

Appendix 1. List of recorded TM remedies in use among Pakistani migrants from Mirpur living in Bradford

Adraka (ginger, *Zingiber officinale* Rosc., Zingiberaceae): After removing the outer part, the fresh rhizome is swallowed. It is said to "warm" the mouth and throat, and is used to treat coughs and mouth/throat infections.

Amloak/malloch (not identified): The fruit is eaten raw sprinkled with black pepper. Salt is not used, since this attenuates the effect of the fruit. It is useful as a laxative.

Anaar (pomegranate, *Punicum granatum* L., Punicaceae): The epicarp of the fruit is crushed into a powder and can be added to milk or water and drunk to cure diarrhoea and vomiting.

Atah (wheat, *Triticum aestivum* L., Poaceae): Wheat flour is heated and mixed with water to make dough. This is then ingested to bring a person's temperature down in the case of fever.

Baikar (Malabar nut, *Justicia adhatoda* L., Acanthaceae): The leaves are boiled and placed over joints to relieve inflammation. The root is ground, added to water and drunk to relieve coughs.

Banafsha (sweet violet, *Viola odorata* L., Violaceae): The flowers are crushed and made into a drink for treating influenza.

Bhangh/Baang (hemp, *Cannabis sativa* L., Cannabaceae): Flowering tops only are prescribed by *hakeems*¹ in limited quantities (taken as a *pakee*²) to be used as a sedative and analgesic.

Bhindi (lady's finger, *Abelmoschus esculentus* L., Malvaceae): The fruit is cooked as a vegetable (and included in curry) to relieve sore throats and coughs.

Chaa/Chai (tea, *Camellia sinensis* L., Theaceae): The leaves are placed over aching or inflamed parts of the legs and feet, as they are said to help to speed recovery from injuries.

Chaawal (rice, *Oryza sativa* L., Poaceae): Rice is cooked with milk and eaten in order to relieve constipation. If sugar is added, it is said to relieve swelling in any part of the body.

Chambaylee/Rambail chambail/Yasmin (*Jasminum officinale* L., Oleaceae): The oil obtained from the flowers is considered to be good for promoting healthy skin. It is also used as hair oil.

Chulla: This is the ash from metal cooking utensils. It is rubbed onto sore lips or applied to sore areas in the mouth.

Cloves (*Syzygium aromaticum* (L.) Merr. et Perry, Myrtaceae): Cloves (dried flower buds) are chewed or just kept in the mouth and not swallowed to cure tooth ache and sore throats.

Dhathoor (*Datura innoxia* Mill., Solanaceae): The leaves are crushed and added to a glass full of water and used to aid digestion. The drink should not be taken all at once. Rather it should take at least three drinks to

¹ The *hakeem* is the traditional healer.

² *Pakee* is the Mirpuri word used to describe a quantity, which is equal to the amount picked up in-between the thumb and index finger.

complete one dose. The seeds are considered very dangerous, and they should be used only under the supervision of a hakeem for treating headaches.

Dowdo: Hot wheat (*Triticum aestivum* L., Poaceae)-based soup is prepared with onions and leafy vegetables and used when weaning children, especially in the winter.

Gharangy kadoo (pumpkin, *Cucurbita pepo* L., Cucurbitaceae): Said to be good for anaemia, when included in curry, along with other ingredients such as turmeric, chillies, vegetable oil, onions and garlic. Eating this vegetable is thought to help people cope with the summer heat.

Ghidar dhakh/Ghedar kwar (*Vitis jacquemontii* Parker, Vitaceae): Smearing fruit over wounds is said to aid recovery from injuries.

Ghobi (cabbage, *Brassica oleracea* L., Brassicaceae): A common food/vegetable used in curry. It is said to be useful in reducing body temperature in hot weather. It is considered especially useful when eaten with turmeric.

Ghuz (walnut, *Juglans regia* L., Juglandaceae): The stems are used as miswak (a toothbrush) for dental hygiene and also for colouring the lips.

Hazelnuts (*Corylus avellana* L., Betulaceae): The nuts, crushed and mixed with warm water, are said to improve digestion, and prevents nausea.

Honey: Taken on its own, or mixed in water, tea or milk, honey is considered a cure for dry and chesty coughs and is said to increase appetite. Honey is also applied to the hair to make it grow longer, and it is smeared over wounds to prevent infections.

Jayfel (nutmeg, *Myristica fragrans* Houtt., Myristicaceae): The nut is crushed and powdered and added to warm water. A spoonful is then given once daily to small children or to cure stomach problems and indigestion.

Jimman/Theera meera (not identified): The leaves are used as a salad, or in cooking for improving general health. It is said to get rid of toxic effects from other foods. The oil from the seeds is used to treat head lice.

Kadoo (squash, *Cucurbita maxima* Duchesne, Cucurbitaceae): This is cooked as a food, but it is also said to be good for healing stomach problems and digestive disorders.

Kalee lachee (not identified): The fruits are used for flavouring to stimulate the appetite.

Kamaal ghandal (aloe, *Aloe vera* L., Liliaceae s.l.): After the spikes are cut off, the leaves are eaten raw. They are said to improve the digestive system and overall health.

Karela (bitter melon, *Momordica charantia* L., Cucurbitaceae): Cooked as vegetables to control or cure diabetes.

Khurbani (apricot, *Prunus armeniaca* L., Rosaceae): The fruits, eaten fresh or dried, are incorporated into children's food. Children are also encouraged to eat apricots after meals, as they are said to improve general health and help people live longer.

Kikar (Egyptian thorn, *Acacia nilotica* (L.) Wild. ex Del., Fabaceae): Miswak (toothbrushes) are made from *Kikar* branches for dental hygiene.

Laachi (not identified): The oil from the seeds is used in cooking as a flavouring. *Laachi* is said to be good for sore throats. The leaves are rolled up into cigarettes and smoked to relieve asthma.

Malatt/Mlatty (licorice, *Glycyrrhiza glabra* L., Fabaceae): The roots are chewed to relieve sore throats and lips and cure mouth ulcers. The juice is either swallowed or spat out afterwards.

Marabba (rose, *Rosa* spp., Rosaceae): These petals crushed in sugary syrup and ingested are used to treat constipation and fortify the stomach. Rose water is said to relieve itchy or painful eyes if a few drops are applied to them.

Mehndi (henna, *Lawsonia inermis* L., Lythraceae): Used to cure mouth ulcers, "hot swellings", and to cure burns on the skin if applied while it is wet.

Mooley (radish, *Raphanus sativus* L., Brassicaceae): The leaves and roots are eaten raw only (as a salad) to aid digestion. Once cooked, the plant is no longer beneficial. The plant is eaten generally during the evening meal, however there needs to be a period of time in between eating radishes and going to sleep, as there can be a "prickling" sensation when eaten close to sleep.

Neem (neem, *Melia azadirachta* L., Menispermaceae): The leaves are crushed and mixed with water to make a drink. This is said to be very effective in curing fevers.

Paalak (spinach, *Spinacea oleracea* L., Chenopodiaceae): The leaves are cooked as a curry. Spinach is said to improve eyesight when eaten regularly over a long period of time. It is also said to be helpful in treating constipation because it is "cold and wet". It is said to be more effective when eaten with toor amlook.

Palai (*Acacia modesta* Wall., Fabaceae): The twigs used as miswak (a toothbrush) and discarded each day. Administration/application has to coincide with the five daily prayers during the wudu³ period. A spiritual belief is needed in order to gain the full benefit of the cleansing process. Leaves are ground into a tea and taken to relieve sore mouths, or an infusion can be gargled for a few minutes, then the solution can be swallowed or spat out. Dry shoots are ground, mixed with other herbs and made into a tea that is beneficial for the digestive system and overall health. This is a good remedy for the elderly and frail.

Payaaz (onion, *Allium cepa* L., Liliaceae s.l.): The bulbs and leaves are commonly used as a base constituent in cooking. They are said to "kill germs" when used on the skin, and reduce phlegm in chesty coughs.

³ *Wudu* is the practice of physical and spiritual cleansing carried out before each of the five Muslim prayers: *Fadjar*, *Zhoar*, *Asar*, *Maghrib*, and *Isha*. The physical practice involves the cleaning of all visible parts of the body with water, the teeth being cleaned with the *miswak*.

Pisthay (pistachio, *Pistacia vera* L., Anacardiaceae): The seeds are eaten to stop vomiting and diarrhoea. They are added to many sweet foods.

Poodhna/Podina (mint, *Mentha* sp., Lamiaceae): The leaves are used for flavouring. They are said to be good for stomach aches and indigestion.

*Qash-qash/Cascaas*⁴ (poppy, *Papaver somniferum* L., Papaveraceae): The latex from the unripe fruit is allowed to solidify, and then it is then crushed into a powder and dissolved in liquid. This is used as an analgesic and a sedative. The latex is also often taken illegally as a narcotic.

The seeds can be crushed and dissolved in cold milk. This drink is said to increase concentration and improve memory.

Saunff (fennel, *Foeniculum vulgare* L., Apiaceae): A decoction of the fruit is thought to aid digestion. Kept in mouth, it is said to relieve sore mouths and treat sore throats.

Seab (apple, *Malus domestica* Borkh., Rosaceae) : Pickled apples are said to work effectively as a general tonic as well as help cure anaemia.

Jamain (not identified): The seeds are crushed into a powder and swallowed with water to relieve stomach pains and treat heartburn.

Surma (charcoal): Applied as eyeliner by both men and women, charcoal is also believed to improve eyesight. Charcoal is used as an eye make up on special occasions, to enhance the shape of one's eyes. Our informants said it was better to get the "genuine" article from Pakistan rather than buy what was available in the UK.

Tamar hind (tamarind, *Tamarindus indica* L., Fabaceae): The dried fruit is considered to be useful for colds.

Taveez. This is an amulet made of cloth or leather containing verses of the Koran written on paper; When a child is sick, he or she is fed a mixture of saffron, honey (*shed*), and a few drops of *kalwanji tha thail* (oil from the seed of the black cumin [*Nigella sativa* L., Ranunculaceae]); an egg is thrown backwards between one's legs so that it breaks on the road in front of the sick child's house. This practise is said to cure nazar (evil eye) affecting children.

Thambakoo/Tambacco (tobacco, *Nicotiana tabacum* L., Solanaceae): Ground to powder, the leaves are used to ease the pain of toothache. The mixture is kept in the mouth for a short while before it is spat out.

Thanyaa/Dhanyal (coriander, *Coriandrum sativum* L., Apiaceae): The leaves are used in cooking and are said to be good for digestion. The seeds are ground and used in decoction, which is said to relieve headaches (particularly those accompanying a fever). The decoction should be drunk in the morning before breakfast, and again at night just before going to sleep.

Thoom (garlic, *Allium sativum* L., Liliaceae s.l.): The bulb, crushed and mixed with a small amount of water, is eaten as an expectorant. It also acts as a carminative and relieves sinus pain. A necklace of garlic worn around the neck is said to cure wheezing associated with asthma.

⁴ Use limited to Pakistan, not used anymore in the UK.

Thoothlay/Toor toot (*Morus nigra* L., Moraceae): The fruit is said to be good for digestion.

Thoreeya/Torai (loofah, *Luffa cylindrica* (L.) Roem., Cucurbitaceae): The fruit is cooked and eaten to relieve stomach problems.

Tippa (not identified): This vegetable is useful for treating anaemia when made into a curry. It is also said to relieve upset stomachs and to be good for the digestive system.

Toor amlook (date plum, *Diospyrus lotus* L., Ebenaceae): The fruits are said to be useful as a laxative.

Zafran (saffron, *Crocus sativus* L., Liliaceae s.l.): The stamens of the flowers are added as a spice in cooking. Described as hot and dry, they are said to aid the expulsion of trapped wind (carminative action).

Ziar amloak (persimmon, *Diospyrus kaki* L., Ebenaceae): The fruit, eaten raw, is said to be good for overall health and to aid digestion. Persimmon should be eaten at least three times a week.