

# Exploring the Impact of Traditional Healing Practices on Tribal Health: A Study of Indigenous Medicinal Approaches

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**Abstract:** Tribal health includes physical, mental, and social well-being for indigenous people. Indigenous techniques help tribals address unique healthcare practices. Many indigenous cultures use traditional methods to treat ailments and suffering. Indigenous tribal healthcare methods affect modern healthcare. Maintaining tribal health is important because it meets indigenous peoples' healthcare demands. Tribal healing traditions affect their health. These medicinal approaches have positives and cons, including using natural herbs, considerable local knowledge and community involvement, limited regulation, lack of scientific validation, availability and accessibility, etc. This supports SDG 3: 'Good Health and Well-Being' by providing quality healthcare to all. The report discusses tribal healing's effects. It also examines healing methods and their efficacy. The article also illuminates how indigenous healing methods are integrated into modern medicine, supporting SDG 3's aim of safe, effective, quality, and affordable essential medicines and healthcare services. Anakkallu tribes in Mundakayam provided the data. Paper construction included secondary data. This paper examines the pros and cons of tribal healing systems. The study used qualitative case studies and participant observation to present primary data. The study also discusses government tribal health initiatives. The research also proposes social work interventions to improve tribal health, supporting SDG goal 3.

**Keywords:** Tribal Health; Tribal Population; Sustainable Development Goal; Healing Practice; Tribal People; Socio-Economic Disparities; Healthcare Facilities; Cultural Awareness; Medical Frameworks; Health Outcomes.

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## 1. Introduction

Tribal people, also known as Adivasis, are an integral segment of Indian society. The tribal people throughout the country have rich traditions, cultures, and heritage with unique lifestyles and customs. The tribes in India share various common traits, including living in relatively geographically isolated areas and being more homogeneous and self-contained than the non-tribal social groups. The tribes in India are comparatively economically backward population. The reason for this delves back into

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the period when the tribal population was marginalized as lower caste and was facing many challenges, such as inequality, land dispossession, exploitation, and marginalization. The tribal people of India have experienced severe socio-economic hardships despite the tenacity of their cultures. Their comparably lower economic status and health disparities are a result of their history of marginalization as well as limited access to economic resources, healthcare, and education. Access to education and healthcare was also limited, contributing to their overall socio-economic disparities. The tribal population often experiences limited access to quality healthcare services, leading to health disparities. Therefore, the tribal healers play an important role in providing primary healthcare within the tribal community.

The Adivasis have historically faced centuries of systematic inequity, land dispossession, exploitation, and social marginalization, in addition to being excluded within the caste system. Their poor status was maintained as a result of these problems, which restricted their access to healthcare, education, and other necessary resources. There are still issues, particularly in the areas of health and education, even though the Indian government has now put measures in place to improve these communities. Tribal inhabitants are frequently found in isolated areas with few healthcare facilities, making access to healthcare frequently restricted. The closest primary care facilities are frequently hours away, and mainstream medical personnel do not have the cultural awareness or training needed to collaborate with native populations. Thus, compared to non-tribal people, tribal groups have a greater incidence of infectious illnesses, infant mortality, and malnutrition, resulting in notable health disparities.

Each tribal community has developed unique health practices that reflect their environment's spiritual beliefs. They often use traditional and indigenous methods for treatment and rely on the extensive traditional knowledge and skills that are passed through generations. The strength of tribal healing methods lies in their deep connection to local resources and an intuitive understanding of regional health issues. These methods encompass a broad range of practices, such as the use of medicinal plants, spiritual rituals, physical therapies, community-based care, various medicinal herbs, and mineral substances that they cultivate mostly within their community. Thus, these are easily accessible to the tribal population and cost-effectively and provide the basic primary healthcare treatment.

Apart from this, they also believe in bad omen and give significance to spiritual activities to treat certain illnesses such as snake bites. For this, some tribal healers conduct these kinds of treatment activities spiritually. There are a few individuals in every tribal community who are skilled in these treatment activities. Even though these superstitious beliefs still exist, they are reducing day by day. The spiritual and communal aspects of tribal healing, such as ceremonies, chants, and traditional gatherings, contribute significantly to mental and emotional well-being. The current generation, especially the younger generations, are mostly not interested in learning these kinds of traditional treatment methods. The waning interest among individuals is likely to result in a gradual decline in the utilization of traditional healing practices involving medicinal plants and local natural resources. This decline may lead to the erosion of traditional knowledge and skills held by individuals practicing these methods.

Despite the effectiveness and resilience of these practices, tribal healing methods are increasingly marginalized in modern healthcare systems. Mainstream medical frameworks rarely incorporate indigenous healing knowledge, creating disparities in health outcomes for tribal communities. Additionally, with few young practitioners taking up the mantle, there is a risk of losing valuable cultural knowledge as older healers age. Acquiring this knowledge is a time-intensive process, given the diverse herbal mixtures required for different symptoms, primarily learned through practical experience. However, such learning opportunities are sporadic, leading to variations in the time required for individuals to master these practices.

The government plays a crucial role in promoting traditional healing through recognitions, certificates, appreciations, government services and schemes, and grants from tribal affairs offices. Despite these efforts, tribal healing methods still encounter significant challenges, such as limited acceptance within mainstream healthcare, insufficient documentation, and the pressures of globalization, which threaten the preservation of traditional knowledge. The lack of scientific validation poses a significant hurdle, diminishing the prospects of widespread acceptance and promotion of these activities. This paper examines the impact and significance of tribal healing practices on tribal health, highlighting their benefits and addressing the challenges they face in today's healthcare landscape.

## **2. Review of Literature**

Acharya [1] contributed to the literature by investigating the ethnic uses and conservation practices of plants with major medicinal potential among tribal communities in India. The study, published in the *International Journal of Life Sciences*, emphasizes the importance of understanding and preserving traditional knowledge related to medicinal plants within tribal populations.

According to Deb Roy [2], when compared to healthcare systems around the world, India's tribal populations' healthcare delivery system faces many obstacles. Their research highlights the inequalities in access to healthcare, the deficiency of infrastructure, and the inadequacy of policies in meeting the particular health requirements of indigenous populations. The authors advocate for a more specialized approach to healthcare that considers the customs and lifestyles of tribal peoples.

According to Bhasin [3], Rajasthan's tribal people's socio-economic circumstances and customary medical procedures are directly related to their health. In spite of their extensive knowledge of medicinal plants and healing methods, tribal people face numerous obstacles, including limited access to contemporary healthcare services, high rates of morbidity, and malnutrition, according to the study, which focuses on the relationship between tribal culture, lifestyle, and health.

Sharma and Kumari [4] conducted a systematic literature review, focusing on the indigenous knowledge of medicinal plants and their connection to achieving Sustainable Development Goal 3. This study, published in *Space and Culture, India*, sheds light on the crucial role of traditional healing methods in the context of broader health and development goals.

According to Negi and Abdul Azeez [5], with modern healthcare institutions being mostly inaccessible and traditional treatment methods dwindling, tribal health in India is at a crossroads. According to the report, tribal groups frequently find themselves torn between two realities: the declining value of their traditional medical systems and the inaccessibility or inability to pay for contemporary healthcare. According to the research, a balanced strategy that maintains tribal healing customs while guaranteeing healthcare accessibility is required.

A case study conducted by Das [6] explored ethno-medicinal practices. Published in the journal *Studies on Ethno-Medicine*, their research delves into the specific practices and beliefs surrounding medicinal plant usage within the Sonowal Kachari tribal community.

According to Kumar [7], the tribal populations in the heartlands of India rely heavily on traditional healing methods. His research examines the techniques employed by tribal healers, highlighting the variety of healing modalities and their close ties to natural resources and spiritual beliefs. The study emphasizes how indigenous knowledge systems can support contemporary healthcare if they are properly documented and scientifically validated. The tribal societies' patterns of subsistence are intricately linked to their surroundings, customs, and culture. In order to solve these issues, his study explores the difficulties that Tribes experience in the areas of healthcare, education, and economic empowerment. He promotes approaches that centre on sustainable development, empowerment programs, and the preservation of their traditional heritage.

According to Dwivedi et al. [8], in Rajasthan's Sirohi district, traditional healthcare professionals are essential to providing for the medical requirements of tribal populations. The study charts the therapeutic modalities employed by these practitioners, emphasizing their dependence on spiritual activities and medicinal plants that are sourced locally. The possibility of combining these conventional practices with official medical care to enhance general health outcomes in Indigenous areas is also covered.

According to Singh [10], Significant developments in the demographics of the tribal tribes in Uttar Pradesh, India, are revealed by an examination of census data from 2011. His research highlights inequalities in employment, healthcare, and education, shedding light on the socio-economic circumstances of different indigenous tribes. According to the research, specific initiatives are needed to meet the needs of these groups, with an emphasis on raising living standards and guaranteeing fair access to resources.

According to Reddy et al. [11], in India, there are chances and hurdles for ethnomedicine to be recognized and included in mainstream healthcare, especially in tribal populations. Their study addresses the challenges of formalizing tribal healing customs, emphasizing the value of cultural sensitivity and the necessity of institutional and legal frameworks that may uphold and support these customs without sacrificing their integrity.

Kumar et al. [12] conducted a landscape analysis of traditional tribal healers and their healing practices in the tribal-dominated states of India. Published in the *International Journal for Multidisciplinary Research*, their work provides a comprehensive overview of the current scenario, highlighting the practices, challenges, and potential avenues for the promotion of traditional healing methods within tribal communities. Collectively, these studies contribute significantly to the understanding of traditional healthcare practices among tribal populations in India, addressing both the cultural richness and the challenges faced by these communities.

### **3. Methodology**

The research investigating the usage of tribal healing methods of tribals on tribal health employed a qualitative research approach method. The research design used in the study is an exploratory research design of qualitative method as it allows to

focus on the specific Anakkallu tribal group in Mundakayam, enabling a detailed examination of their practices within their specific socio-cultural and geographical context. The universe of the study is the tribal healers of Kerala, and the tribal healers of the Arayan tribes of Anakkallu in Mundakkayam town have been chosen as the unit of the study. The unit of the study consisted of 5 individual respondents. These respondents were chosen to conduct their case analysis and to identify their experiences, perspectives, traditional practices, etc. This unit was chosen because the healers actively participate in age-old medical procedures that have been handed down through the centuries. These people are essential to the goals of the study because they are important keepers of indigenous knowledge. By concentrating on these healers, the study hopes to record not only the healing techniques but also the knowledge passed down through the generations, the symbolic significance of health rituals, and the part these healers play in their communities.

Participant observation, a key component of the case study approach, is also employed in this research as it facilitates direct engagement with tribal healers and community members. This immersive approach helped in capturing the details of healing rituals and methods, the use of natural resources, and the cultural significance attached to these practices. The sampling techniques used here are purposive and snowball sampling. This sampling technique is used as it could provide rich, relevant information regarding tribal healing practices. In this approach, one respondent was initially identified from the Anakkallu tribal community. Subsequently, these respondents were requested to assist in recruiting one or more tribal healers within their community according to the purpose of the researcher.

The study took place with the tribal healers who play a major role in the community and continue practicing these healing practices. The study also employed various assessment methods, such as unstructured interviews, observations, and record reviews. These methods made it possible to delve deeper into the healers' individual experiences, perspectives on health and illness, and the perceived influence of their healing practices on the community. The unique stories of the healers and their individualized interpretations of their roles will be crucially captured through these interviews. With participant consent, audio recordings of interviews and thorough notes from participant observation sessions were used to capture data.

Throughout the research process, ethical considerations were carefully considered. All participants gave their prior informed consent, guaranteeing that they were fully informed about the study's objectives, procedures, and their freedom to discontinue participation at any moment. Special care was taken to respect the customs and confidentiality of the healers and community members because tribal healing practices are delicate and culturally significant. Local tribal leaders, who were consulted before the study started to make sure it complied with ethical standards and community values, also approved the research.

## **4. Results**

### **4.1. Case Analysis**

**Case 1:** Mr. Rajan, a 60-year-old resident of the Anakkallu tribal community, serves as a tribal healer, inheriting the profound healing practices from his renowned father, who was widely acknowledged as the 'Nattu Vaidhyam' in the community from earlier times. His father spent his entire life as a tribal healer and was so respected in the community. For any primary health care treatment, the community members consult these tribal healers even now rather than consulting with the modern medical system. He has been given treatment for poisons, snake bite, migraine(kodinji), etc. Mr. X asserts that traditional healing methods yield a remarkable 90 percent relief from illnesses, emphasizing their distinctiveness from modern medicine. For instance, he uses Chittamruthu sugar, Valli, nilakkanjiram, mukutti, Thottavadi, passion fruit, etc., as medicine for sugar, which has no side effects, whereas the usage of modern English medicine has a lot of side effects. Mr. X underscores the long-term side effects associated with modern medicine. He stresses that his traditional treatments, practiced for over two decades, have consistently enhanced the health status of individuals suffering from kodinji. He said, "For almost 25 years, people with kodinji are coming for treatment, yet it has only improved their health status". However, he notes a limitation in the lack of legal recognition, as he has not received any license for providing treatments officially as a tribal healer.

**Case 2:** Ms. Savithri, a 61-year-old MGNREG worker with a 4th-grade education, possesses knowledge of tribal healing practices acquired from her husband's parents three decades ago. Specializing in treating spider bites and kodinji, she provides traditional remedies while advising patients to abstain from alcohol and adhere to pathyam. Approximately 6 to 7 individuals seek her treatments each month, experiencing effectiveness without any reported adverse effects. Savithri emphasizes the distinction between tribal and modern medical methods. Her services operate without consultation fees or additional charges, aligning payments with patients' economic capacities and promoting tribal healing without imposing financial burdens. Despite minimal government recognition, she received 2000 rupees from the tribal department for cultivating medicinal plants. Faced with a temporary decision to halt treatments, community support and opinions encouraged her to continue her healing practices.

**Case 3:** Mr. Gopi, a 75-year-old tribal healer, specializes in treating snake bites, particularly those from the Indian cobra and Russell's viper. His expertise also extends to traditional remedies for conditions like Manjapitham (spider bite) and kodinji,

passed down through generations in his family. He asserts that these traditional healing practices boast a remarkable 100 percent cure rate and contribute to overall well-being. Mr. Gopi emphasizes that unlike allopathic medicines, which may have the potential for relapse, the chances of the ailment recurring after employing tribal healing methods are minimal, ensuring complete recovery. Furthermore, he underscores the accessibility and abundance of these remedies derived from natural resources. Many individuals turn to these traditional approaches when conventional medical treatments prove ineffective or incomplete. Mr. Gopi points out that despite the proven efficacy of these methods, the younger generations, including his children, show little interest in inheriting and preserving this valuable traditional knowledge.

**Case 4:** Ayyappadas, a 42-year-old traditional tribal healer with a 10th-grade education, boasts 18 years of experience in traditional tribal healing. Under the guidance of the renowned tribal healer Gopi, he received three to four years of training and now runs a hospital dedicated to these methods. A firm believer in the efficacy of natural medicines, he cultivates them at his home. A proponent of serving others rather than conducting business, he adheres to the belief that traditional healing methods, passed down through generations, contribute to both longevity and well-being. Ayyappadas refrains from treating severe illnesses due to the lack of facilities, yet remains unrecognized by the government, finding acknowledgment from tribal, medical college, and community programs instead. Despite opportunities to participate in events attended by the Prime Minister, he avoids publicity, emphasizing a commitment to preserving and promoting traditional healing within the community.

**Case 5:** Mr. X, a 77-year-old tribal healer, possesses extensive knowledge and is deeply involved in spiritual methods of healing. He embraces a holistic perspective on health, recognizing the intricate connection between spiritual and physical well-being. The remedies he offers are firmly grounded in the cultural and religious traditions of his community, incorporating practices such as prayers, chants, herbal offerings, and symbolic rituals. Among the rituals performed for treatment, there are specific ones designed for ailments like snake bites and purification ceremonies involving smoke cleansing with herbs like sage or cedar. The community members actively seek out Mr. X and other healers not only for addressing particular spiritual issues but also for overall well-being and guidance. The effectiveness of these treatments is often gauged by the restoration of harmony and a profound sense of peace experienced by the individuals. Despite representing a rich cultural and healing heritage, a notable challenge persists in passing down this invaluable knowledge to the succeeding generations. The allure of modern influences and shifting priorities has led to a waning interest among the younger members of these communities, posing a threat to the continuity of these traditional healing practices. He suggests that several trees, aged for nearly 25 years, are still maintained and conserved for diverse medicinal purposes, highlighting the commitment to preserving both the cultural aspects of these healing practices and the associated resources.

## **5. Results and Discussion**

In a holistic analysis of the presented tribal healing cases within the Anakkallu community, a rich tapestry of traditional healing practices emerges, emphasizing the community's deep-rooted reliance on indigenous knowledge for healthcare. The cases underscore the efficacy of tribal healing methods, ranging from specialized treatments for snake bites to holistic approaches blending spiritual and physical well-being. The commitment of healers like Mr. Rajan and Ms. Savithri to accessibility and affordability reflects a community-centric ethos.

However, common challenges persist, such as the lack of legal recognition, diminishing interest among younger generations, and the encroachment of modern influences. These challenges illuminate the delicate balance between preserving cultural heritage and navigating the evolving landscape. The cases collectively advocate for institutional support, community empowerment, and educational initiatives to ensure the continued integration and recognition of tribal healing within the broader healthcare narrative. The invaluable contributions of tribal healers call for a nuanced approach that honours tradition while addressing contemporary healthcare needs.

### **5.1. Tribal Healing Methods and Practices**

Tribal healing methods within the Anakkallu tribal community in Mundakayam, Kerala, are deeply embedded in cultural traditions and contribute to the holistic well-being of the indigenous population. These methods often reflect a holistic approach to health, considering the interconnectedness of the physical, mental, and spiritual dimensions of an individual's well-being. The tribals, also known as Adivasis, employ diverse traditional methods to address various health issues, ranging from snake bites and migraines to spondylosis and sugar-related ailments and many more.

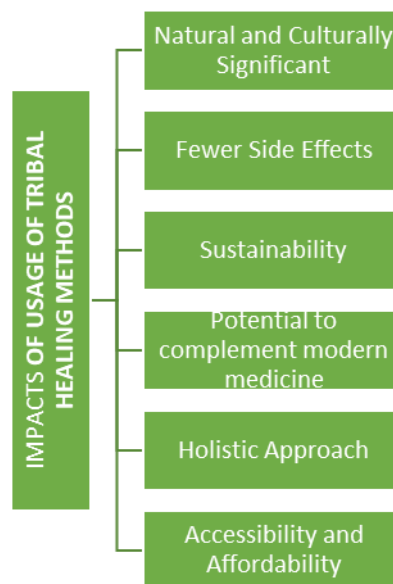
The practices involve the use of medicinal herbs, plants, animals, and mineral substances cultivated within the community, making them easily accessible and cost-effective. These methods often extend beyond physical health, encompassing spiritual activities to treat certain illnesses. These traditional practices play a crucial role in providing primary healthcare within the tribal community. Despite their efficacy and cultural significance, the transmission of these practices faces challenges due to modern influences and a diminishing interest among younger generations, highlighting the need for efforts to preserve and

honour these invaluable traditions; challenges such as limited scientific validation and diminishing interest among the younger generation pose concerns.

## 5.2. Impacts of Usage of Tribal Healing Methods

Tribal healing practices offer a myriad of advantages rooted in their connection to natural resources, cost-effectiveness, and cultural significance. The foundation of tribal medicine lies in the cultural customs, religious beliefs, and shared wisdom and rituals that have been transmitted across successive generations. These traditional methods leverage readily available resources, making them accessible and affordable to communities [9]. The emphasis on cultural preservation ensures that these practices contribute to the continuity of indigenous knowledge. Community participation plays a crucial role in fostering a sense of shared responsibility for healthcare. Additionally, the holistic approach of tribal healing addresses the interconnectedness of physical, mental, and spiritual well-being. With limited side effects, these practices enhance overall health, potentially extending life expectancy.

The integration of traditional healing methods into modern healthcare systems could provide a balanced approach that respects cultural diversity while promoting wellness. Traditional tribal health practices face several challenges, including a lack of scientific validation, limited regulations, and a dearth of in-depth knowledge. The absence of rigorous scientific scrutiny hampers the credibility of these methods, making it challenging to integrate them into mainstream healthcare. Additionally, the time-consuming nature of studying tribal healing methods poses a barrier to understanding their efficacy fully. Another concern is the diminishing interest among the younger generation, potentially leading to a loss of valuable healing knowledge. Furthermore, these practices may have limited efficacy in treating certain illnesses, necessitating advanced medical interventions for comprehensive healthcare solutions (Figure 1).



**Figure 1:** Impacts of usage of tribal healing methods

## 5.3. Integration with Modern Medical System

The integration of tribal healing methods into the modern medical system, as explored within the Anakkallu tribal community, offers a promising avenue for advancing Sustainable Development Goal (SDG) 3, which prioritizes good health and well-being for all. SDG 3 addresses all major health priorities for all people in the community during their life course [13]. This integration respects and embraces cultural diversity, aligning with SDG 3's emphasis on culturally sensitive and accessible healthcare services. The holistic approach inherent in tribal healing practices complements modern medical understanding, contributing to the goal of comprehensive healthcare solutions. The engagement of tribal communities in this integration process fosters community empowerment, aligning with SDG 3's objective of community-centered healthcare interventions.

Moreover, the integration helps preserve and leverage indigenous knowledge, addressing the SDG 3 goal of enhancing capacity-building within healthcare systems. By incorporating locally available resources and promoting sustainable practices, this integration aligns with SDG 3's targets of affordability, accessibility, and responsible resource utilization. Overcoming challenges such as the lack of scientific validation requires collaborative efforts between traditional healers, modern healthcare

practitioners, and governmental bodies to establish ethical protocols. In summary, the integration of tribal healing methods into modern healthcare not only respects cultural heritage but also contributes to achieving universal access to safe, effective, and quality healthcare services for all, including indigenous populations.

#### **5.4. Government Interventions Aimed at Promoting Tribal Health**

The Indian government has implemented various interventions to address the unique healthcare needs of tribal populations. Central to these efforts is the Tribal Health Sub-Plan (THSP), which allocates dedicated funds for infrastructure development, capacity building, and essential healthcare services in tribal areas. The National Health Mission (NHM) includes provisions specifically targeting tribal health, focusing on maternal and child health, nutrition, immunization, and communicable disease control. Ashram schools and hostels in tribal regions aim to enhance education and healthcare access for tribal children, providing regular health check-ups and nutritional support. Janani Suraksha Yojana (JSY) promotes institutional deliveries, contributing to safer childbirth practices in tribal communities. Integrated Tribal Development Agencies (ITDAs) coordinate comprehensive development programs, including healthcare, in tribal areas.

The Vanbandhu Kalyan Yojana, launched by the Ministry of Tribal Affairs, focuses on holistic development, including healthcare infrastructure and services. Recognizing the significance of traditional healing practices, the government supports efforts to document, validate, and integrate indigenous knowledge into mainstream healthcare. Special health camps, mobile health units, and research initiatives target remote tribal areas, addressing geographical barriers and collecting data for informed policymaking. Additionally, scholarships and training programs aim to empower tribal youth in healthcare professions, fostering local participation in healthcare delivery. These interventions collectively reflect a commitment to culturally sensitive and community-driven approaches for the improvement of tribal health and overall well-being.

#### **5.5. Social Work Interventions to Fortify Tribal Health**

Social work interventions aimed at fortifying tribal health encompass a range of strategies designed to address the unique challenges faced by Indigenous communities. Health education programs tailored to specific community needs raise awareness about preventive measures and maternal and child health. Empowering tribal communities involves establishing health committees, promoting self-help groups, and advocating for policies that address indigenous perspectives in healthcare planning. Social workers also play a role in addressing mental health challenges, supporting traditional healing practices, and building local capacities for emergency response. Income generation programs, partnerships with traditional healers, and youth engagement initiatives contribute to a holistic approach that recognizes the interconnectedness of social, cultural, and health factors within tribal contexts. By integrating these interventions, social workers contribute to the resilience and well-being of tribal communities, fostering culturally sensitive healthcare solutions.

### **6. Conclusion**

In conclusion, the investigation into the usage of tribal healing methods among the Anakkallu tribal community in Mundakayam provides a comprehensive understanding of the intricate interplay between traditional healthcare practices, modern interventions, and the overall well-being of Indigenous populations. The research underscores the vital role tribal healers play in addressing the unique healthcare needs of these communities, leveraging traditional knowledge passed down through generations. The impacts of tribal healing methods, both positive and negative, shed light on the need for a balanced approach that integrates cultural practices into mainstream healthcare. The government's interventions, such as the Tribal Health Sub-Plan and National Health Mission, reflect a commitment to addressing health disparities and promoting culturally sensitive healthcare. Social work interventions further fortify tribal health by bridging gaps in healthcare accessibility, empowering communities, and preserving cultural practices. The challenges, including the lack of scientific validation and diminishing interest among younger generations, underscore the importance of sustained efforts to document, validate, and integrate traditional healing practices into broader healthcare frameworks.

Furthermore, the integration of tribal healing methods into the modern medical system emerges as a promising avenue for achieving Sustainable Development Goal 3, emphasizing good health and well-being for all. Overcoming challenges, such as the lack of scientific validation, requires ethical protocols and collaborative initiatives. As tribal communities navigate the intersection of tradition and modernity, collaborative efforts between traditional healers, healthcare professionals, policymakers, and social workers become imperative to ensure holistic and inclusive healthcare solutions for the well-being of tribal populations. Government interventions may also demonstrate a commitment to addressing health disparities and promoting culturally sensitive healthcare. In essence, this research contributes to the discourse on tribal health by shedding light on the delicate balance between tradition and modernity. It advocates for sustained efforts to document, validate, and integrate traditional healing practices into broader healthcare frameworks, ensuring holistic and inclusive healthcare solutions for the well-being of tribal populations.

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**Ethics and Consent Statement:** This study adhered to established ethical standards. All participants were informed about the purpose of the study and assured that their identities and responses would remain anonymous and confidential.

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