A stylized illustration of a Mayan figure with a large, feathered headdress. The figure is shown from the chest up, wearing a patterned tunic and a bracelet. They have a lizard on their tongue and are holding another lizard in their right hand. The background is a light green wall with a blue vertical element on the right. The text is overlaid on this illustration.

MAYAN MEDICINE & RITUALS

**Sweat Baths, Bloodletting and Bonesetting
“MD02”**

Daniela Villanueva · Risa Hanazawa · D'Andre Thompson

OUTLINE

- Sweat Baths & Medicine
 - Significances
 - Architecture
- Rituals
 - Bloodletting
 - Bonesetting
 - Who they are
 - Natural Medicine used
 - Fixing the Ailments



WHAT ARE SWEAT BATHS AND THEIR SIGNIFICANCE?

- Sweatbath/Pib naah
- Common Elements:
 - firebox chamber
 - Hot coals
 - Plastered stone walls
 - domed/vaulted roof
 - Benches
- Sweat baths are shared space with all classes



OCCASIONS & LOCATIONS- MAYA MEDICINE

- Structure used for
 - Hygienic purposes
 - Medicinal bathing
 - Childbirth
 - Ritual bathing
- Piedras Negras
- Palenque
 - Temple of the Cross
 - birthplace of Gods



MAYA MEDICINE - CONT'D

- Maize
- Chili Peppers
- Cacao
- Animals
- Tobacco

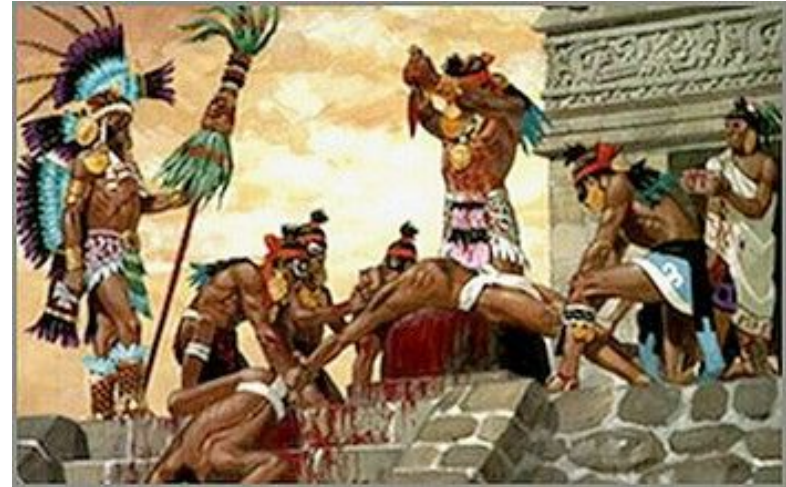


RITUALS-BLOODLETTING



PURPOSE-

- a way to communicate with the gods and royal ancestors
- the maintenance of sociocultural and political structure
- this trance-like state and ability to communicate with their ancestors and the gods would demonstrate the great power of the ruler

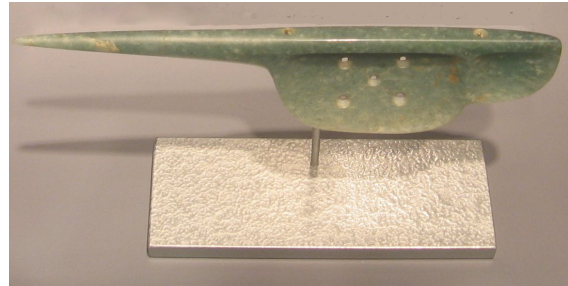


WHO PERFORMED THIS RITUAL? -



TOOLS

- obsidian blades
- stingray spines
- carved bones
- Perforators
- knotted rope
- bark paper
- copal incense



BONESETTERS (SABADORES)

- Who are they?
 - Spiritual v.s. Naturalistic
- How are they recruited?
 - Divine Dreams



BONESETTERS-NATURAL MEDICINES USED

- Magic Bone “Hueso”
- Massage
- Herbs
- Natural Oils
- Heated Salts & Minerals



BONESETTERS- FIXING THE AILMENT

- Broken Bones & Fractures
- Broken Ribs
- Dislocated Bones
- Sprains
- Rheumatism



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