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## Healing of joints and fractures using Bhutanese traditional methods

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**M**y interest in local healing intrigued in the year 2012 when the author fractured his leg playing football. He was admitted to the hospital for treatment, but while he was in the hospital he met a friend from Sherubling High School, who suggested that rather than be treated in the hospital he should go to a local healer. Impressed by the results of the treatment he received, he decided to investigate this unique approach to healing, which is at risk of being lost. In this presentation, the author will share the findings and data collected through interviewing a traditional healer, who lives in Trongsa district, central part of Bhutan. This healer is one of only a few traditional healers remaining in the district, and is well renowned locally for his skill in this craft. Even, patients from other districts occasionally seek his services. The author will share how my own fractures were treated by this healer, and also how he approaches treating fractures and joint problems in general. He communicates the values and benefits of his approach to healing, and also expresses concerns regarding the lack of interest people, especially youth, show in preserving these practices. Nevertheless, a message of optimism comes through the narrative of this interview, who believes that there is still a future for this traditional practice.

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