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This piece is an excerpt of a larger article.

“MOOOLELO HAWAII.---HELU 11.” *Ka Hae Hawaii*. Buke 3, Helu 12, Aoao 1. 23 Iune, 1858.

English Translation | by Kau‘ilani Wells; reviewed by Kahea Faria

Illnesses and their appropriate treatments.

It is perhaps necessary to mention the names of illnesses and the appropriate medications by which traditional Hawaiian kahuna would treat them. Below are those names.

THE ILLNESS	THE APPROPRIATE MEDICATION
A bite,	Hinahina [silversword], kowali [morning-glory, or a variety of sweet potato], pāpa‘a [red sugar cane], manena [several varieties of Pelea hawaiiensis]
A dull headache,	Water, massage.
Aches,	Rub, Water, Pāpa‘a, and so forth,
Red eyes,	Puakala [poppy], ‘Ilima, Hala bud
Sores,	Basalt, and similar things,
Odorous vaginal discharge, as in tuberculosis,	Medicinal taro,
Intense hunger,	Food, Water, Dirt,
Heartburn,	Mud, Dirt, ‘Aipu‘ula‘i
Sore throat with swelling on the sides of the neck,	Hili [bark], Coconut, Warm tea,
Scarring of a sore (as in tuberculosis),	Pōpolo [black nightshade], Hala leaf bud, Banana bud,
Impetigo,	Papaya root, Hala leaf bud, ‘Auhuhu [Tephrosia purpurea],
Boils,	Nena [kīpūkai, Heliotropium curassavicum] Ti, Pōpolo,
Insanity,	‘Awa [kava], Kalo mana [medicinal taro], taro shoot leaves,

Fracture,	Pōpolo, kowali, kukui [candlenut] seeds, Salt,
Curved head,	Noni, Salt, Kahea, ‘Ilima,
Deafness,	Breadfruit sap, pōpolo juice
Sagging scrotum,	Hot rock, oiled leaf,
Dry placenta,	Submerge in blood,
Edema,	Sweat bath,
Swelling,	No treatment,
Asthma,	‘Awa [kava].

There are possibly many other illnesses left, but I am still gathering their names and their respective appropriate medications.

There is one serious illness in particular that has been mentioned, and it has many different variants and causes: it is Kumupa‘a. This illness arrives because of evil vows, according to kāhuna; if a vow has been made but not fulfilled, then the one who made the vow will shortly contract the illness. There are some spirits in Hawaii: the owl, some other birds, and the gecko, and if a man casts away one of these spirits, it is a truth that this illness will shortly fall upon him. However, this man has not dissociated from his ancestor spirits. There are things connecting these spirits with divine empowerment. These things are called kumupa‘a [‘aumakua, family gods]. This is the name of an ancient illness of Hawaii. For this illness, there are many medications, ‘awa [kava] being the medication prescribed most for this illness and for some of the illnesses described above. Pork and red fish are some of the things thought most about for this illness. If an entirely black pig [as for offerings to gods] and red [sacred] fish are not obtained, the kahuna will not do his work.

This type of traditional Hawaiian kahuna is highly coveted by the sick. How can this be? This kahuna goes to the house of the sick, looks at the sick, and immediately says, “No black pig?” “No red fish?” “If I don’t have the things I’ve asked for, you will surely die.” Sick people are terrified.

Hawaiian Transcription | with modern orthography

‘O nā ma‘i me nā lā‘au kūpono.

He mea pono paha e ha‘i ‘ia aku nā inoa o nā ma‘i, a me nā lā‘au kūpono i ua mau ma‘i nei ma ka lapa‘au ‘ana a nā kahuna kahiko o Hawai‘i nei. Eia ma lalo iho kēia mau inoa.

NĀ MA‘I

He Nahu,
He Nalulu,
Hu‘i,
Mākole,
Pūhō,
Kohepopo, e like me ka ‘Ake pau,
Umauma nahā,
Haoa,
Pu‘upau,
‘Ala‘ala,
Kāki‘o,
Ma‘ihēhē,
Pupule,
Ha‘i,
Po‘onaha,
Kuli,
‘Ōpe‘a he‘e,
‘Iewe pa‘a,
Pehu,
‘Ōhao,
Hano,

NĀ LĀ‘AU KŪPONO

Hinahina, kowali, pāpa‘a, manena
Wai, lomilomi.
Lomi, Wai, Pāpa‘a, a pēlā aku.
Puakala, ‘Ilima, Mu‘o hala,
‘Elekū, a ia mea aku ia mea aku,
‘Apu kalo,
‘Ai, Wai, Lepo,
Poho, Lepo, ‘Aipu‘ula‘i
Hili, Niu, Kīwelawela
Pōpolo, Mu‘o hala, ‘Ōpu‘u mai‘a,
Mole hē‘ī, Mu‘o hala, ‘Auhuhu,
Nena, Kī, Pōpolo,
‘Awa, Kalo mana, Lau palili
Pōpolo, kowali, hua kukui, Pa‘akai,
Noni, Pa‘akai, Kahea, ‘Ilima,
Kohu ‘ulu, Wai pōpolo
Pōhaku wela, Lau ‘aila,
Ho‘okomo i ke koko,
Pūholoholo,
‘A‘ole lā‘au ola,
‘Awa.

He nui aku nō paha nā ma‘i i koe, akā, ‘a‘ole i pau nā inoa i ka loa‘a ia‘u a me nā lā‘au kūpono.

Ho‘okahi ma‘i nui na‘e i koe, a he nui ke ‘ano o ia ma‘i, a me ke kumu i hiki mai ai ia ma‘i, ‘o Kumupa‘a. Ua hiki mai kēia ma‘i ma muli o ka ho‘ohiki ‘ino ‘ana, wahi a nā kahuna, inā e ho‘ohiki, ‘a‘ole na‘e ho‘okō i ka mea i ho‘ohiki ai, a laila, e loa‘a auane‘i i ua ma‘i nei. ‘O kekahi mau akua o Hawai‘i nei, ‘o ka pueo, a me kahi mau manu ‘ē a‘e, a me ka mo‘o, a inā e nou aku ke kānaka i kekahi o ua mau akua ala, he ‘oia‘i‘o e loa‘a auane‘i ‘o ia i kēia ma‘i. ‘A‘ole na‘e ke kānaka i pili ‘ole aku kona mau kūpuna i ua mau akua nei. ‘O nā mea wale nō i pili aku i kēia mau akua ma ka ho‘omana ‘ana. A ‘o kēia mau mea lā, ua kapa ‘ia mai he kumupa‘a. ‘O ia ka inoa o kekahi ma‘i kahiko o Hawai‘i nei. Ma kēia ma‘i, he nui nā lā‘au, akā, ‘o ka ‘awa ka lā‘au i komo nui i kēia ma‘i, a me nā ma‘i i hō‘ike ‘ia ma luna a‘e. ‘O ka pua‘a, a me nā i‘a ‘ula, ‘o ia kekahi mau mea i mana‘o nui ‘ia no kēia ma‘i. Inā ‘a‘ole loa‘a ka pua‘a hiwa pa‘a, a me nā i‘a ‘ula, ‘a‘ole e hana i ke kahuna.

‘O ke ‘ano o kēia po‘e kāhuna kahiko o Hawai‘i nei, he puni waiwai a ke kānaka ma‘i. Penei e maopopo ai. Hele aku ke kahuna a ka hale o ka ma‘i, nānā aku nō i ka ma‘i, a ‘o ka ‘ōlelo aku nō ia, “‘A‘ole pua‘a hiwa?” “‘A‘ole i‘a ‘ula?” “Inā loa‘a ‘ole kēia mau mea a‘u i nīnau aku nei lā, ‘o ka make nō ia ou.” No laila, maka‘u loa ka mea ma‘i.

Hawaiian Transcription | with original orthography

O na mai me na laau kupono.

He mea pono paha e hai ia aku na inoa o na mai, a me na laau kupono i ua mau mai nei ma ka lapaau ana a na kahuna kahiko o Hawaii nei. Eia malalo iho keia mau inoa.

NA MAI	NA LAAU KUPONO
He Nahu,	Hinahina, kowali, papaa, manena
He Nalulu,	Wai, lomilomi.
Hui,	Lomi, Wai, Papaa, a pela aku.
Makole,	Puakala, Ilima, Muo hala,
Puho,	Eleku, a ia mea aku ia mea aku,
Kohepopo, e like me ka Ake pau,	Apu kalo,
Umauma naha,	Ai, Wai, Lepo,
Haoa,	Poho, Lepo, Aipuulai
Puupau,	Hili, Niu, Kiwelawela
Alaala,	Popolo, Muo hala, Opuu maia,
Kakio,	Mole hei, Muo hala, Auhuhu,
Maihehe,	Nena, Ki, Popolo,
Pupule,	Awa, Kalo mana, Lau palili
Hai,	Popolo, kowali, hua kukui, Paakai,
Poonaha,	Noni, Paakai, Kahea, Ilima,
Kuli,	Kohu ulu, Wai popolo
Opea hee,	Pohaku wela, Lau aila,
Iewe paa,	Hookomo i ke koko,
Pehu,	Puholoholo,
Ohao,	Aole laau ola,
Hano,	Awa.

He nui aku no paha na mai i koe, aka, aole i pau na inoa i ka loa ia'ua a me na laau kupono.

Hookahi mai nui nae i koe, a he nui ke ano o ia mai, a me ke kumu i hiki mai ai ia mai, o Kumupaa. Ua hiki mai keia mai mamuli o ka hoohiki ino ana, wahi a na kahuna, ina e hoohiki, aole nae hooko i ka mea i hoohiki ai, a laila, e loa auanei i ua mai nei. O kekahi mau akua o Hawaii nei, o ka pueo, a me kahi mau manu e ae, a me ka moo, a ina e nou aku ke kanaka i kekahi o ua mau akua ala, he oiaio e loa auanei oia i keia mai. Aole nae ke kanaka i pili ole aku kona mau kupuna i ua mau akua nei. O na mea wale no i pili aku i keia mau akua ma ka hoomana ana. A o keia mau mea la, ua kapaia mai he kumupaa. Oia ka inoa o kekahi mai kahiko o Hawaii nei. Ma keia mai, he nui na laau, aka, o ka awa ka laau i komo nui i keia mai, a me na mai i hoike ia maluna ae. O ka puaa, a me na ia ula, oia kekahi mau mea i manao nui ia no keia mai. Ina aole loa ka puaa hiwa paa, a me na ia ula, aole e hana i ke kahuna.

O ke ano o keia poe kahuna kahiko o Hawaii nei, he puni waiwai a ke kanaka mai. Penei e maopopo ai. Hele aku ke kahuna a ka hale o ka mai, nana aku no i ka mai, a o ka olelo aku no ia, "Aole puaa hiwa" "Aole ia ula" "Ina loa ole keia mau mea a'ua i ninau aku nei la, o ka make no ia ou." Nolaila, makau loa ka mea mai.

O na mai me na laau kupono.

He mea pono paha e hai ia aku na inoa o na mai, a me na laau kupono i ua mau mai nei ma ka lapaau ana a na kahuna kahiko o Hawaii nei. Eia malalo iho keia mau inoa.

NA MAI.	NA LAAU KUPONO.
He Nahu,	Hinahina, kowali, papaa, manena
He Nalulu,	Wai, lomilumi.
Hui,	Lomi, Wai, Papaa, a pela aku,
Makole,	Puakala, Ilima, Muohala,
Puho,	Eleku, a ia mea aku ia mea aku,
Kohepopo, e like } me ka Ake paa,	Apu kalo,
Umauma naha,	Ai, Wai, Lepo,
Haoo,	Poho, Lepo, Aipuulai,
Puupuu,	Hili, Niu, Kiweawela,
Alaala,	Popolo, Muohala, Opuumais,
Kakio,	Molehe, Muohala, Auhuhu,
Maihehe,	Nona, Ki, Popolo,
Papule,	Awa, Kalamana, Leupellii,
Hai,	Popolo, kowali hua kakui Paakai,
Poonaha,	Noni, Paakai, Kabes, Ilima,

Kuli,	Kohuulu, Waipopolo,
Opea hee,	Pohakuwela, Lauaila,
Iewe paa,	Hookomo i ke koko,
Pehu,	Paholoholo,
Ohao,	Aole laau ola,
Hano,	Awa.

He nui aku no paha na mai i koe, aka, aole i pau na inoa i ka loa ia'u a me na laau kupono.

Hookahi mai nui nae i koe, a he nui ke ano o ia mai, a me ke kumu i hiki mai ai ia mai, o Kumupaa. Ua hiki mai keia mai mamuli o ka hoohiki ino ana, wahi a na kahupa, ina e hoohiki, aole nae, hooko i ka mea i hoohiki ai, alaila, e loa auanei i ua mai nei. O kekahi mau akua o Hawaii nei, o ka pueo, a me kahi mau manu e ae, a me ka moo, a ina e nou aku ke kanaka i kekahi o ua mau akua la, he oiaio e loa auanei oia i keia mai. Aole nae ke kanaka i pili ole aku kona mau kupuna i ua mau akua nei. O na mea wale no i pili aku i keia mau akua ma ka hoomana ana. A o keia mau mea la, ua kapaia mai he kumupaa. Oia ka inoa o kekahi mai kahiko o Hawaii nei. Ma keia mai, he nui na laau, aka, o ka awa ka laau i komo nui i keia mai, a me na mai i hoike ia maluna ae. O ka puaa, a me na ia ula, oia kekahi mau mea i mana'o nui ia no keia mai. Ina aole loa ka puaa hiwa paa, a me na ia ula, aole e hana ke kahuna.

O ke ano o keia poe kahuna kahiko o Hawaii nei, he puni waiwai a ke kanaka mai. Penei e maopopo ai. Hele aku ke kahuna a ka hale o ka mai, nana aku no i ka mai, a o ka olelo aku no ia, "Aole puaa hiwa?" "Aole ia ula?" "Ina loa ole keia mau mea a'u i pinau aku nei la, o ka make no ia ou." Notaila, makau loa ka mea mai.