

KHYBER PAKHTUNKHWA INVENTORY ON THE INTANGIBLE CULTURAL HERITAGE

Name of the Element: Khet Thek: The practice of acupuncture using herbs and traditional remedies, as practiced in Kalasha.

Brief Description: Khet Thek is the Kalasha practice of performing acupuncture with the aid of herbs to remedy torn muscles, joint pains, and also for family planning since ancient time. The Khet Thek practitioners have extensive knowledge regarding muscles and joints of both genders, however only male practitioners treat male patients and vice versa. The plant is especially picked from high pastures with the least human presence, to ensure the highest quality of the plant. Leaves are removed and the stem of the plant is smoked dry to extract very fine fiber.

A tiny amount of burning fiber is placed over two to four spots of the affected area and the patient may feel a sharp pain similar to one as if one has inserted a hot needle on the very spot. The Khet Thek is also used for family planning by placing the herb over some specific veins to sterilize men and women. The practitioners never disclose this information, though the community knows about the presence of such knowledge. The Khet can also be used to remove blood clots after an injury to restore blood circulation.

The Khet is also used on animals to treat pains and other problems.