

# RONGOA

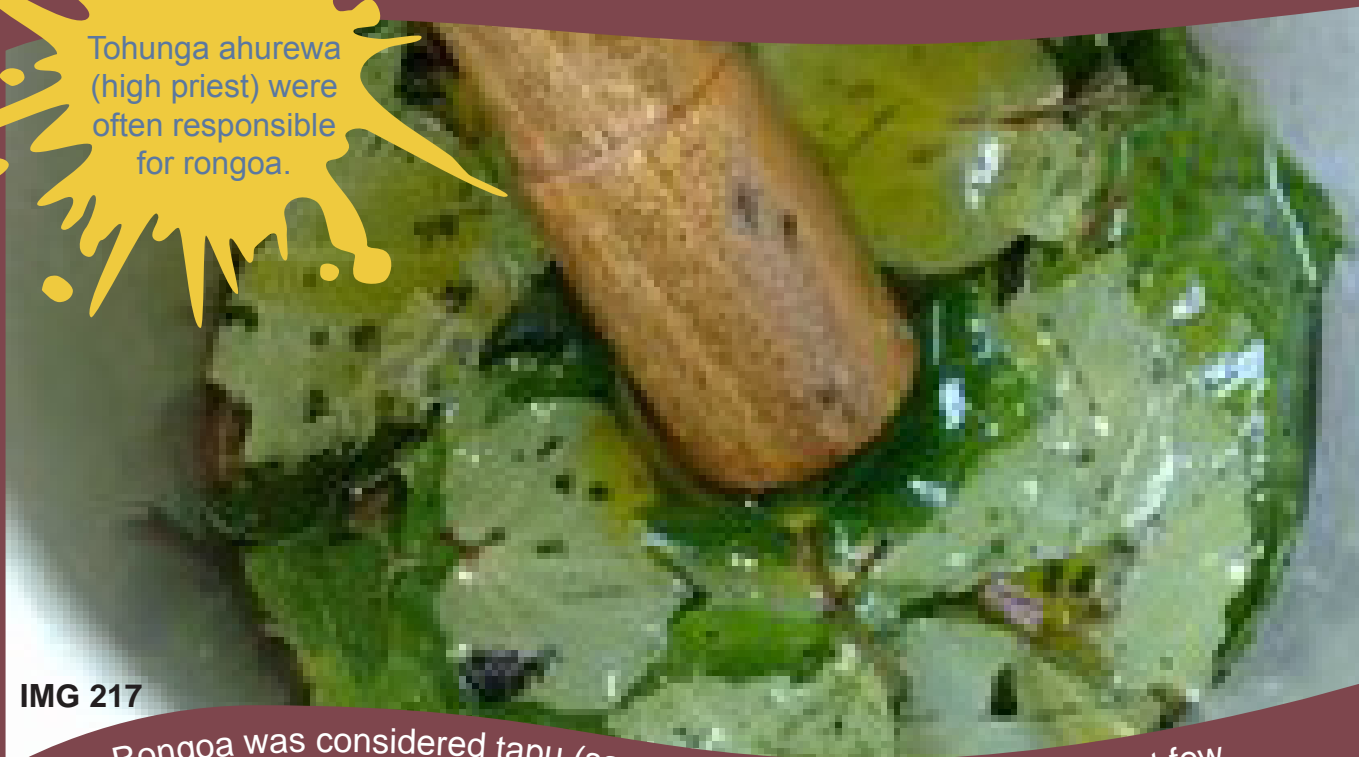
## *Traditional Māori Medicine*

Rongoa is traditional Māori medicine using native plants as herbal remedies, physical therapies and spiritual healing. Illnesses were either mate atua (caused by the gods) or mate tangata (due to physical causes). More than 200 plants are used medicinally by Māori and most have several uses



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Tohunga ahurewa (high priest) were often responsible for rongoa.



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Rongoa was considered tapu (sacred) and was passed onto a select few.

### Harakeke (flax)

- The leaf or root was pulped, heated and put on boils.
- Stiches were sown with muka (flax fibre) and a sharp stick.
- Roots were used for colds and headaches.

### Kawakawa

- Kawakawa leaves were chewed for toothache.
- Leaves and bark were a remedy for stomach aches.

### Koromiko

- Leaves were bruised and applied as a cloth for ulcers.
- Leaves were used in a steam bath to treat broken bones.