**Researcher:** Please tell me about the services you provide as a Traditional Therapist, what are the types of services you provide?

**Participant:** We provide services to nine different clinics; Respiratory and Chest Diseases which is the major clinic we do provide services for, and we also serve the Obs & Gyn clinic, Dermatology Clinic, Gastroenterology clinic, Beauty Clinic, Psychological health Clinic, Oste & arthritis Clinic, ENT clinic and Urinary Tract Clinic, some of these nine clinics concerns and requires with surgery, but when the patients take our Herbal Medicine they will not need the surgery anymore, and in the cases of moderate symptoms we give normal doses to the patients. This happens at the case in which the patient went to a doctor for more than once but the symptoms reoccurred after one or two months, I mean the patients come to my traditional clinic after the take the doctor’s medicine but they haven’t been treated. Some people come to me after three years of going specialized doctors; some of the patients suffer from H. Pylori and the doctor give them the Triple-Medicine, but after a while the same symptoms reoccurs, and that’s why the patients come to me after they get satisfied from the Chemical Medicines, or after they have tried many prescriptions without getting the required result. In such cases the patients come to us and we treat them with the traditional herbs which enhance their bodies’ immune for a long time to eradicate the disease and repair the defect at any part of the body. The long term immune is acquired due to the fact that the base material in the traditional medicine is honey.

**Researcher:** Natural Stuff?

**Participant:** Yes, Natural Stuff?

**Researcher:** I want to know which diseases have the priority, or are much potential?

**Participant:** Respiratory system diseases, the last case I have check before your interview was a child suffering Chest Allergy. Respiratory system diseases and Psychological Health diseases are the most common.

**Researcher:** Do you also treat the Psychological Diseases?

**Participant:** Yes, most of our business depends on Respiratory system diseases and Psychological Health diseases.

**Participant:** Tell me aboutPsychological Health, what it is about?

**Researcher:** Depression, Nervousness, Despair, a sense of fear, Insomnia, Sleep Disturbance and Cerebral seizure.

**Researcher:** What is cerebral seizure?

**Participant:** It is the same as Brain Vascular Cramps, or the Brain cells get cramped, some people suffer it for about fifteen minutes and other people might suffer it for one or two hours, and in such cases we give them internal and external therapy.

**Researcher:** Can you explain more?

**Participant:** Internal and External implements the same methodology of treating the cramps, because it origins from the bad mixes in Blood or Stomach, bad mixes in form of gases penetrates the brain and cause cramps, in such cases we give Internal medicine for the abdomen to stop generating those gases which goes directly to brain, in parallel with the abdominal medicine we give topical external medicine, in addition to this we give internal medicine consists of the herbs which contains Hydrocortisone to act as sedative. Some patients come for follow up until they reach the optimum level. In case of psychiatric diseases; for example if the patient is suffer from abnormal tension; in such case we transfer the patients directly to the clinic, and there in the clinic they give them olanzapine 5mg (as a sedative drug) five injections, after that the patient can react with us and obey our instructions and take the medication.

**Researcher:** You mean after seeing a doctor; the patients come back to follow up with you?

**Participant:** Yes, we make use of the doctor’s medicine to treat the Severe Depression in which the patient does not react or obey anyone due to his abnormal condition, in such case the therapy take about a month. Usually in the Psychotherapy the doctor gives a primary medicine and after that the lower the dose, but as traditional healers; we give the direct dose which can solve the root cause of the problem after the patient takes the primary chemical medicine, i.e. we see the other side of the diagnostic spectrum, and after the recovery; the patient go back to the doctor for final mental evaluation after one month, and after three months the doctor starts to lower the medicine dose which was prescribed in the beginning, and this happens when the doctor decides that the patient is no more in need for permanent medication. In the case of the Respiratory system diseases we consult the physicians to give the patient a vasodilator as ventoline, and the patient follow up with the physician a long with the Traditional Herbs, the Traditional Herbs treats the dry Phlegm, and these cases are normally originates from dry phlegm which results from a dry stomach which lead dry cough or phlegm congestion. On the other hand; there is a wet stomach which may cause wet phlegm that leads to wet cough which in not severe but annoying because of the continuous phlegm. We treat the root cause which is the stomach in this case to stop the secretions which press on the lungs to produce the phlegm. We give topical herbs as vasodilator in addition to Natural Honey in form of Nasal Drops and topically on the chest. By using this prescription the problem will totally be eradicated and even the patient is using the ventoline spray; he can get rid of it.

**Researcher:** Get rid of the ventoline spray?

**Participant:** Yes, The patient will never use it again.

**Researcher:** No matter how sever is the case?

**Participant:** No matter how sever the disease he suffers from and regardless to the age up to 80 years, and even the case was chronic, and as I told you we serve all the chronic diseases, and all the patients come to me after they follow up with doctors for one or two years and sometimes three years, and when they get disparate from the doctors, the come to our traditional therapy, I mean the patients don not come to us directly when the first felt the symptoms. The patient come to us with the medical reports from which we find out the medicine which was prescribed, the doses and why the doctor prescribed that certain medicine; by doing this we can find out the exact problem, and by following up the patient take the medicine and get healed.

**Researcher:** You mentioned that you send the patient to the doctors and after the diagnosis the patients come back to you; is there any type of communication between you and the doctors?

**Participant:** No, generally the patient would have being following up with a doctor.

**Researcher:** The patient would have being following up with a doctor in order to come to you, i.e. you inform the doctor to send the patient back to you, or what do you exactly do?

**Participant:** No, no communication between us, the doctors do not know about our traditional medicine, this is a honey based medicine, and generally the patients are not keen to inform the doctors about the traditional medicine, all what the patients cares for is to be treated and to get back to their normal situation, and when any patient comes to us he would knew that some of his acquaintances have come to us and they were healed and for three years none of them complained the same symptoms again, and that is why the patient would be sure that he would be healed, side by side in the chronic cases they would be following up with the doctors, and as soon as they start the Traditional Medicine there would not be a chronic case again, the chronic cases occur when the patients is using the vasodilators and the syrups which are prescribed by the doctors because the root cause is still there and the prescribed medicine is a temporary treatment.

**Researcher:** Do you mean that when the patients are irritated they go to the doctor and when their status is stable they come to you?

**Participant:** They come to us to get the complete healing.

**Researcher:** But they come in a stable status?

**Participant:** Yes, when they complete their course they find them self in a good condition and no need to follow up with doctors.

**Researcher:** Why did you mentioned certain disease as diseases of priority?

**Participant:** Because ifthey went to the hospital the doctor would give them a permanent medicines, it is well known according to the medicine that the Asthma cannot be healed, the medical students were taught according to certain domain which they cannot go out of it, they give drugs for certain disease and if the same patient came again with the same symptoms; they would prescribe the same drug and that’s why the give permanent drugs which cause side effects for the patient and disable his functionalities especially the respiratory part if the patient is working in a workshop or cotton scutcher he would leave his work because he would be irritated every time he enters those areas.

**Researcher:** Is this in the case of occupational diseases?

**Participant:** Yes. The psychopathic will also take permanent medicine, I have never heard of someone who went to the psychiatrist and after three weeks of using the drugs they get to their normal status, they always use permanent medicine; and sometimes the case get severe and the doctors use to raise the dose; they use to start with olanzapine 5 mg and after 3 or 6 months if there is no progress they give infranim 25mg, we understand the drugs that the doctors prescribe for the patients and at which level they prescribe it, and as long the disease stays with the patient, the dose gets bigger which may lead to nervous system failure, prolonged sleep periods, dizziness, fatigue and laziness, and if it’s a woman she would not be able to do the house work, and if he is a man he would go to the market for work; he would not be able to do any work beside having a permanent drug, and if the dose is high it may cause pee reflex because the sedatives affects the internal systems of the body, and with time the patient suffers memory problems, Alzheimer, and early insomnia; all these things are related to the verves system and the sedatives and that’s why we have focused on them because they requires permanent medicine, but the majority of the other cases may be treated for example some diseases take 2 – 3 weeks and it will not reoccur before 2 years, and the patient consider it a normal issue, for example if the patient is suffering from H. Pylori resulted from polluted food or water; this is considered a normal issue, but if it get hard for the doctor to heal it; then the patient use the traditional medicine to avoid the reoccurrence of the disease.

**Researcher:** Tell me about the Chest Diseases which you use to heal if it is Asthma, T.B, C, BD or even the MDR, have you ever treated a Multi- Drug Resistant T.B?

**Participant:** No, because they always discover it after it gets chronic.

**Researcher:** what if they discovered it early, do they come to be healed?

**Participant:**  The T.B and MDR patients do not come, usually because of fear and the only follow up with the doctor.

**Researcher:** what do they are afraid of?

**Participant:**  The like to follow up with the doctor and that is why they get stick to the doctor to give them permanent medicine and follow their cases. Generally the civilians are illiterate about our Traditional medicine and they don’t have the culture about the herbal drugs and it can heal those problems simply, and that’s why they go to the doctor. In case of the Asthma and allergies, the patients would have tried many types of drugs and then came to us to totally heal them.

**Researcher:** Tell me how do you diagnose your patients?

**Participant:**  The patients always come to me after been checked and diagnosed by a doctor and he told them that they have allergy, Bronchitis, or tightness of trachea; after the diagnosis of the doctor we give the patient the traditional herbal medicine after revising the doctor diagnosis. The patients used to come to us after they take the primary medicine; and we give the natural drugs which have no side effects, and when the patient go back for the follow up they discover that they were healed. In other cases some patients come to us after the got tired from following up with the doctors; we check the diagnosis and the reports and then we check the results of the lab tests to find out the root cause and why they were not healed when they have used the Chemical medicines, for example if someone is suffering from a stone and the doctor prescribed urinex and citrate but there was no progress, in this case we give rapid effect and safe herbal drugs.

**Researcher:** What does it mean if someone has a healthy lung?

**Participant:**  Healthy lung is a treasure and a bliss from God, human health is all about the lung and breathing, nothing but breathing, if there is any other complications they can be endured, but the breathing complications means death.

**Researcher:** What does it mean if someone has a sick lung?

**Participant:**  Hope is always there.

**Researcher:** I did not say there is no hope, I said what does it means to you when you know that someone has a sick lung?

**Participant:**  I see, sick lung means two things.

**Researcher:** What they are?

**Participant:**  It might be a symptom of disease, or it might be a congenital flaw. We can do nothing to the congenital flaw, but the other probability we can heal it, we never give up, I mean no matter what the severity is; we can find out a drug for it.

**Researcher:**  As you have stayed for a long time in this area, what do you call the person who have a prolonged cough, and it resisted all the antibiotics, does the community here have any term or word to name a person with such symptoms?

**Participant:**  They don’t have such culture in this area. Such cases happen as a result of the Factories exhausts in our area, some people live in XXXX Area behind the Sewing and Textile Factory, most of the cases results from the Factory’s Exhausts, and the other cases results from food and water pollution in the remote areas, and some of them are suffering from malnutrition which is a major cause for the T.B.

**Researcher:**  If someone is coughing for a long time, does the neighbors or the community say that person is sick with certain disease? Is there any word to describe that?

**Participant:**  No.

**Researcher:**  Tell my about the lung diseases and their symptoms?

**Participant:**  Dyspnea.

**Researcher:**  What it is?

**Participant:**  It is a breathing difficulties accompanied by continuous coughing and sometimes with or without phlegm, dry cough.

**Researcher:**  Which disease is this? Tell me the Disease and its symptoms?

**Participant:**  These are the symptoms of the respiratory system and it includes the Asthma, and other symptoms, all of it are similar; includes coughing, retained phlegm which is accompanied by dry cough, and the wet cough which is accompanied by phlegm, headache, fatigue and sleepless at night due to coughing all night, less appetite to food because the patient is exhausted, these are the general symptoms.

**Researcher:**  Can you tell me the symptoms of Asthma and T.B respectively?

**Participant:**  T.B is liquid phlegm, i.e. some liquids come out along with the phlegm, and the patient will not be able to do any activity. The asthmatic patient can do some activities because the symptoms show up at certain times, moreover; the asthmatic is always alerted and uses the spray, the Asthmatic is suffering less than the T.B patients; and the allergic patient is suffering less than the Asthmatic, it is levels and each disease has its level of severity.

**Researcher:** Can you tell me how can the Lung diseases can affects someone’s psychiatric and social life?

**Participant:**  Socially; the people avoid the patient; even his home mates avoid and abandon him and separate him the drinking cups in the case of the third level. The severe cases are avoided even by the home mates rather than the other people to eat or drink with them, and the patient himself tries to avoid the crowd in order not to start coughing in the gatherings especially if they are eating or drinking, i.e. not to disgust them.

**Researcher:** Why people feel disgusted?

**Participant:**  Human nature, they do not show it, but they feel it internally. It is god gifted thing.

**Researcher:**  We are all from the same community, why do we feel disgusted?

**Participant:** I told you, it is human nature.

**Researcher:**  It is human nature, true, but by the end of the day you are one of this community; why do we avoid such person?

**Participant:**  Lack of knowledge and culture, people should not avoid such person, and as the patient got that disease; he might got another disease, people should not be disturbed by the presence of the patients. Secondly, the patient is inert, especially the patients of the respiratory system, they cannot participate in any activity and even the slight wind can irritate them and that is why they cannot work in the workshops or supermarkets. In addition to that the respiratory system diseases directly affect the patient health; lack of proper nutrition, lack of appetite which lead to health deterioration in addition to the other symptoms.

**Researcher:**  This is the vocational side, how about the social side; if there is a solace or any other event, how can this psychiatrically affect the patient?

**Participant:**  Socially; some of them interact and resist, they even do not take their medicines, they try to beat the disease, and other patient give up and avoid hanging out because the y are afraid of side effects, people are different, some of them overcome the situation by strong will or medication or by any other means of medication, and this is what called victory.

**Researcher:**  Can you describe the psychiatric impact?

**Participant:**  Psychiatric impact differs from one person to another, some people get impacted, while others believe that it is all from God and they just accept it.

**Researcher:**  How does the community treat the lung disease patient?

**Participant:**  in which part?

**Researcher:**  If it is Asthma or T.B?

**Participant:**  They try to avoid the patient and not to be attached, and sometimes they skip greeting or hand shaking with the patient, although these cases are not infectious during the medication period, except in some rare cases, it is just a physiological reason that’s why the community avoid the patient.

**Researcher:**  If at some stage of the therapy you felt that you cannot go further, do you transfer the patient to the medical sector?

**Participant:**  Yes, in case the patient does not know about his situation or what exactly is his disease, for example if the an over age patient came to me suffering from prostate; in this case he would not be following up with a doctor or does not following up the doctor constructions regarding the doses, in such case I sent the patient to the doctor to re - diagnose the case. I mentioned the prostate case because the in this case we check if the patient is taking the medicine but there is no progress; in such case if the prostate is enlarged more than 8; we immediately transfer the patient to a specialist Traditional Healer, the Specialist Doctors do not accept the cases that we transfer from here.

**Researcher:**  Do you advise them to go to certain consultant or specialist?

**Participant:**  We advise them to immediately consult a urinary tract specialist and from there they would be transferred to the Chemotherapy because it knew that if the enlargement is 8 and above it means Cancer; and that’s why we transfer the patient, it the TWBC count is high it means there is an infection in the respiratory system, Tonsillitis or abdominal problem, and if the TWBC count is very high we also transfer the patient to a specialist doctor to retest the TWBC to find out if there is a problem in the blood or not, after we make sure that everything is normal then we give medication for the origin disease; but before that we have to make sure that everything else is normal.

**Researcher:**  In the first cases you said you ask the patient to do some lab tests; do you ask them to bring the lab results to you or the patient should show it to a doctor first?

**Participant:**  The patient would have following up with a doctor but the case got worse.

**Researcher:**  You ask for lab test in spite of the follow up the doctor?

**Participant:**  Yes, we first ask the patient to be checked by a doctor to assess the case, sometime the doctor tells the patient that everything is normal and all the test results are normal; at such cases the patient bring the lab results to us and we give him the suitable herbs to eradicate the disease, i.e. to solve the problem, we follow up with doctors and with lab test results. We do not give any herbs before checking the Lab results.

**Researcher:**  Which diseases you transfer more to the doctors?

**Participant:**  Regarding which case?

**Researcher:**  All diseases

**Participant:**  As I mentioned before; the Respiratory System and Psychic – Disturbances, in these two cases we consult the doctors, but all at all we give the Herbal medicine because it has no side effects and it threatens neither the life nor the future of the patient

**Researcher:**  You transfer these cases to the specialist of the Chest and the psychiatrists?

**Participant:**  Yes.

**Researcher:**  Do you have any communication with any Health corporation?

**Participant:**  No.

**Researcher:** You don’t have any communication with any Health corporation or Private Clinics?

**Participant:**  No, generally we transfer the patient toe the ER and from there they transfer the patient to a specialist according to the case because the majority of the patient have Medical Insurance and that’s why they go to the External Clinics, our business is related to the ER because the specialist in this region do not know about us, our activities nor our location, but we know about their activities and what they do.

**Researcher:**  Do you have any plans to cooperate with them?

**Participant:**  We are looking forward to, but we are very busy, every time we plan to pay them a visit and to tell them about our activities and what we can do, but our routine work is consuming the whole day, moreover; the specialists do not interact with us and that’s why we do not approach them. We transfer some cases to them, but they never transferred any case to us.

**Researcher:**  Why don’t they transfer cases to you?

**Participant:**  There no logical reason, as I told you in their study they have been taught with in certain domain which they cannot exceed, they have studied the diseases and their medications no ore no less, they are not literate, they studied medicine, but they know nothing about the general sciences, in spite of the other nations like Egyptians and Syrians; they are multi-literate and they know about the foster medicine, i.e. they have knowledge about herbs, honey and foster medicine, but our doctors do not k now about it, for example the psychiatrists call the Cerebral seizure as excess electricity in brain; we did not talk about it yet but I will tell you later about it after I tell you a story of the daughter which her relatives took her to a Syrian or Egyptian doctor \_I can’t remember well\_, and they told the doctor that they were following up with a specialist in Sudan regarding excess electricity in brain but in vain, and the doctor asked them from which part in Sudan they are, they answered from WAD ALFADNI, and then the doctor told them that you left the Treatment there in your village

and come to seek it here, you have the Holy Quran Therapy, That was a Syrian doctor; but our Sudanese doctors cannot react like this; they don’t believe in the foster medicine, they just give the patient the chemical medicine and if it did not work they repeat it again. The Egyptians believe in foster medicine because their Islamic Culture is rich, especially the Egyptians, you find the specialist has a good background about the Islamic culture and the Saudi doctors as well. There is a famous Saudi Cardiologist -ALGEBAIR- he is also a Holly Quran Scientist; before ALGEBAIR do any surgical operation; he used to recite some Holly Quran verses on water and give it to the patient, and after that he execute the operation; such a thing we cannot dream about that our doctors might do it, all what our doctors concern about is what they have been taught at the university.

**Researcher:**  Who can you bridge this gap to build a relationship between you and the health corporations?

**Participant:** By work and experience, the experience of the citizen or the patient who hear about us wherever they went, if one person from a village came to us and he get healed; the whole village come to us, I have a client who came from XXXX, he brought all of the TANDALTIANS to take medicines form us, and as well another one from XXXX, and this is considered a practical proof, but this usually the doctors do not know about these achievements because as soon as the patient get healed, they do not go back to the doctors to tell them about the foster medicine; unless the patient is teased by the doctors, at this case the patient go back to doctor like the case of the diabetic patient who went four days ago to inform the doctor to that he was healed by using the Herbs, in this case the patient told the doctor that: “I have just used the herbs, and I have stopped the medicine you gave to me since two weeks, and this is the test result see it and compare it with the previous test result.”; the doctor put the pen on the table and said: I can say nothing, and nothing else could be prescribed to you. This is because the doctor found the result a normal result. People like that patient are the only people who can tell the specialists about our services, but most of the patient do not go back to doctors after they get healed.

**Researcher:**  If the gap between you and the Health corporations has been bridged, how do you want the relationship to looks like?

**Participant:**  It will be for the good of the patients.

**Researcher:**  What if there is a direct cooperation between you both, the specialist transfer to you; and you transfer to them; how to you imagine this relationship would looks like?

**Participant:**  This requires a recommendation from the Ministry of Health, and it implies a recognition of the foster medicine sector and the professional practitioners, because some companies have spoiled the business of the foster medicine.

**Researcher:**  How is that?

**Participant:**  The Nile Company for Foster Medicine has spoiled the market for us because they just give the herbs with put enough knowledge about the uses and doses, I mean they can give you a big bag of herbs but it will result in nothing!, the good thing is that the Herbs has no side effects and even if it happened it will not exceed 5%, but the patient will not get positive results. The companies has spoiled the business and harmed our reputation and that’s why the citizens are avoiding the Herbal Medicine, but on the other side, we have a regular clients for more than 36 years, and each client brings 20 other regular customers; and they would trust our herbs would bring him the good health, but the problem of the new companies which have invaded the market of the Traditional Medicine and spoiled the market and the reputation. The Department of Therapeutic Medicine have to understand that some cases can be healed, and the Healed patients themselves should convey this message that within 3 weeks –By will of God- we can heal even the sever cases of the Respiratory System Diseases and the other chronic diseases, even the chronic abdominal disease or the Urinary Tract, the medication period for the chronic cases may last for 3 to 5 weeks, and after that there would not be any more medicine nor side effects. This should be known by the Department of the Therapeutic Medicine, if it happened; we would help to mitigate the stress on the ministry of health likewise the patients themselves because instead of following every month; the patient will need not to come again. I know that the private sector of the medical field would be against this notion because it will affect their business, because most of the HODs and Health ministers have their private medical centers.

**Researcher:**  You mean competition?

**Participant:**  Not a competition, I will eradicate the disease totally and the patient will no more visit a doctor, there might be a completion, but our goal is to lower the medication expenses, and if I am running after the money; I would not give the patient a comprehensive prescription to totally heal him, but by the grace of god we have a comprehensive program for the sever cases, we call it the Nature Program for Comprehensive Treatment, it solve the root causes of the recent problem, and that’s why the patient visit us one for treatment and second when he is bringing another patient to be healed. We never see the patients after the treatment unless they are passing to say hi, and this threatens the private business, our business is a threat for the private business, although our location is beside the hospital but the citizens are not literate about us, and as I told you that some companies have spoiled the reputation of Herbs. Some of the literate doctors transfer the cases of H. Pylori to us after the give them the triple medicine because they knew that triple medicine will only mitigate the case.

**Researcher:**  This is the minority of the doctors?

**Participant:**  Yes, the minority of the doctors and the advance minded specialists.

**Researcher:**  Do you interact with such doctors?

**Participant:**  Yes, some of the specialized doctors are clients for us to heal them from the slip disc.

**Researcher:**  I have asked you in the beginning about the nature of the relation between you and the doctors?

**Participant:**  The take our medication, but they don’t transfer cases to us, for example there is a Physician from ALGEZERA UNIVERSITY she is Asthmatic and she is following up with us since 3 weeks, they come for their treatment, the doctors come and they knew about the foster medicine, and some of them pretend to be ignorant because if they show interest it would be a problem.

**Researcher:**  We come to the end of our questions, and we thank you for time and for the very precious information, do you want to add anything?

**Participant:**  Our Goal is to let the authorized people know about the Foster and Traditional Medicine, and we hope they understand that any problem can be solved, and when GOD created the diseases he had also created the medicine, some people know about it, and other don’t

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Age of interviewee: 43 Years

Education: Vocational

Job title: (Traditional Healer)

Years of Experience: 30 Years.