Matariki Celebration of Rongoa Maori and Contemporary Native Plant Remedies

Fred Allen

Wellington Central Library Presentation 2016
Managing Director, Kiwi Plants Ltd and Kiwi Herbs Ltd.
www.kiwiplants.co.nz and www.kiwiherbs.com
Fred Allen is of Te Atiawa descent and his rohe is Whanganui a Tara.

- Fred is a Rongoa Maori Practitioner, New Zealand native herbal medicinal product manufacturer and New Zealand native plant horticulturist. Fred has specialist expertise in NZ native flora, NZ biodiversity, ethnobotany, phytochemistry and therapeutics of NZ endemic and indigenous herbal medicine.
- Fred separates his enterprises and personal activities within a Maori traditional and contemporary paradigm, and a Western herbal and natural products industry paradigm.
Matariki observations in relation to Rongoa Maori.

- **Rongoa;** Physical and spiritual preparations for healing and the healing processes.
- **Wai Rongoa Maori;** Wai ora water, Wairua, spiritual, frequency, vibration, karakia and wai ata, prayer and song.
- **Kai Rongoa Maori;** Harvesting all types of traditional food, wild and cultivated.
- **Rakau Rongoa;** Gathering all types of plants.
- Shortest day, moon cycles, day cycles, interdependence of all living organisms.
Traditional Rakau Rongoa Maori Framework.

• Tane created “plants” (biological organisms) before mankind.
• Maori respect “plants” as having senior status. (older relatives)
• “Plants” are the link between Maori sacred ancestors ”Papatuanuku and Ranginui”.
• Taonga Tuku lho; The medicine cabinet.
• Tohunga Rongoa; Tapu and noa.
• Whanaungatanga; Interrelationships between ourselves and the environment.
• Kaitiakitanga; Sustainability.
• Ahi kaa; Active harvest management in rohe.
Taonga.

Taonga are all the treasures created on earth. Nga Atua are all the interconnections. Without Nga Atua you have no Taonga. Mauri is the integrity of all Taonga. Whakapapa of each kaitiaki, kaitiakitanga, the body of wisdom for guardianship and custodianship relating to all things Maori. Tikanga, the practice of policies and procedures for implementation.

All animate and inanimate materials are Taonga (Treasures), because of the nature of the interdependence and the whakapapa within all of the biological organisms. This partnership creates reliance on all these complex systems for any survival and sustainability of “Taonga”.
Main presentation objectives:

Recognize the progression of Rongoa Maori from pre-colonial, to colonial (Maori and Western fusion) and onward within the present contemporary development stream.

Identify what is a Rongoa Maori paradigm and what is the NZ Western Medicine paradigm.

Describe and show what the present and future pathways of traditional medicine development are and will/could be.
Post colonial Tapu law for Tohunga still present. 1863
Pre-Colonial and Colonial Rongoa Maori.

• Pre-Colonial, types of Tohunga Rongoa; Ritenga (rituals) and karakia (incantations), Rongoa (external biological medicines and modalities), Mirimiri (massage), and Wai tapu (water healing rituals).

• Colonial Fusion of Rongoa Maori with Western medicine and Christianity 1825 to now (contemporary ), alongside the process of Maori deaths by introduced diseases, starvation, wars etc, estimated losses from 800,000 Maori down to 30,000 Maori before population recovery.

• Suppression of Rongoa Maori was legislated from1907; Maori healing practices which are defined as Rongoa Maori, are still being actively suppressed today (Maori are still within the colonial era).

Recommendations to Government.

- Recognize that Rongoa Maori has significant potential to improve Maori Health.
- Incentivize the health service to expand Rongoa services.
- Adequately support a national Rongoa Maori organization.
- Gather data about the current Maori use of services and the likely ongoing extent of demand.
- That the D. O. C and the M. O. H coordinate over policy.
- That the R.M.A regime be reformed.
- That the MfE commit to building Maori capacity to participate in the R.M.A process and in the management of Taonga.
Contemporary Rongoa Maori Paradigms

- Tiriti o Waitangi Rights to walk in both worlds.
- Non Maori may also walk in Maori paradigm (happening but not tested).
- Tiriti o Waitangi Rights to contemporary development within Maori paradigm.
- Maori Koha – Rongoa MOH Standards Subjective Rohe models, commercialization etc.
- Waitangi Tribunal Reports and Settlement Agreements (institutional memory lapses by Parliament and Govt Agencies. Kermadec Sanctuary and Fishing quota conflict).
Maraeroa Marae Health Clinic.
Today’s Rongoa Maori (Fused) Contemporary Paradigm.

- Tikanga (custom and rites) observed during collection, preparation and storage.
- Biological materials gathered from un-contaminated sites, correctly identified, handled, stored, and prepared safely and hygienically.
- Biological materials processed; (dried, powered, crushed, boiled etc) and mixed with water and ethyl alcohol.
- Remedies can only be prescribed and dispensed by Tohunga (experts) to individual patients along with appropriate advice.
- Remedy labels must make no therapeutic claims, show ingredient list, date of preparation, expiry date and who the remedy is prescribed for.
Practitioners Hui
Rakau Rongoa Examples.

Native plant samples, processed materials, raw materials, compounds, and finished remedies available to view for this segment.

- **Totara. Podocarpus Totara** (bactericide)
- **Horopito. Psedowintera colourata** (fungicide)
- **Kawakawa. Macropiper excelsum**. (antiseptic, analgesic and purgative)
- **Manuka. Leptospermum scoparium**. (viral and bactericide)
- **Harakeke. Phormium tenax** (10 actions)
- **Pomaderris sp. Kumarahou**. (expectorant etc)
- **Pukatea. Laurelia novae-zelandiae**. (analgesic)
- **Kowhai. Sophora sp.** (purgative, tonic and emetic)
- **Puriri. Vitex lucens**. (germicide)
- **Karamu. Coprosma robusta**. (diuretic and febrifuge)
Values of importance to Iwi/Maori.

Environmental effects (including spiritual) Maori food resources. (mahinga kai)
Indigenous flora & fauna (Nga taonga koiora) and species valued by Maori.
Water. (Nga moana, roto, awa manga)
Land. (soils) (Te whenua)
Air. (Te hau)
Natural habitats, ecosystems and other natural resources valued by Maori.

This model was developed by ERMA’s National Maori Network.
Rongoa Practitioners Hui
Health & Wellbeing Values.

Taha Wairua. (spirituality, health and wellbeing)
Taha Whanaungatanga. (family/wider group health and wellbeing)
Taha Hinengaro. (mental health and wellbeing)
Taha Tinana. (physical health and wellbeing)
Other health and wellbeing outcomes valued by Maori.
Rongoa Maori Practices Today.

Tohunga; practitioner/specialists. (Some may utilize Botany, ethnobotany chemistry, nursing, naturopathy, homeobotanical, non-Maori healing modalities and subjective knowledge.

• Tonic, infusion etc; identify species, right active ingredients, recipes/formulas, and preparation methodologies.

• Combinations of biological materials; Pre + Post-European remedies and treatments.

• Harvesting complexities; Timing, soil types, plant tissue types and age etc.

• Diagnosis; Mauri (life force), wairua (spiritual dimension) tikanga and tapu (laws).

• Therapies; Mirimiri (light tissue massage), romiromi (deep tissue massage, wai tapu (water therapy), karakia (prayer) and hot stone therapy.

• Koha; Gift exchange in contrast with commercial Western medical system.

• 240 Maori Health Centres existed throughout NZ. In 2011.
80% of the World's Medicine is Traditional Medicine.
Korean Traditional Medicine
Indonesian Traditional Medicine
Western Herbal and Natural Products Paradigm

Natural Products Act 2016, 1st Bill and 2nd Bill, Traditional medicine, MOH substance approval committee.

Medicine Act, herbals to medicine registration, examples to discuss being cytisine and xeronine.

HSNO Act, Environmental Protection Authority, ERMA, hazardous substances and new organisms, cosmetic regulations.

Biodiscovery, MPI, CRI’s, University research


IRD-Tax, Company Office
NZ Biological Materials Samples
Manuka Sample model
Manuka Fact Sheet

- Leptospermum scoparium: Common English name; Tea Tree. Family; Myrtaceae. Description; Multibranched small tree 2-5 metres tall, multi-branched with prickly leaves and flowers which are white, occasionally pink. A native NZ vascular plant found throughout and not endangered. Note: Specific sub-species have been identified by molecular scientists to contain enhanced medicinal values.

Related pharmacology: Leptospermum flavesceus in Malaysia is used for fever, lassitude, dysmenorrhoea, appetite, stimulant, stomachic, bronchitis and rheumatism.

Maori Medicinal Use: Leaves were crushed and rubbed on wounds and on all skin problems.

Constituents: Anthelmintic properties due to the compound called leptospermone. Triterpene acids, ursolic acid. O-methyl ethers of ellagic acid, Mannitol, betulinol and jacoumaric acid. Glucosides, cyaniding, a-pinene, oleanolic acid. Alcohols being esters of p-coumaric acid, B-sitosterol, methyflavones and oxyflavones.

Actions: Astringent, Anthelmintic, antibiotic, sedative, febrifuge and haemostatic.

Parts used: Leaves, twigs, bark and seed capsules.

Dosage: Externally: Leaves and seed capsules boiled for infusion and 1 cup added to warm bath for rheumatism, arthritis, cystitis, fever, pain, inflammations and skin problems, cold water infusion for treating sore eyes. Distilled Manuka oil balm can be applied externally daily. Internally: Drink leaf tea 50 mil (very small cup) 2 – 6 times daily. Chew 6-8 seed capsules every 15 minutes until pain subsides.

Main uses: Internal – Flu, kidney and urinary problems, fevers, diarrhoea, digestive problems, colic, skin conditions, blood purifier, halitosis, chest congestion, asthma, bronchitis, sinus, hayfever, insomnia, sedative, headaches, mouth, throat and eye troubles. And worms. External – Wounds, burns, sunburn, scalds, sores, lip damage, eczema, inflammations, pains, congested chest, spider and insect bites, acne, boils, ringworm, all skin problems and sore eyes

Disclaimer: Kiwi Herbs Ltd disclaimers at www.kiwiherbs.com apply to this fact sheet.
Material Safety Data Sheet
MANUKA OIL

1 IDENTIFICATION OF THE SUBSTANCE/PREPARATION AND OF THE COMPANY/UNDERTAKING

Kiwi Herbs Limited
548 Selwyn Valley Road
Selwyn Valley
Lower Hutt
NEW ZEALAND

Emergency Telephone: 06-444-8334

SAFETY DATA SHEET

PRODUCT NAME: Manuka Oil
BOTANICAL NAME: Leptospermum Scoparium
INCI NAME: LEPTOSPERMUM SCOPARIUM OIL
TRADE NAMES: Kiwi Herbs Ltd Manuka Oil

2 COMPOSITION/INFORMATION ON INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>CAS No.</th>
<th>EC No.</th>
<th>Volume %</th>
<th>Symbols</th>
<th>R Phrases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leptospermum Scoparium Oil</td>
<td>219328-97-2</td>
<td>245-630-7</td>
<td>100</td>
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Allergenic Substances:

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<tr>
<th>GAS NUMBER</th>
<th>SUBSTANCE</th>
<th>Concentration in the product (mg/kg)</th>
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</thead>
<tbody>
<tr>
<td>78-94-3</td>
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</tr>
</tbody>
</table>

5 HAZARDS IDENTIFICATION
- Harmful if swallowed (R22)
- Irritating to eyes and skin (R36/37/38)

4 FIRST-AID MEASURES

CONTACT WITH SKIN
- Remove contaminated clothing immediately and wash affected skin with dry cloth. Then wash with soap and water
- Seek medical attention if irritation persists

CONTACT WITH EYES
- If substance has got into eyes, immediately wash out with plenty
  Of water for a least 15 minutes
- Seek medical attention if irritation persists

INGESTION
- Do not induce vomiting
- Do not give patient anything to drink
- Seek immediate medical attention

INHALATION
- Remove patient to fresh air
- Seek medical attention if symptoms occur

OTHER INFORMATION
- If you feel unwell, seek medical advice (show the label where possible)

5 FIRE-FIGHTING MEASURES
- In case of fire, use water, foam, carbon dioxide or dry agent (E431)
- Keep container(s) exposed to fire cool, by spraying with water
- Portable containers should be moved if possible and without risk
- Wear Positive-Pressure Breathing Apparatus

6 ACCIDENTAL RELEASE MEASURES
- Dike to prevent entry to sewer or water way. Transfer liquid to a holding container
Distillation Equipment.
KIWI MANUKA CREAM
Product of New Zealand

A multipurpose cream for face and body moisturising and all skin conditions.

Use: Morning and night on face and body

Suitable for all skin types, even sensitive skin

FOR EXTERNAL USE ONLY
Contains: Manuka Oil and Non-Ionic Cream Base
Store below 25°C

Manufactured in New Zealand by Kiwi Herbs Ltd
www.kiwiherbs.com
info@kiwiherbs.com
Sachet sample model.
Heavy Duty Grinder
# Non-ionic Cream Base Certificate of Analysis 2013

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<tr>
<th>Text</th>
<th>Specification</th>
<th>Result</th>
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</thead>
<tbody>
<tr>
<td>Spinnaker</td>
<td>Matcha Standard</td>
<td>Method Standard</td>
</tr>
<tr>
<td>Odour</td>
<td>Matcha Standard</td>
<td>Method Standard</td>
</tr>
<tr>
<td>Appearance</td>
<td>Matcha Standard</td>
<td>Intensive Standard</td>
</tr>
<tr>
<td>Viscosity</td>
<td>About 30,000 cP</td>
<td>27,000 cP</td>
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<tr>
<td>Microbial Tests</td>
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<td></td>
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<tr>
<td>Yeasts &amp; Mold</td>
<td>&lt;10 cfu/g</td>
<td>&lt;10 cfu/g</td>
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<tr>
<td>Fungi</td>
<td>&lt;10 cfu/g</td>
<td>&lt;10 cfu/g</td>
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</tbody>
</table>

Member of Natural Products New Zealand and Member of To Kahut Rongoa Trust
Taramea Post-harvest Regrowth.
Pot Filling and Records
CO2 Supercritical Extraction.
Final Supercritical Extracts.
PRODUCT SALES CATALOGUE

FEBRUARY 2012

1. Alara Microcosmidae folium
2. Alashe Microcosmidae + H. perfoliata
3. Alashe Berberis vescosa
4. Alashe Phellandrum esculentum
5. Alashe Rongoa palatina
6. Hanaka Paeonia officinalis
7. Hanaka Primula tenax
8. Hanaka Paeonia officinalis
9. Hanaka Olea rudis
10. Hanaka Lepidium sativum
11. Hanaka Elecampane centricus
12. Hanaka Mentha spicata
13. Hanaka Paeonia officinalis
14. Hanaka Ophrys australis
15. Hanaka Paeonia officinalis
16. Hanaka Hebe populifolia
17. Hanaka Scrophularia coccia lutea
18. Hanaka Croton phytolaccae
19. Hanaka Witheria macrocephala
20. Hanaka Kurunda erecta
21. Hanaka Geranium horridum
22. Hanaka Phleum hirsutum
23. Hanaka Convolvulus eucliptis
24. Hanaka Convolvulus eucliptis
25. Hanaka Repennum sanguineum
26. Hanaka Parietaria simplex
27. Hanaka Asclepias ruthvenian
28. Hanaka Metalasia mespiloides
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31. Hanaka Menodora stenophylla
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Rakau Rongoa species list x 200 at www.kiwiherbs.com
**CHECKLIST - Significant Effects on Outcomes of Importance to Iwi / Māori**

Tēnā koe. This checklist has been provided to help you indicate whether the proposed application has any significant effects (adverse and/or beneficial) on any of the following outcomes that have been identified as being of importance to iwi/Māori. Please state why and to what extent in the comments section.

<table>
<thead>
<tr>
<th>Outcomes of Importance to Iwi/Māori</th>
<th>Any significant ADVERSE effects on any of the following outcomes?</th>
<th>Any significant BENEFICIAL effects on any of the following outcomes?</th>
<th>Comments (why and to what extent?)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Environmental - the productivity and life-sustaining quantity and quality (including spiritual) of:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Traditional Māori food resources (mahinga kai)</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>New Zealand’s indigenous flora and fauna (Ngā taonga koiora)</td>
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<td>Other flora and fauna valued by Māori (Ngā taonga tuku iho)</td>
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<tr>
<td>Water - inland and coastal (Ngā moana, roto, awa, manga)</td>
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<td>Land (Te whenua)</td>
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<td>Other natural resources valued by Māori</td>
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</tbody>
</table>
Small Scale Dehydrator
Useful Glassware
Botanical Tinctures
Small Grinder And Scales
NZ Biological Developments
Rongoa Maori Future.

- Revised M.O.H Rongoa Maori Standards.
- Maori values and sustainability values attached to rongoa brands to become desirable globally.
- Maori Biological Resource Monitoring. (Environmental stock takes.)
- Ex-situ Rongoa plant museums maintained and in-situ sustainability risks; identified and mitigated.
- Development for NZQA Maori Rongoa Diploma.
- Partnership roles with Maori for NZ biological product development. (C.B.D and A.B.S)
- Ethnobotanical Interpretive Centre.
Summary

• The most valuable assets in NZ are the natural resources and the people. Providing outcomes which will sustain biodiversity and people together indefinitely, could be one of NZ’s mission statements.

Our support and participation with Rongoa Maori can contribute to sustain biodiversity and Rongoa Maori for NZ’s future generations.