CHAPTER FOUR
Sonam Yudon

FOLK KNOWLEDGE AND TECHNOLOGY

4.1. TRADITIONAL MEDICINE
• Medicinal Ingredients
• Methods of Diagnoses and Treatment

4.2. LOCAL HEALING PRACTICES
• Healers treating through Physical Observation
• Healing based on Textual Sources
• Healers diagnosing or treating in a State of Trance
• Non shamanistic ritual healers belonging to Oral and Popular Tradition

4.3. HEALING PRACTICES & LOCAL HERBS

4.4. INDIGENOUS METEOROLOGY

4.5. INDIGENOUS ARITHMETIC

4.6. ASTROLOGICAL KNOWLEDGE

4.7. INDIGENOUS MEASURING UNIT
• Measurement of Weight
• Measurement of Time

4.8. FOLK BELIEFS AND SUPERSTITION
• Signs and Omens
• Beliefs and Superstition concerning flowers
• Beliefs and Superstition on Animals
• Beliefs and Superstition concerning Pregnant Women
• Beliefs and Superstition on Children
• Beliefs and Superstition concerning Human Body Parts
• Beliefs and Superstition on Days
• Beliefs and Superstition about Dreams

4.9. HOUSEHOLD & KNOWLEDGE OF ECONOMY

4.10. TRADITIONAL FOOD AND BEVERAGES