

It is important to note that all roles within the Indigenous cultures come from their experience and earning the right to achieve these roles. Like in society, for example, a person is required to attend university to receive their degree in their respective field, such as a teacher.

The medicine people have earned their right to work with the herbal medicines through watching, learning, and working with the medicines. This work is done through following proper protocols and guided by other medicine teachers, for many years.

The World Health Organization (WHO) defines traditional medicine as “the sum total of the knowledge; skills and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement of treatment of physical and mental illness.”

It may also be referred to as alternative medicine or herbal medicine. Indigenous medicine is generally transmitted orally through a community, family and individuals who have followed proper protocol to request these teachings.

Oral Tradition is transmitted from one generation to another. This transmission is through speech, song, stories and hands on teachings.