

ხალხური სამკურნალო საშუალებები  
(ლეჩხუმის ეთნოგრაფიული  
მასალის მიხედვით)  
FOLK REMEDIES  
(ACCORDING TO LECHKHUMI  
ETHNOGRAPHIC MATERIALS)

რამაზ ხაჩაპურიძე

აკაკი წერეთლის სახელმწიფო უნივერსიტეტი  
ქუთაისი, საქართველო

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ABSTRACT

Traditional folk medicine is an integral aspect of the original Georgian culture and a subject of study in ethnographic science. Identifying and studying folk remedies and magical practices are considered crucial for understanding the characteristics of Georgian spiritual culture.

Herbal remedies and minerals are utilized in creating home remedies based on ancestral knowledge in Lechkhumi, a Georgian region. Apparently, in the past, it was common for almost every family to know how to prepare herbal remedies.

Recipes for folk home remedies are the result of centuries of folk knowledge, observation of nature, and the work and exploration by specially gifted healers. Traditional medical culture is a widespread phenomenon in Georgia, taking into account regional characteristics and specificities.

While the population now mostly tends to seek qualified medical services, familial and ancestral cultural traditions retain their importance. Ethnographic research of folk medicine has identified numerous efficient remedies.

საკვანძო სიტყვები: ქართული ხალხური მედიცინა, მკურნალობის  
ხალხური საშუალებები, ლეჩხუმის საგვარეულო მედიცინა.

Keywords: Georgian folk medicine, folk remedies, ancestral medicine of  
Lechkhumi.