

## ACKNOWLEDGEMENT

The experience of a pioneer can only be anguished. Pioneering is difficult due to various reasons. On the one side, the appropriate reference are scarce; on the other, there is a lack of consultants/experts in the new field.

This is a pioneering study in the field of Medical Anthropology in Nepal. Passing through a series of transitions, this study was concretized slowly like the cloudy morning turning into a clear evening.

This study describes the plural and multiple health care practices prevalent in the society of Nepal. It describes traditional and modern (allopathic) medical beliefs, practices and their spread over the diverse communities. Ethnomedicine covers the traditional medicinal ingredients and alternative medications cover spiritual healing practices and allopathic medical systems. This study, at one level, is an attempt to identify the shortcomings of the governmental health policies. It is believed, also, that this study can serve as a partial basis for comprehensive health care practices in communities in Nepal.

It would not have been possible to carry out and present the study in this form without the help of many well wishers who, in different ways, helped me during the course of this study. It is my right as well as a duty to express my gratitude to them.

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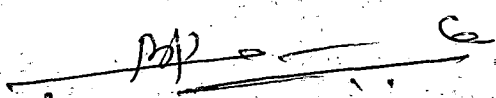
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