum sef long ol pikinini sapos oli yusum stret fasin mo stret dose.

5 BURAO (*Hibiscus tiliaceus* L.)

8 mensen (Santo nomo)

Ol pat we oli yusum: lif (62%), skin (38%)

Long stadi blong mifala: burao oli stap yusum long tradisonel meresin blong tritim plante sik. Aotsaed skin oli stap boilem mo yusum blong swim taem pikinini i gat sikras o oli dring blong tritim pispis yelo. Sof skin we i stap insaet long aotsaed skin oli stap skwisim mo putum long ol fres kat. Ol lif oli stap prestem mo tekem jus blong dring taem man i gat sitsit wota, flu, o kof.

● **Ol gudfala saed:** ol lif mo skin blong *H. tiliaceus* hemi antibakterial mo i save blong blokem soa (analgesik). Lif blong hemi anti-inflamatori tu.

● **Ol risks:** i no gat plante stadi long toksik saed blong hem, be ol risej i soem se i no gat bigfala toksik sipos man i yusum long stret dos. Be sipos man i tekem tumas, i save mekem ol nogud saed olsem alejik o narafala samting long sam man we bodi blong olgeta i no strong.



6

Waet navenu (*Macaranga tanarius* (L.) Müll.Arg.)

8 menses (6 long Santo ; 2 long Efate)

Ol pat oli yusum: skin (62%), lif (38%)

Long stadi blong mifala: olsem long bluwota, oli stap yusum skin we i stap insaet long aotsaed skin – hemia wan sof pat. Oli skwisim skin ya blong tekem jus. Jus we oli tekem long skin mo long lif we oli skwisim, ol pikinini oli dring sipos oli gat sitsit wota, flu, mo kof. Jus blong lif we oli skwisim oli save yusum tu blong tritim waet tang mo putum long fres kat.

● **Ol gudfala saed:** hemi gat ol fasin blong antimikrobia (i stap kilim ol Gram-positiv bakteria), antiplasmodial, mo antioxiidan.

● **Ol risks:** i no gat plante infomesen yet long toksik saed blong hem. I nidim moa stadi blong soem sipos hem i sef blong yusum long ol pikinini.



TRADISONEL MERESIN LONG VANUATU: WAN HERITEJ BLONG PRISEVEM, WAN FUIUJA BLONG LUKAOTEM GUD

Long ol 6 plant we oli mensesnem plante, 2 oli konsiderem i sef (kokonat, lemon), 2 oli save kam toksik (saosop, burao), mo 2 oli no gat plante infomesen (bluwota, waet nevanu). Olsem we plante long olgeta plant ia oli stap yusum olsem meresin be i no gat plante stadi, speseli long ol pikinini, blong mekem i sef blong yusum. I gud blong tingbaot se 4 long ol plante ya (kokonat, lemon, saosop, bluwota) i stap long kaen kakae we man i save kakae, mo hemia i minim se oli no nogud tumas. Be, i gat samfala plant olsem wael kava [*Piper latifolium*] we i save gat risk blong mekem liver i sik, we hem i soem impoten blong gat moa risej long ol risk blong sam plante. I save gud blong addem ol mesej blong prevent long ol toksik plant long ol lokal komuniti.

Hemia i mekem se, stadi blong tradisonal meresin long Vanuatu i gat bigfala nolej mo ol difren fasin blong yusum ol plant, speseli long Santo, we i no isi blong kasem ol klinik mo hospital. Nao ol woman nao oli stap praktisim plante tradisonal meresin, we oli yusum speseli ol lif blong ol plant.

Olgeta plant we oli stap yusum long tradisonal meresin, plante nao oli bin kam long narafala kantri, we i soem se i gat bigfala influence blong ol narafala komuniti mo narafala kantri we i mekem fasin blong priperem kastom meresin long Vanuatu i stap jenis mo gro bigwan.

Nao sipos ol man blong tradisonal meresin mo ol dokta oli wok tugeta, oli save mekem wan meresin we i yusum tufala fasin: plant mo moden tritmen. Hemia bambae i mekem yumi save se wanem kaen remedi i wok gud mo i sef, speseli long ol pikinini. Sipos ol save blong bifo mo ol save blong tede i joen tugeta bae hemi no wan gudfala rod blong gud akses mo strong helt blong everiwan, mo semtaem holemtaet ol spesel lokal save blong yumi aot long wol publik jalenj?



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