

Warlk Mata Karrunngangulakan

Plants that heal us

This poster presents traditional Indigenous knowledge about bush medicine. The knowledge about how to use plants to heal common ailments is given in the Mawng language, spoken at Goulburn Island, north-western Arnhem Land, Northern Territory, Australia. Mawng is an Australian Aboriginal language spoken by around 300 people. It is an endangered language but is still being learnt by children. This poster aims to help Mawng children learn more about bush medicine as well as non-Aboriginal people.



ALANGUNTA

- ⊕ Ngatpaju wurnkurrk, Ngatpangawun
- ⊖ Ingijalk

Rotten Cheesefruit *Morinda citrifolia*

- ⊕ Coughs, colds
- ⊖ Fruit

Nakapa ja Alangunta. Nakapa ja ingijalk, naka ja karrila. Nakapa ja ngarrila ta ngatpaju wurnkurrk. Pa ngatpangawun. Ngarrayan kiwurrtpin pa ngatpin "A ngarriwanala pa ngarrunpaningulakan." Ngarrila ngarruningulakan.

That one Rotten Cheesefruit (*Morinda citrifolia*). That fruit, we eat it. That one we eat when we have a cold, our nose is running and we're coughing. We see a ripe one and we say "Ah, we'll eat that and then we'll get better". We eat it and it does make us better.



MURWALA

- ⊕ Ngatpaju tuka kirrwara la tuka kumpil
- ⊖ Wukej tuka manimi

Beach Pandanus *Pandanus spiralis*

- ⊕ Pain in the back or the chest
- ⊖ Inside of the trunk

La ja murwala ta amajung tuka kirrwara la tuka kumpil pata arrarrkpi la warramumpik la marryun. Iwulalkungung ja murwala, iwakungung ingiri. Kayirrk la iwumarkujpangung kirrk. Iwutpangung ilangung ja Murwala tuka yungku. Iminang wuwukuwuk. Kayirrk la iwumangung parak. Iwutpangung tuka wingjalk awulangung. Warrwak la awuntuwanyantung tuka kirrwara la tuka kumpil. Iwutpan tuka wiwari la ngarlwak. Nakapa iwutpangungapa parang. Iminang atakujpinang atjak. Tuka awunngarajpukpuning. Nakapa iwutpangung murwala. Atjirntuny ta atjak.

They used Beach Pandanus (*Pandanus spiralis*) when men, women and boys were sick in the back or the chest. They would cut down the stem, remove the bark and then pound it up. They would put it on the fire to heat it up. Then they would take it and put it on their bodies. They would warm their backs and chests with it. They would put it where they had pain, like on their knees. They would put it on and that would be it. All the pain would stop. When they had an ache or pain, they would apply the Beach Pandanus (*Pandanus spiralis*) to it. The problem would go away.



WOROKPOROK

- ⊕ Ngatpaju tuka yurnu la ngarlwak
- ⊖ Mawiya

Snake Vine *Tinospora smilacina*

- ⊕ Pain in the hands, feet or knees
- ⊖ Leaves

Muka mata Worokporok mata amajung tuka yurnu la ngarlwak. Mampumangung mata mawiya mampuwunyangtung wurul tuka yungku. Kayirrk la awuntuwanyantung tuka ngarlwak la yurnu.

They used the Snake Vine (*Tinospora smilacina*) for sickness on the hands, feet and knees. They would take the leaves and heat them through on the fire. Then they would put the leaves on their arms, legs or knees.



KARTUNGKUN

- ⊕ Ngarryetpi wurrupuru ja ngarrkiniji arrkarrk
- ⊖ Mawiya mata wurrwur, mangiri

Ironbark *Erythrophleum chlorostachys*

- ⊕ Rashes, itchy skin
- ⊖ Young leaves, bark

Mampumangung Kartungkun. Mampumangung mawiya mata wurrwur. Muka mata kartungkun kampartpan tuka panikin. Yara mangiri kampartpan. Kayirrk la kawuyri pata kiwatpi wurrupuru ja kawinyiji arrkarrk.

They used to go and get Ironbark (*Erythrophleum chlorostachys*). They would get the new young leaves and boil them in a billy. Sometimes they might boil the bark instead. Then those who have a rash and are scratching themselves bathe in the liquid.



MUNMUNKA

- ⊕ Ngatpari, rluj la ngatpaju wun
- ⊖ Mawiya

Beach Morning Glory *Ipomea pes-caprae*

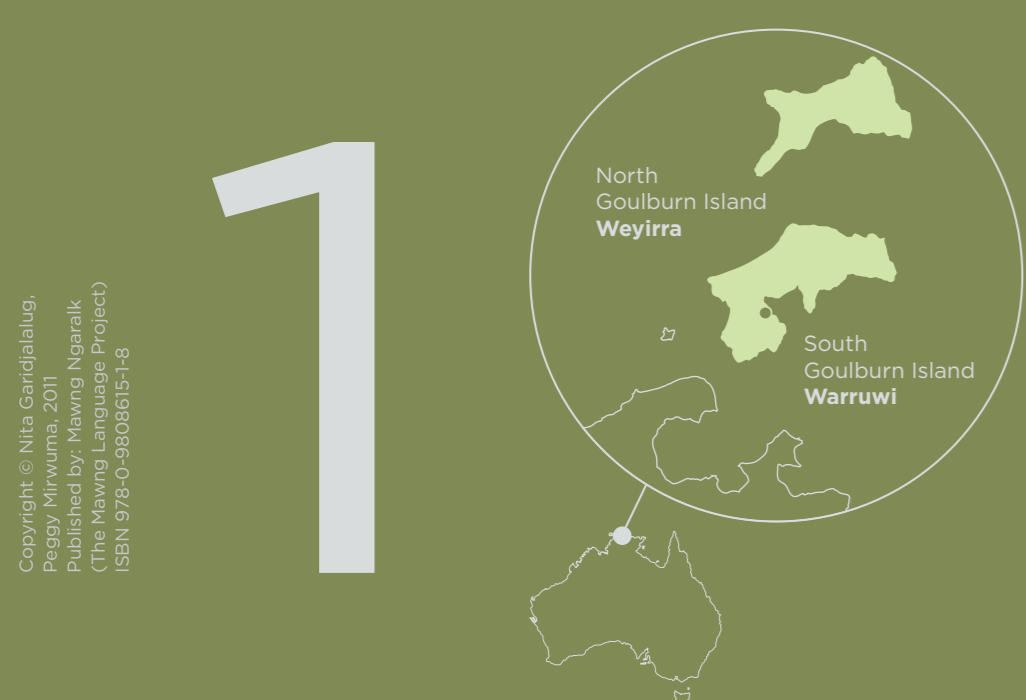
- ⊕ Sores, boils and sore eyes
- ⊖ Leaves

Nuka ja Munmunka ja iwumangung pata arrarrkpi. Iwumangung parak tuka kunak. Tuka malangung mata yungku iwuwunyangtung wurul ja iwiya. Kayirrk la iwutpangung tuka wun la tuka rluj la tuka wiwari.

People used to get the Beach Morning Glory (*Ipomea pes-caprae*) and take it home. When the fire was hot they would heat the leaves through on the fire. Then they would put the leaves on a sore eye or a boil or any type of sore.

Kapin kinnyen yagaru. Kapin kinnyen, kinnyenapa ja yagaru, warntatarr. Kerra warak kinirrkaka. Pa kinnyen yagaru. Keapa yungku kamanima. Munmunka kiniwunya. Kayirrk la kinnyutpa tuka iwari. Malany kiwutin alguru, Munmunka. Kimin iljil. Jil kinnyaka. Jara kinima, kiniwunya. Jara kinnyutpa akutju la kiwutin akutju. Kerrapa kilakujpin la katjirntuny.

Somebody might be stung by a stingray. Say a stingray stings somebody around noon. He goes off fishing with his spear. He gets stung by a stingray. As soon as he gets back they get firewood and heat up some leaves of the Beach Morning Glory (*Ipomea pes-caprae*) on the fire. After that they put it on his sore. Then they tie it on using the vine of the Beach Morning Glory. As soon as the leaf cools down, when it's gone cold, he gets another leaf and heats it up. He puts another one on and then they tie it on again. He keeps doing that until the pain goes away.



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