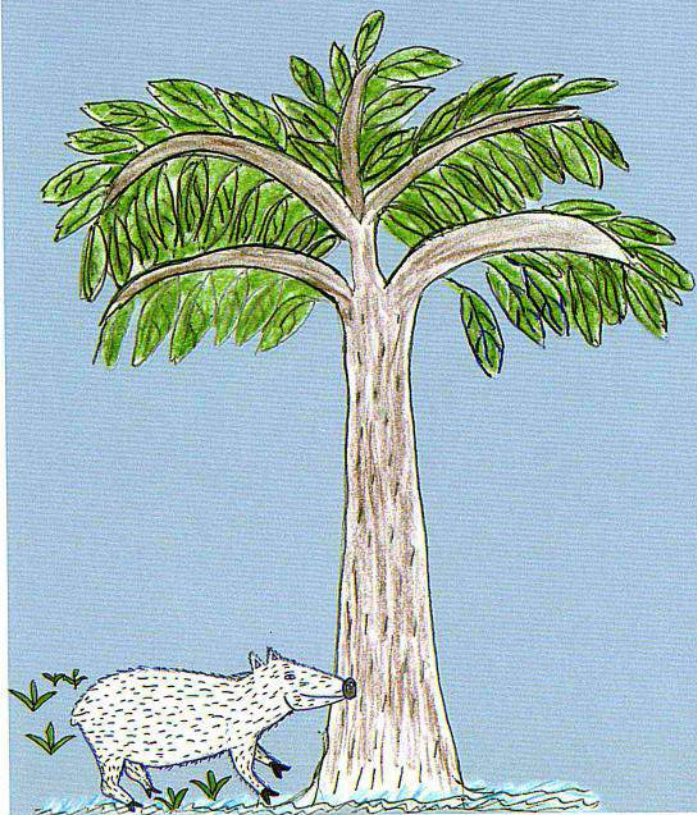


# KUYJEAT POSUG<sup>~ ~</sup>

Saúde e alimentação Munduruku





Ministério da Justiça e Cidadania  
Fundação Nacional do Índio  
Diretoria de Promoção ao Desenvolvimento Sustentável  
Coordenação-Geral de Promoção da Cidadania

# KUYJEAT POSÛG

(Saúde e alimentação Munduruku)

Brasília - 2016

**Projeto Ibaorebu de Formação Integral do Povo Munduruku**  
Coordenação de Processos Educativos/Coordenação Geral de  
Promoção da Cidadania/DPDS/Coordenação Regional do Tapajós.

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A presente publicação conta com o apoio decorrente de conciliação judiciária nos autos do Processo 1541-28.2014.4.01.3908, da Justiça Federal, Subsecção Judiciária de Itaituba.

Revisão de textos: Jairo Saw Munduruku e Zenildo Saw Munduruku  
Tratamento das imagens: Edson Bueno/COGEDI/CGGE  
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Coordenação-Geral de Promoção da Cidadania  
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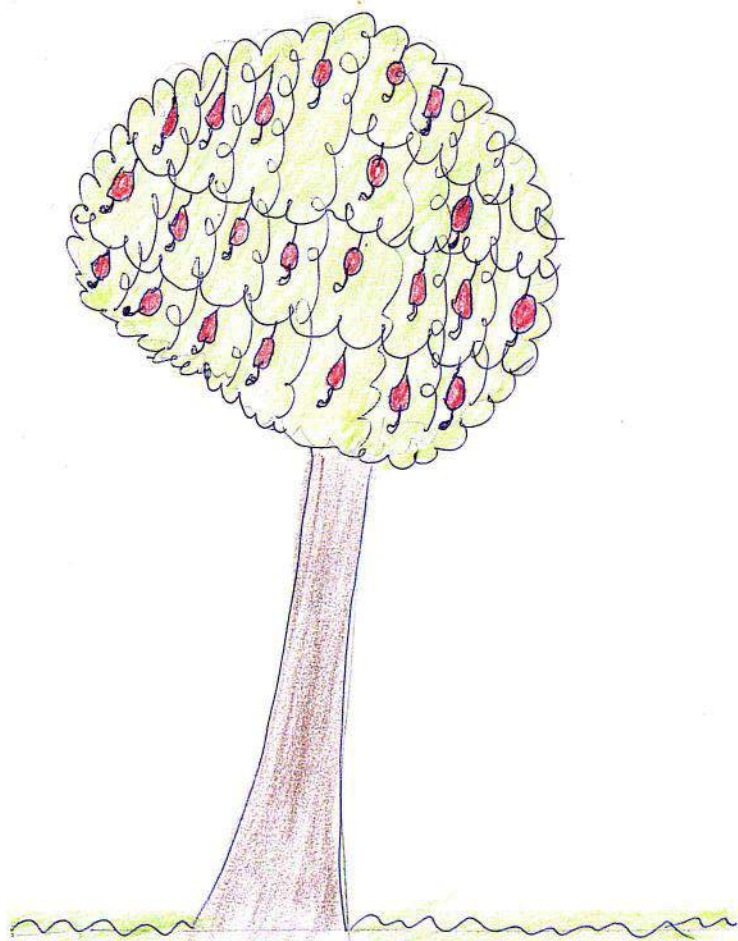


Trabalho de autoria e criação dos cursistas da turma de Magistério Intercultural I, elaborado durante a IX etapa de formação, realizada entre 12 de maio e 01 de junho de 2014, com o tema alimentação, saúde e práticas de autocuidados tradicionais, com a orientação de Caílo Almeida, e dos professores Claudeth Saw e Zenildo Saw.

Albelino Karo Munduruku	Haroldo Saw Munduruku
Alcindo Karo Munduruku	José Dino Korap
Aleandro Karo Munduruku	Lucimar Korap Munduruku
Aldo Poxo Munduruku	Luis Elvecio Karo Munduruku
Aline Amancio Caetano Kaba Munduruku	Marcelo Akay Munduruku
Alzildo Karo Munduruku	Margarete Karo Munduruku
Ana Poxo Munduruku	Maria Leuza Cosme Kaba Munduruku
Araciano Karo Munduruku	Nercy Saw Munduruku
Bonifácio Kirixi Munduruku	Nilza Caetano Kaba Munduruku
Claudeth Gabriel Sau Munduruku	Osmarino Kirixi Munduruku
Daniel Saw Munduruku	Patrício Bõrõ Munduruku
Deuziano Saw Munduruku	Paulo Caetano Kaba Munduruku
Dionisio Crixí Munduruku	Paulo Waro Munduruku
Divino Espírito Santo Karo Munduruku	Raimundo Vandecildo Dace Munduruku
Edileuza Poxo Munduruku	Roseane Dace Munduruku
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Edoaldo Datie Munduruku	Rosivaldo Tawé Munduruku
Elias Karo Munduruku	Silvano Karo Munduruku
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Feliciano Muo Munduruku	Valdecir Amancio Kaba Munduruku
Francisco Ikon Munduruku	Valdelinda Amancio Kaba Munduruku
Francisco Akay Munduruku	Valdelino Muo Munduruku
Genesio Caetano Kaba Munduruku	Zildo Karo Munduruku

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## Imubapukap

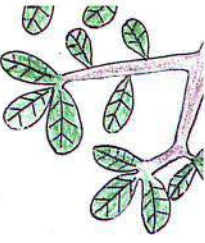
Ijudup juku ojewedup mubararak ocekapikap etaybitbin ocesop ibimaap. Ajom cuy ocebabin iap oceju ibapukpuḡ ḡasūje ibararaḡ eyetaybit am. wuyetabut ḡasūje bit bekityiū taperadup pe acā etaybitbin. Kawēn kay ḡu bit ip o'e. Imēnap tup a'ḡu juku taperadup abu kuy ibararakat ekawēntup cocom iat ḡasū ma itaybinap. Bodin maku tujoatap abu iat kay imutaybin am. Bekityiū beap tup juku ijudup ojewedupmuḡe. I dak pabibinayū ijā ḡu dak tup ekawēn coap soat ma. Bekityiū, yaypan' isusuayū, yaypan koroayū dak. Bekityiū mubabibi'ukayū beap ḡu dak, abu posūḡ pikpik'ukat tak. Iju juy mō wuywebe aptum ojewedupmubararakak soat'em pe am ma. Wuybubutup juku. Ajo juk ojewemuḡe iat ixipan taperadup pe, kuyjeat puxim ḡu ḡasūje bit ibararak wuyju imuxipanpan wuya be ḡu.

Kuyje bit kawēn kapkap ā osodop, wuydobubuyū ūm' ūm ibararaḡ ḡu kawēn o'ḡukapukap wuywebe.

Ibu ba'ore

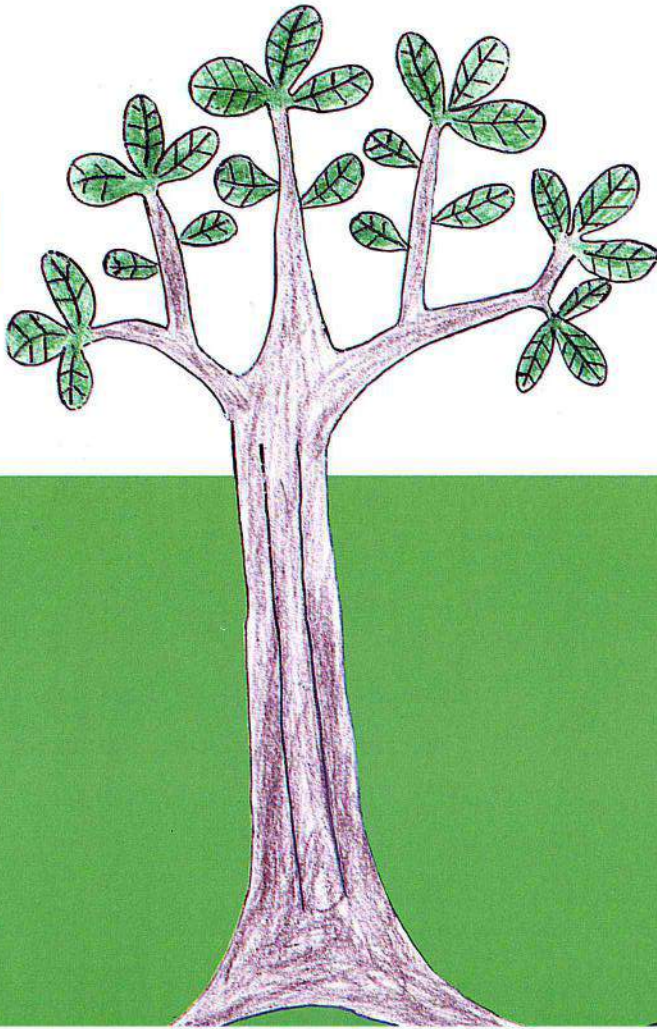
Wara'at ma osodop ḡubuje bit. Kawēnwēnap ā ibon ma kuyjeayū babi bit osodop, wara'at etempon ma buye. Pēn puye ḡu ḡasūje bit acewarurun ma buye, imēn ḡu ajop ḡebuje bit. Eyaḡuyba'ūm ḡu eyetaybinap kay, ixipan epejukuk, koam ijudup ojewedup muḡe ia tup kay Epetup ekawēnta apōma epeju iat taḡ pima. Iba'arēm ḡu epejukuk eyetaybitap ibapuḡ.

Imubapukap ā juk juku ijudup wuywebe. Ibaorebu be ocetaybitbitbinap ibujeap ḡasū ma taperadum ojewedup muwexat. Xeyukū ocemutabitbitbin ajojoyū, yabutbuyū, ajebuyxiyū, warnōyū, puybit muḡeḡu'ukayū, pibobon itaybitayū, kawēn kuyjean itaybitayū, pariwatyu ocemutaybitbinayū, bekityiū dak ocebuywan ma ijuk dupekawēntup muwexatap. Imēnpuye wuyḡuyba'ūmap ḡu soat kay ma. Tup muḡeayū



## KUYJEAT POSÛĞ

6



Ipörärã xipãt pa'i'i kay,  
am yobe di dadam tikõnkõn  
soat'em.



## DAYDAYCUP



Daydaycup xipat iperẽg  
umap puxixim, yop tetem  
imuweriwerim suibikot,  
taã ibubida daã pa'i'i buap,  
puxim, ukpipi buap puxim tak.

# WEXIKTAK



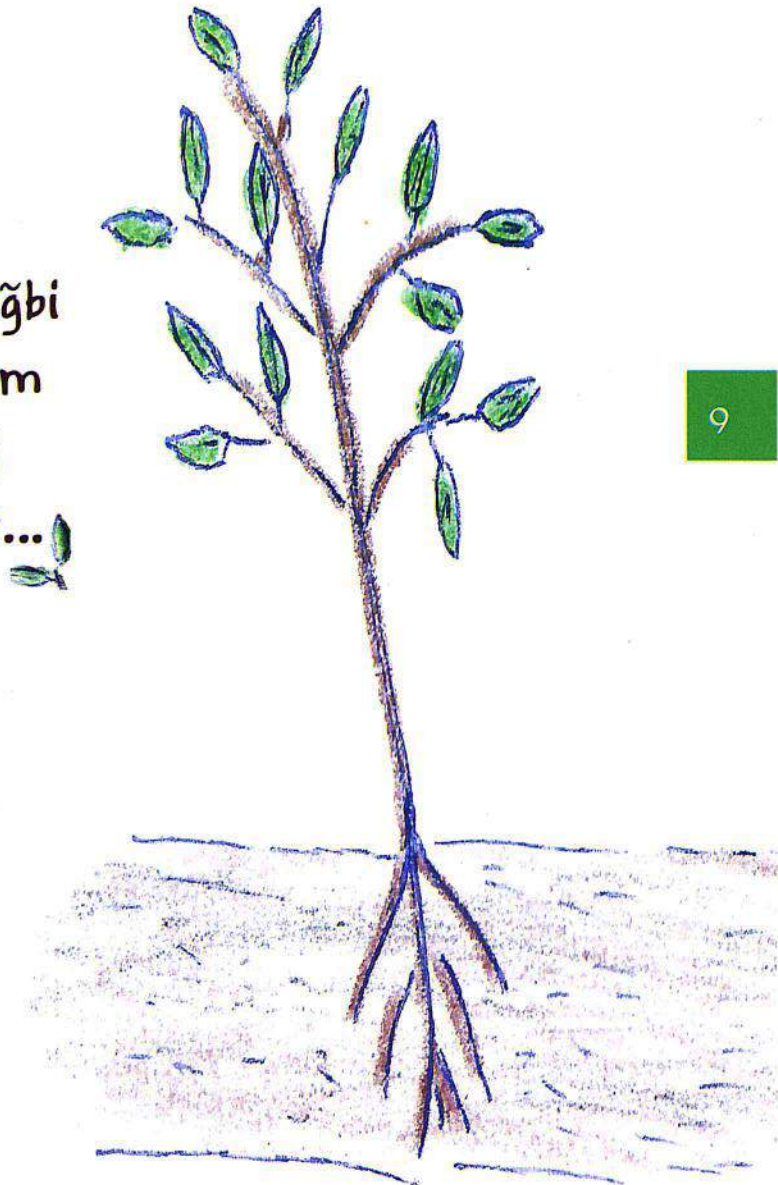
Wexiktak kuyjeat posũg̃.

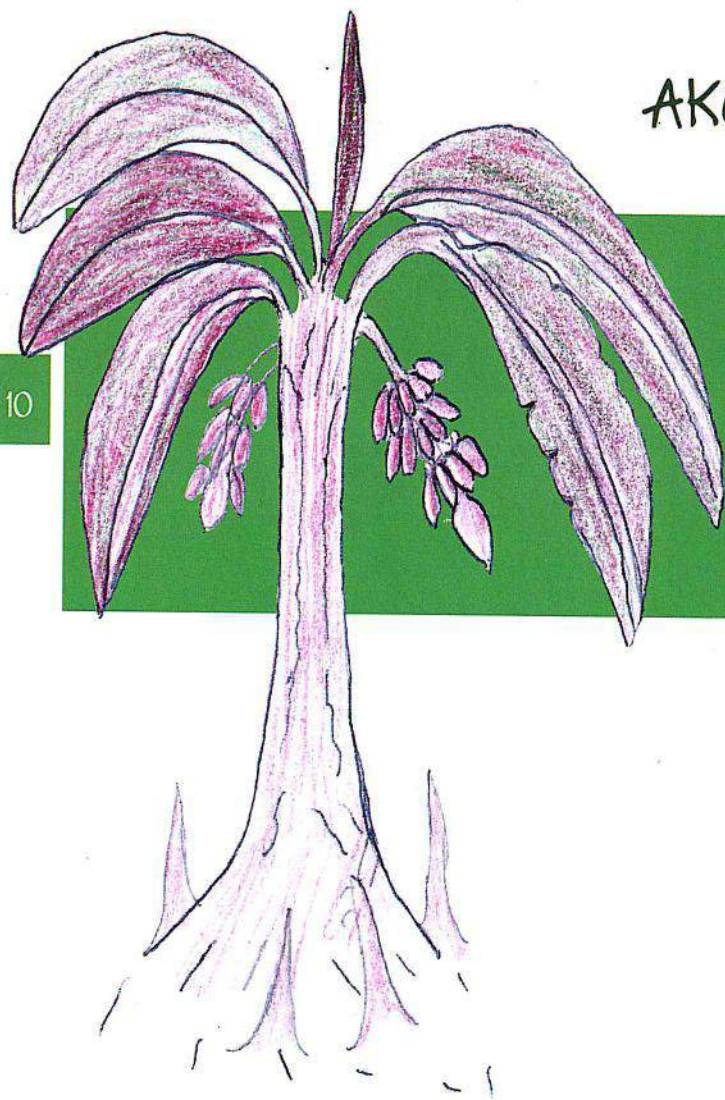
Ija dak xipat pa'i'i kay Mënku  
ip imugegem, tidedem ip koam.

Kanõmam gu ip ti umhum cebe ipa'i  
bima,õcõ'õcõ kukat kay dak xipat,  
ikum'a muweriwerim ip e'em.

## JARAKO ÛÛBI

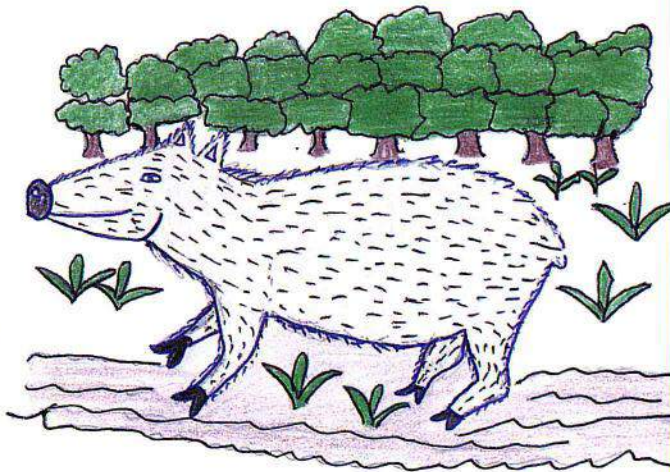
Ija ģuto wuydaġat posũġ jarako ùġbi  
ie'em ip, xipat posũġ xepxep tikam  
tak xipat. Ijop aġu posũġ wuydaġ  
ikuk ibit ġu o'e wuywebe ġasũ bit...





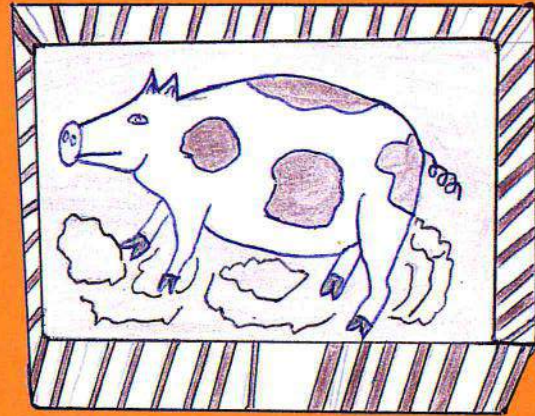
## AKO NŪYBI'A

Akopakpak tũybi'a xipat  
bekitkit taobukap puxim, ipoxi'  
um puye dak imu'ajokjoğ bekin  
piman ma.



## DAJE

Daje omũykũ tip taḡ kake,  
ade ip jekukum jewekuḡ, ixe  
iẽn xipatat wuywebe am soat  
o'oxi ḡu buye, ixãn tip tãgat  
ma, tarekrek'a ajo iat.

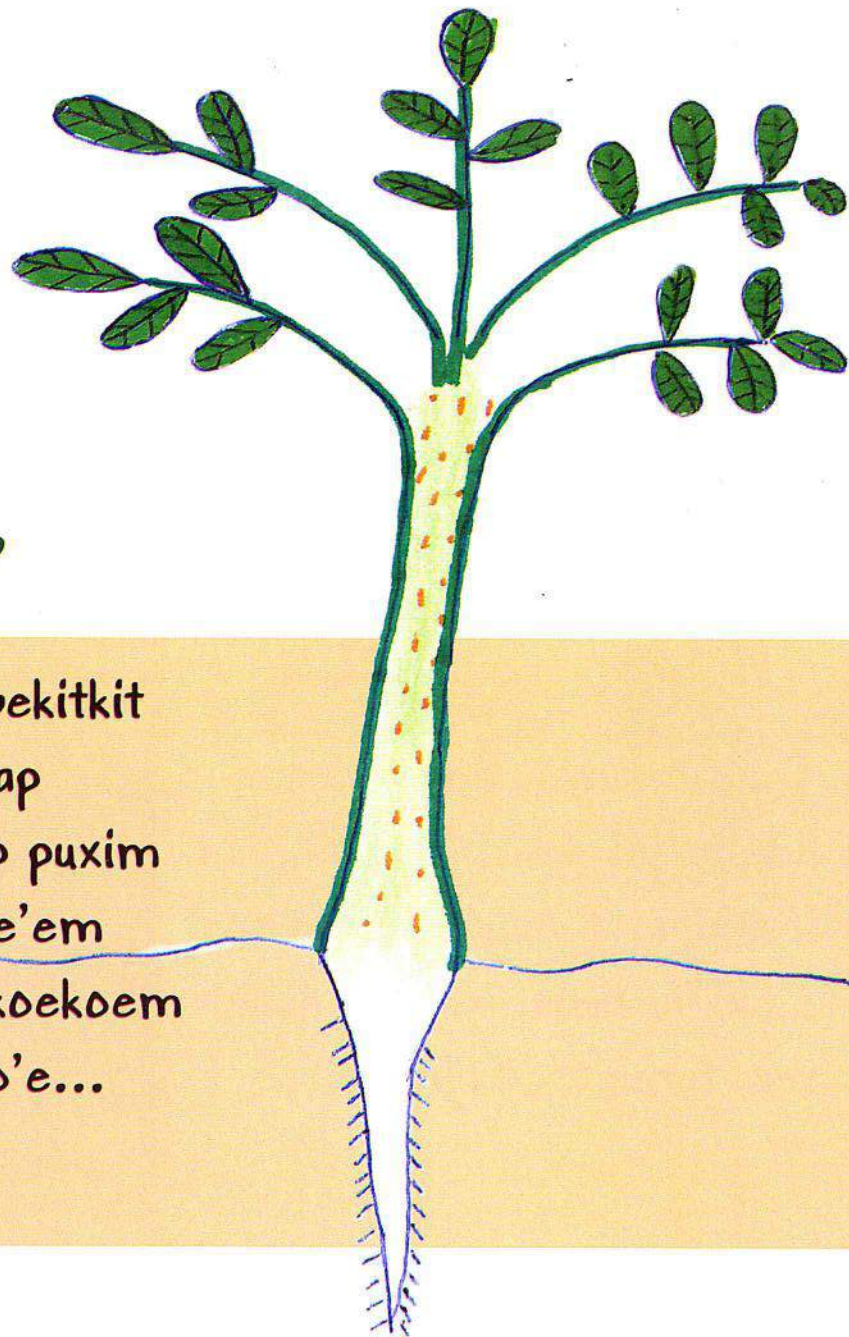


## DAJEBARO

Dajebaro bit omũyku aḡoka  
daḡ ma kake pariwat taḡ, ixe  
bit xipat ḡu soat o'om puye,  
idibi okokat ti'uk ajo xipat ḡu  
iat o'oxi buye xipat ḡu wuywebe  
am wãtaxipi mubapukpuḡ ã.

## KANABU KOROPROP

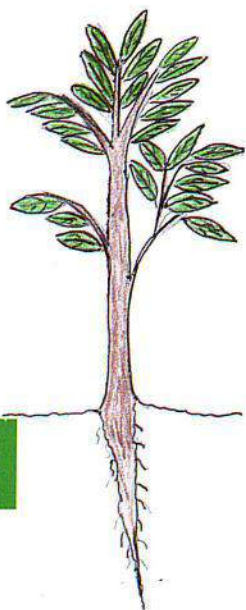
Ija wara'at posũg xipatat bekitkit  
eposũg, ikap isum yanũgtaap  
taobukap puxim, ipoxi'ũmap puxim  
tak mukoru bima bekitkit e'em  
taobukap puxim tak, tabu koekoem  
imu'ajokjoğ soat em ma io'e...





## WATAK

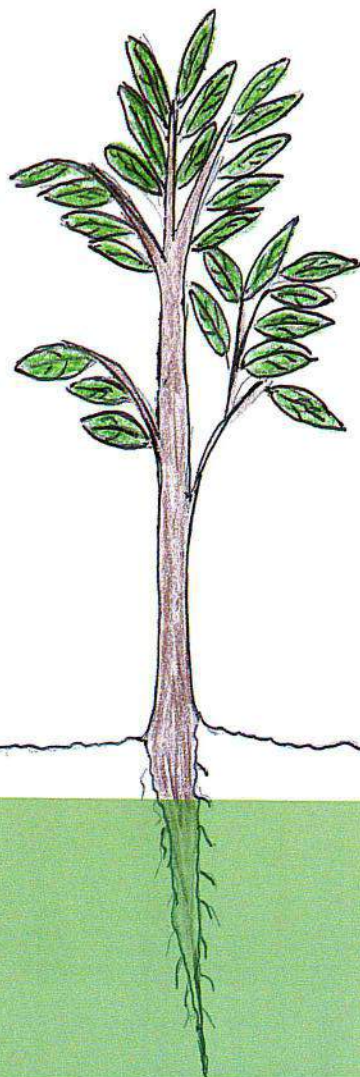
Watak xipat pa'i'i kayam  
yuksapipeat kay dak, yobe di  
dadam tikõnkõn, isuõuãt  
kay dak xipat ikoekoem  
imuweriwerim, yopti dak  
xipat imuweriwerim.



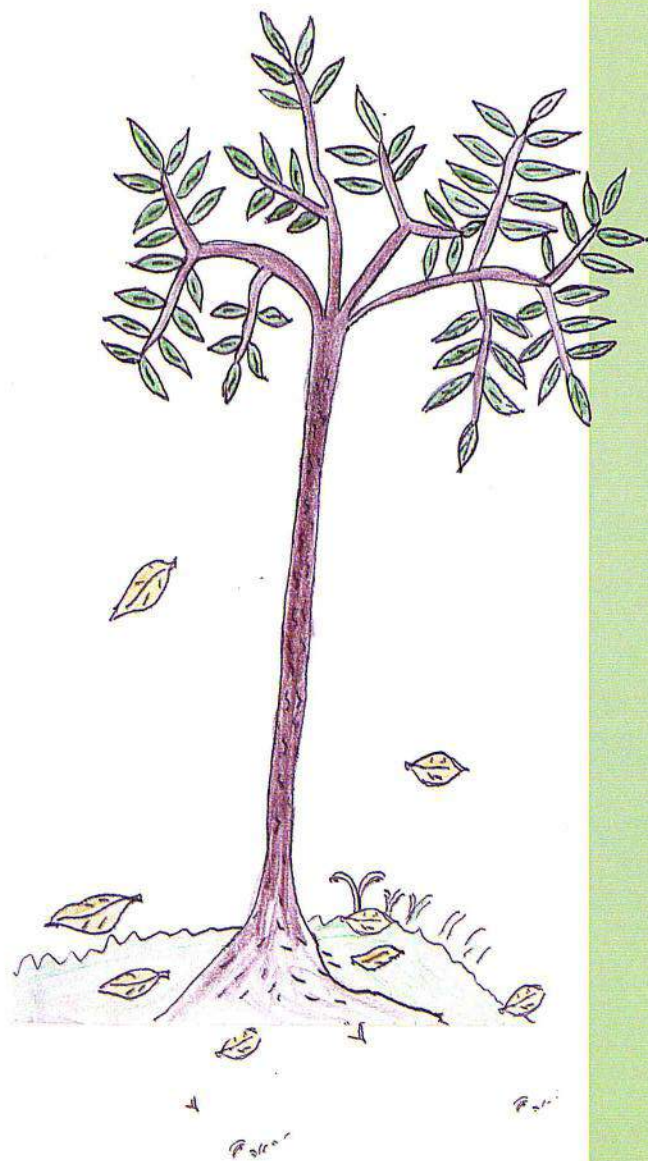
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## KARAPAOPAO

Karapaopao dak xipat bekitkit  
iperẽg'ũmap kay tiot teihihim,  
tabũ muwekakam ip e'em, wara'at  
kay dak xipat, ayacayũ ikũm pipeat  
kay xipat, ie'em ip, jewedioteihihim,  
imẽn kuyjeacat pit osodot jewekuã,  
posũg'ũm pĩma.







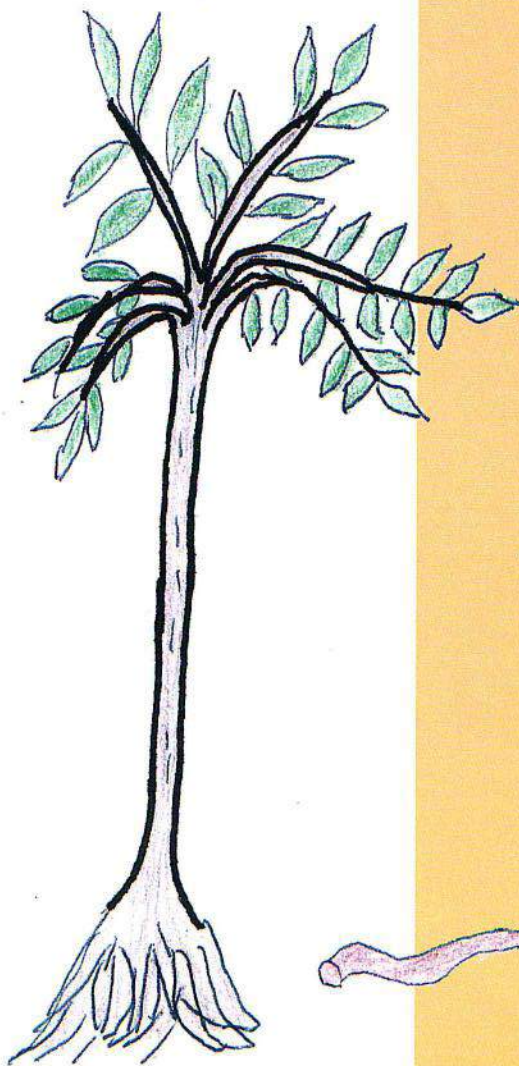
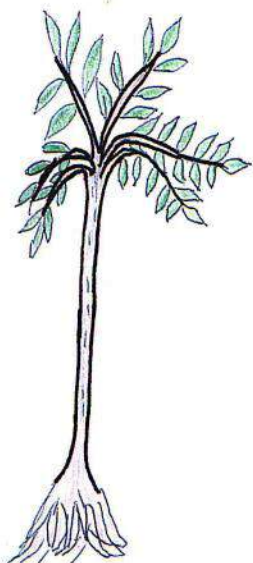
## AROCUP

Ija dak posũğ ma  
ajojoyũ'ũm'ũm eposũğ pa'i'i  
eposug, yobedi dadam ip e'em  
xadim ip tikõnkõn, xipat icup  
puye, imen ixeyu bit osodop  
jewekug imenpuye osodop  
xipat...



## POTIP KA'A

Ija posũg xipat bekicat  
yuk kërë bimaap kay xipat.  
Tãbu dedem, tikõnkõn yuk  
muweriwerim.



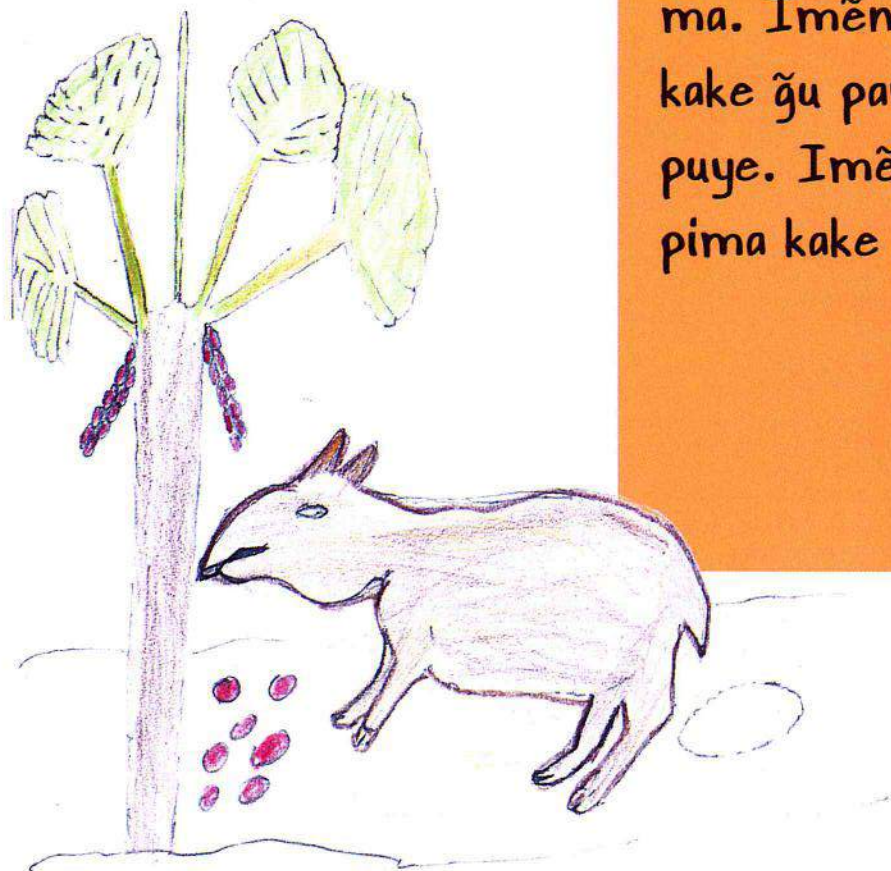
## WENŪ NĒNĒ

Ija dak wuye posũg̃ kuyjecat  
it mũ'ũmũ'ũmap, io'e ip.

Mẽnku i'eap tãbudi dikõnkõn  
jewenũncay yoyoyoy. Ayacat  
i'it kap isu bĩma, cekaykay'ũm  
pima i e'em ip, soat ema ma  
jewanũgtatam imẽn kuyjeatcat pit  
osodop jewekuã pariwayũ dip'ũm  
pĩma, jewe'it mu'ũmu'ũm.

## BIO

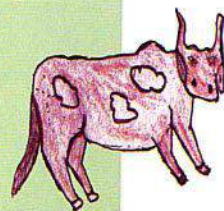
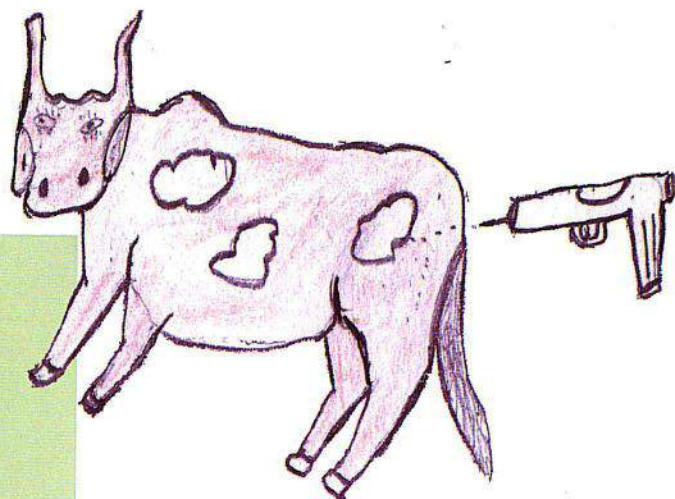
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Bio omũyku tip tãg ixe bit ixat soat tip tağat acã beat ku ixat ãgudup'a, tado'a, xa'a, yoko'a aden ma. Imẽnpuye ixe iẽn xipatat kake ãu pariwayũ eposũğ iẽn tağ puye. Imẽnpuye wuyju i'o'om pima kake gũ wuyewãtaxipipeat.

## BIOPAK

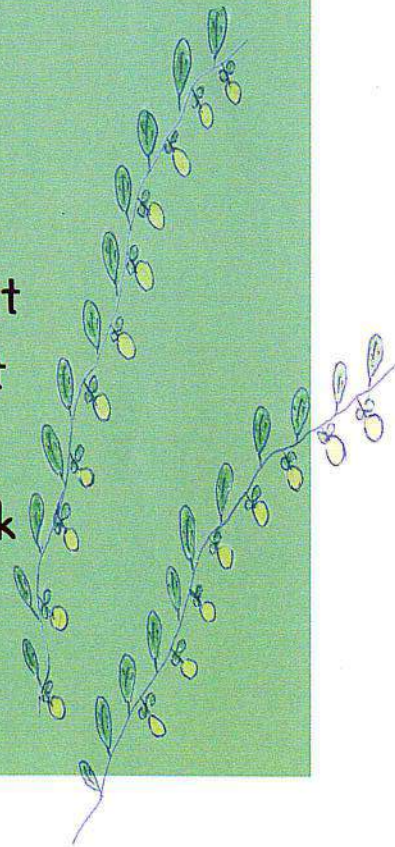
Biopak pit pariwayün ma imu'aypagan. Imēnpuye ibeat pit kake xipāt'ūmat wuywebe am. Apēnpuye ġu kake pariwat eposūġ daoma imu'aypan am, imuboġ am, daoma imu'ukreġ am tak. Imēnpuye wuyju soat em biopak ěn o' om pīma wuywātaxipipe wuyju e'em posūġ kake iěn taġ puye xipāt ġu e'em wuywebe. Pošūġti te cucum wuyen taġ puye.



Murekoy' a ibe dak ajojoyũ'ũm'ũm  
xat'an ma, ibeat tak kake iwãbu dağ,  
kakitkit tağ. Ibeat osodop kuyje  
imẽnpun ma ajojoyũ'ũm'ũm pit  
iwãtaxipipe ğu ip osodop. Ijebicat  
osodop ikurukuruat.

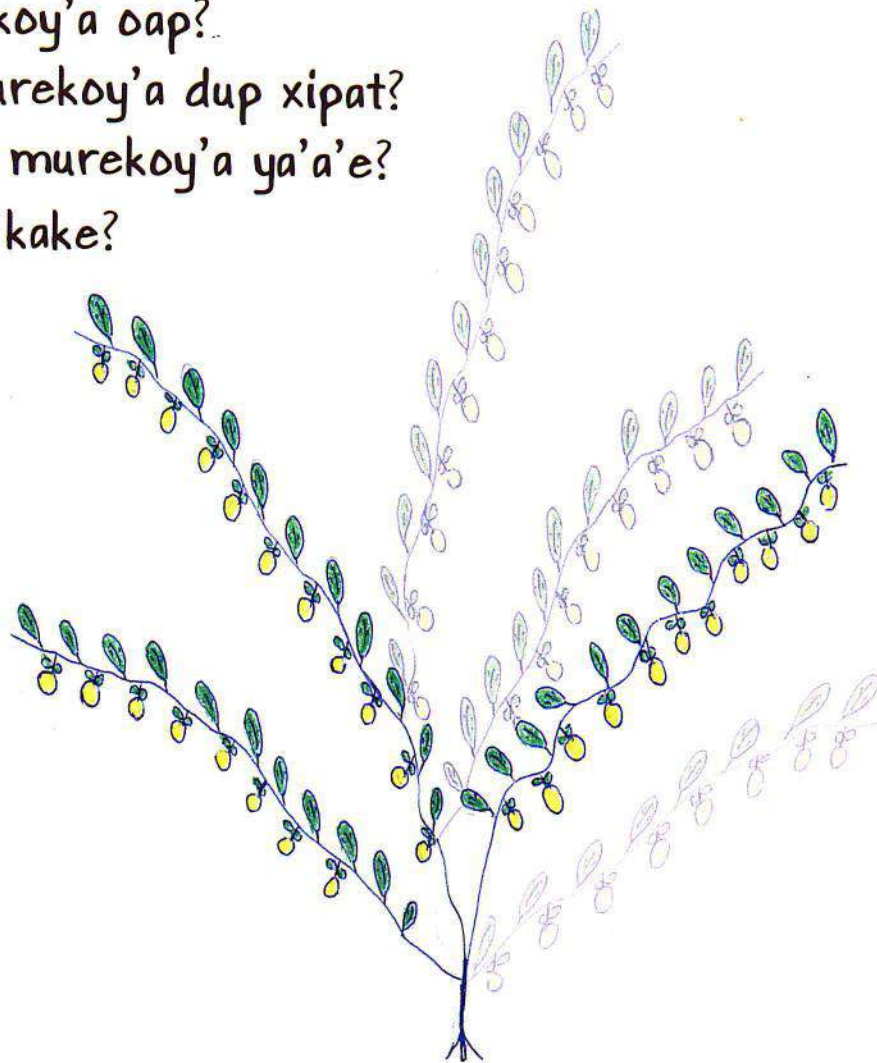
Ğasu jeat puxim ğu, ijoyũ kabiaha bit  
ikurukuruat o'e iwekoykeyat ã, imẽnpit  
posũğ tak xipat murekoy dup tak xipat  
akirice anũğ. Nasẽğpu muy'ũ am.

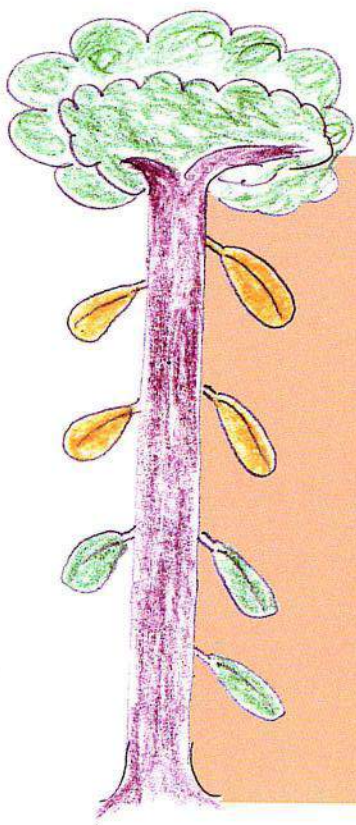
Imẽnpit ijoyũ kabiaha dağ jewa'ao'o'uk  
ibeat'a tareksuk'a'a iburun ma.



## MUREKOY

- Apěn murekoy'a oap?
- Apěnam murekoy'a dup xipat?
- Puğun e'em murekoy'a ya'a'e?
- Ajo dağ ixē kake?

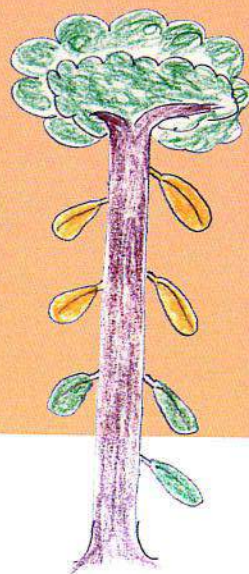
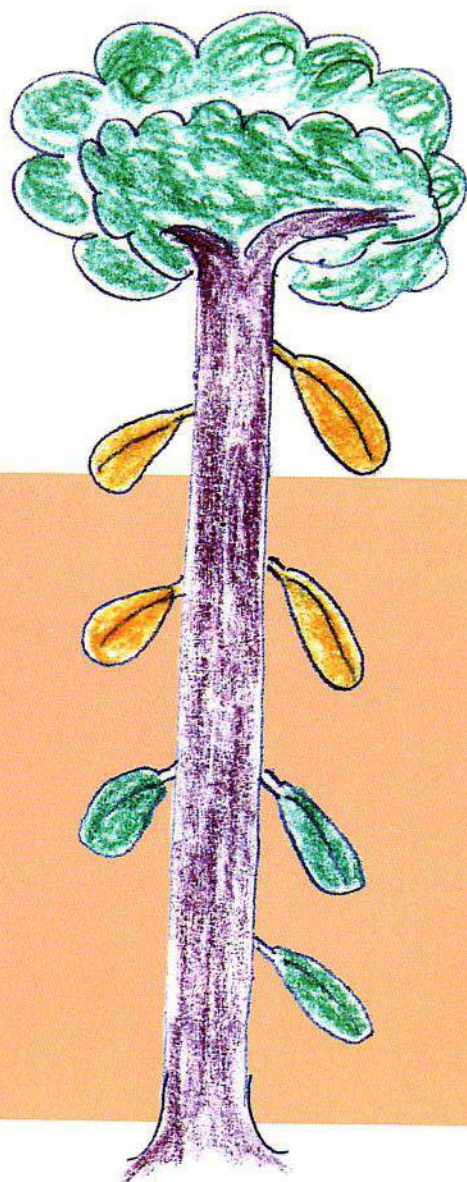




## AKADAP

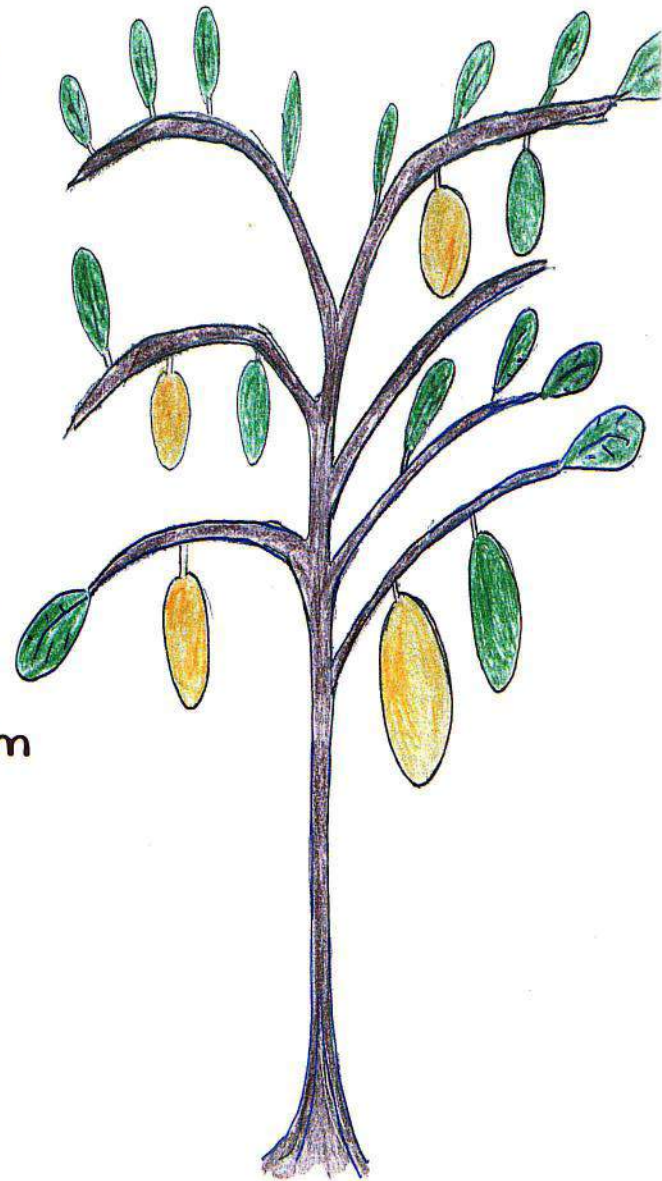
Akadap omũyku kake soat tağ ma wẽnu diot tağ, kakitkit tağ. Ibeat tak iba ku ibe ģu ijebicat kuğ ikurukuruat kuğ jewebe. Imẽnpun ma ibe osodop ajojoyũ'ũm'ũm xan xipatat. Imẽnpit ijoyũ kabiaba dak puk oceju akadapa'uk ma, pẽnpuye ģu ibe ģu ijebicat wuyxat.

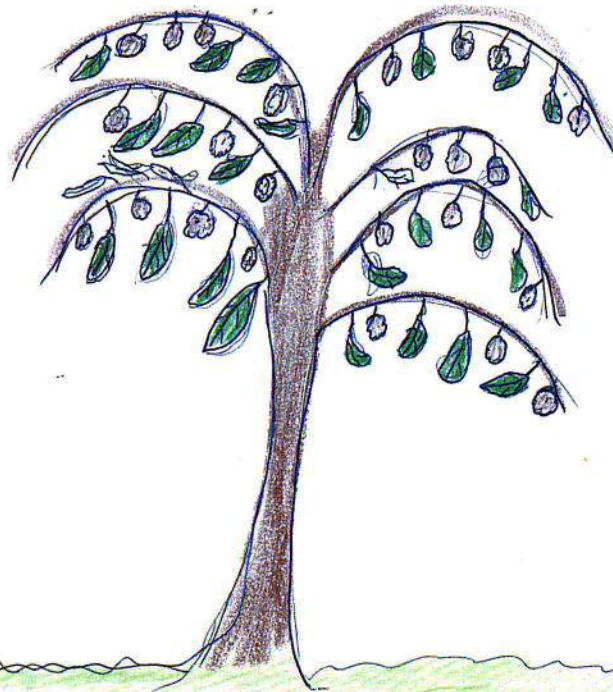




## KAROXIĠ

Karoxiġ tak kake idi'ipoti wābu daġ  
ibeat tak wuyxat ijebicat, wuyre  
bīma karoxiġpa. E'em, ibokboġ  
iku, wuydobuyū ūm'ūmyū ibak  
uk osodop. Ġasūje dak imēnpit  
ip iba'uk ma ijoyū kabiaha dak  
cemuyka'om ip imuġeġem. Ibeat  
tak ijebicat kuġ ikurukuruat kuġat.  
Iwekoykey'ūmat. Aoyū beap cīcā  
ibeatap imēnpun ma ajojoyū'ūm'ūm  
pit iwātaxipipe ġu ip osodop.  
iburūn ma.





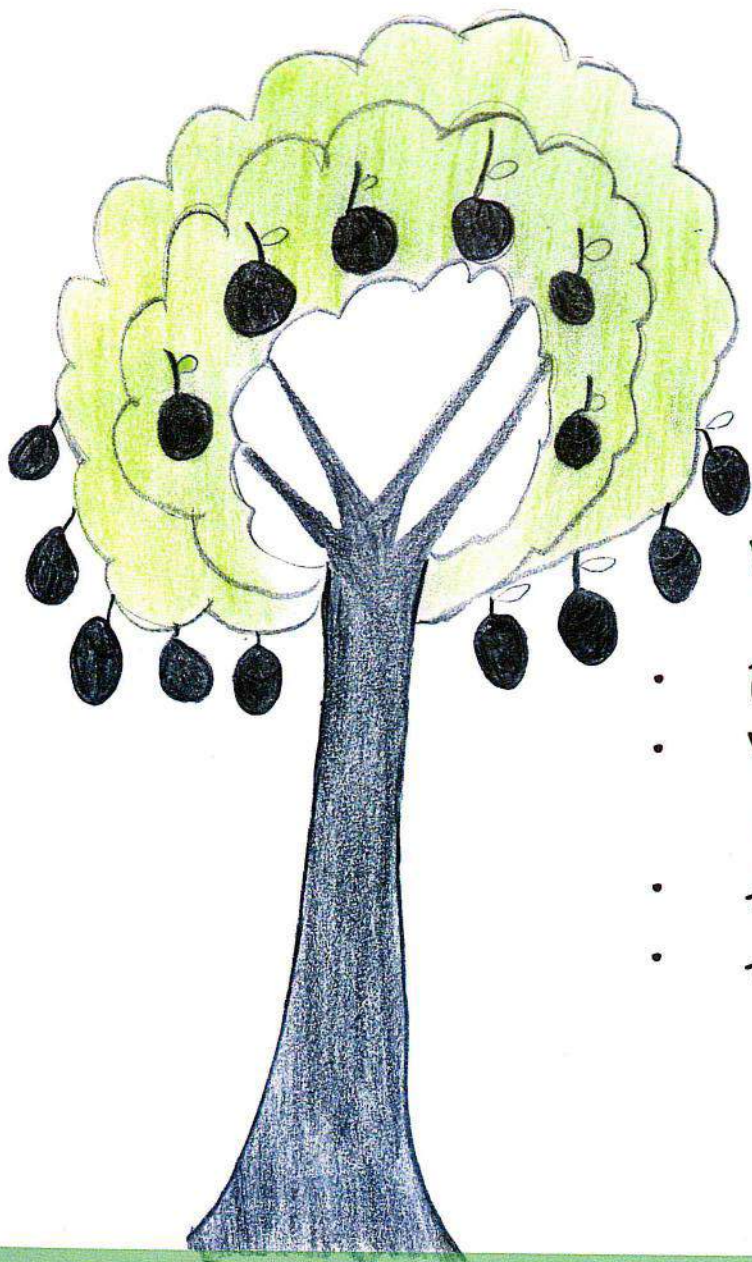
WERA

25

Wera ya'op pīma ya bubum ip. Ğebuĵe  
imubokbokboğ pīma ta uk'uğ ip. Ğebuĵe  
wenũynõm eju ip imubokbokboğ ip  
osodup. Ağoka buk tağ omũyku wera bit.

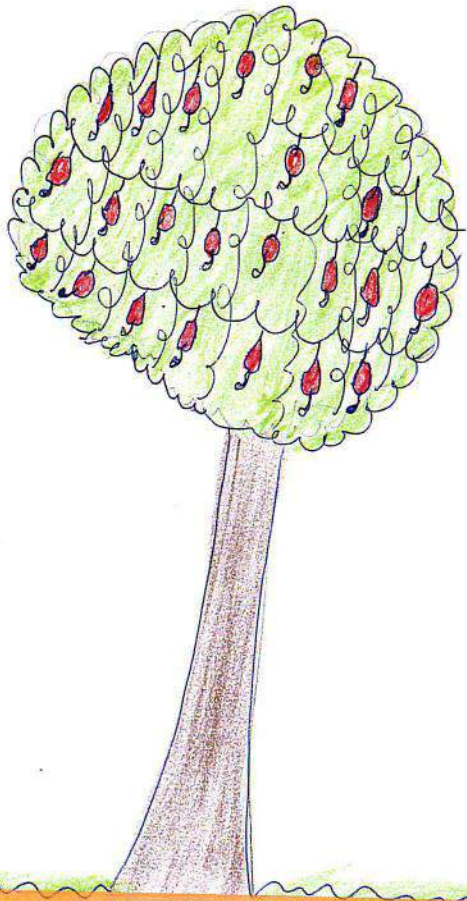
- Apõma an wera kake?
- Apēnan ip wera'a o'om?

Wenũ'a xipat kuyjeat wuybabi ijebicat  
ajojoyũ'ũm'ũm ikukuḡ osodop iat. Ibe dak osodop.  
Posũḡ tak xipat, imēnpit ijebicat kuḡ ixepat kuḡ  
tak. Ibeat xep pi ajojoyũ'ũm'ũm pit osodot yoboḡ  
da'o muḡeḡem ip. Ḡebuḡe ip imuwekoykoy puca  
en eju ibeat pi ajojõyũ'ũm'ũm pit iwataxipipe ḡu  
ip osodop kuyje. Ijoyũ kabiaha dak imēnpit xipat  
ma posũḡ, beat kay ku dat tõḡta kũybut kay dak  
xipat. Karibe bibi eju dak xipat ibeat, ibeat ijebicat  
vitamina buye. Puca buap kay dak xipat, abu ibean  
yanugat cũčum wuyju ie'em ajojoyũ'ũm'ũm.  
Dasupsup'ũn'ũn ejun ma ip o'ḡuwekoykoy,  
yanũḡnēḡ ibeat iat iwātaxipipe ḡu dak e'em i'e'em  
ajojoyũ'ũm'ũm. Aoyũ i'it kap isuat kay dak xipat,  
aoyũ i'itpiayũ kay dak xipat ibeat. Ibeat pit soat  
kay ma xipat.



## WENŪ

- Puḡun e'em je'a edudum ?
- Ya'am ma du ip yadujuxexem ?  
am ḡuto yakakam ?
- Apēn ip wenŭy ibe xipat ?
- Ajo pēn am ibe wenŭy pik xipat ?



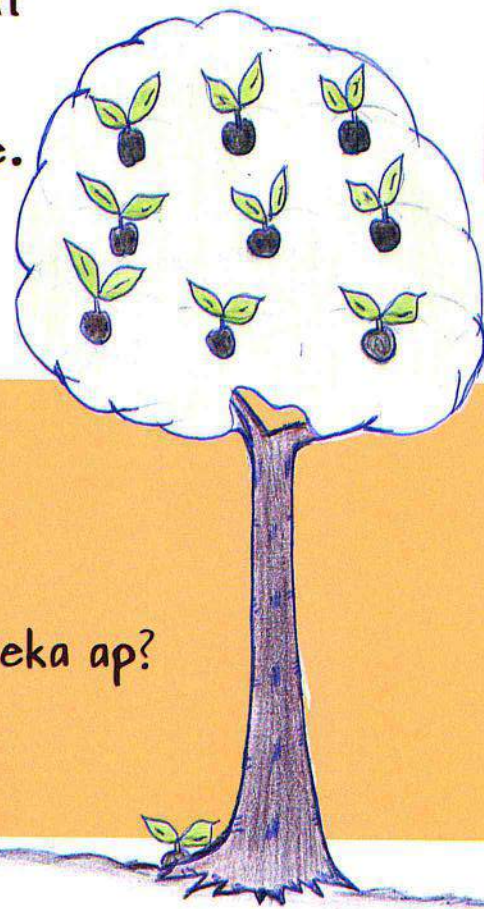
## MURUSU TIP TAĜ'AT

Idi'ipoti daĝ omũy ku. Ixe bit,  
Murusu taop pĩma imubokboḡ  
ip, wenũy eju. Murusu ibe xipat  
puybu be ea buje yobe koekoem  
jewemuweriwerim, tikõnkõn ukpipi  
kay dak xipat.

- Apen an omuyku murusu tip taĝat ?  
pu kaxi tate e'em?
- Apẽn an omũyku murusuda ta'op pĩma ?
- Apen na murusu da oap ?
- Ajo kay murusu ibe xipat ?

XA'A

Xa. Ibe dak xipat wuyre bĩma, ixē dak  
ijebicat ixepap kuybiat kuḡ. Imēnpit  
posũḡ kuḡ tak ibeat'a jewebe, xada  
binũn tak xipat posũḡ õcõ'õco kay,  
bekitkit ikũm'a kerẽ at kay. Imēnpun  
ma ibeat re daxijo ipiat tak ejuma,  
yakuat'a buye. Posũḡ tak xipat, imēnpit  
puk ade jijan ma buk xa'a ukayũ bit  
wuyjuyũ. Ibeat ḡũ ijebicat puybit puye.  
Imēnpit kuy ibõma cekawẽn.  
Iburũn ma.



### Kapikap "xa"

- Puḡun e'em xa'a je a edudum?
- Apẽn an ya'oap?
- Apẽn an ce'a exebaḡbeg ũmat'a muweka ap?
- Ajo kay ãm tabinũn xipat?



## DARI

Dari omũyku awaydip tağ, kake iwãbu dağat ibeat tak ajojoyũ'ũm'ũm xat ma osodop, imẽnpuye ģasũ jeacat tak ibeat pa'uk. Dariba ixeyu ijebicat ikurukuruat kuğ iwekoykey'ũmat. Imẽnpun ma ip muyka'om õ'ģuģeģeģe iku jijan ma ip o'jo'o'o i e'em ajojoyu'ũm'ũm. Imẽnpit ijoyũ kabiaha dak ip ibeat o'om ma pũğpũğ pit. Imẽnpit ejuma ģasũje acat'it'ityũ ģu ibeat uk cĩcã ģu, imẽnpun ma ip ibi ebak cĩcã ģu ibeat pe. Posũğ tak xipat dari ibe bekkitkit ikũm'a kerẽat kay, ceim ip yobe dadam, iwekoykey ip e'em xada binũn eju. Imẽnpun ma ibeat acã ijebitat xipatat. Iburũn ma.

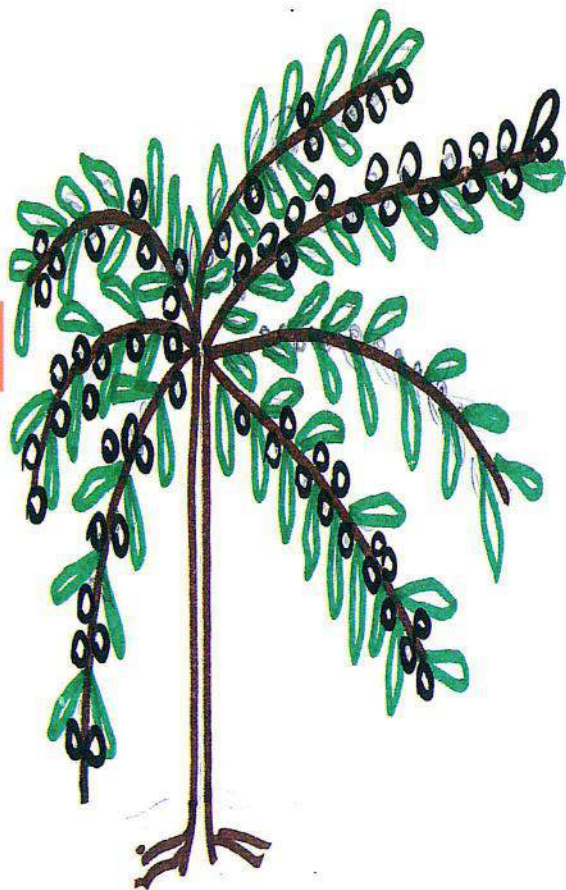


Dari

kapikap

- Puḡun e'em iba'op?
- Ajo daḡ omũy ku iba?
- Pẽn ku e'em iba'op pĩma?
- Põma ixē kake?
- Pẽnām ibe dari ibe xipāt?
- Apẽn ip dariba o'om iba ade bĩma?

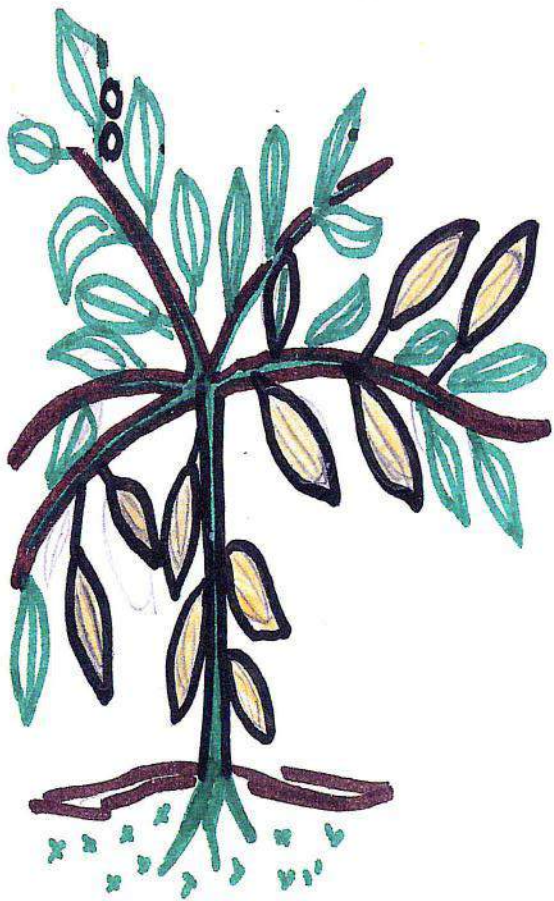




## KAPE DA

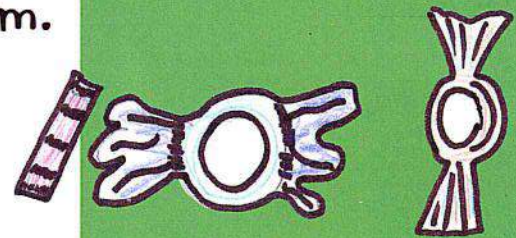
Kapedi kabia i'sum ma  
jewedi kōnkōn.  
Tikōnkōn ip





## WAJEBĀ

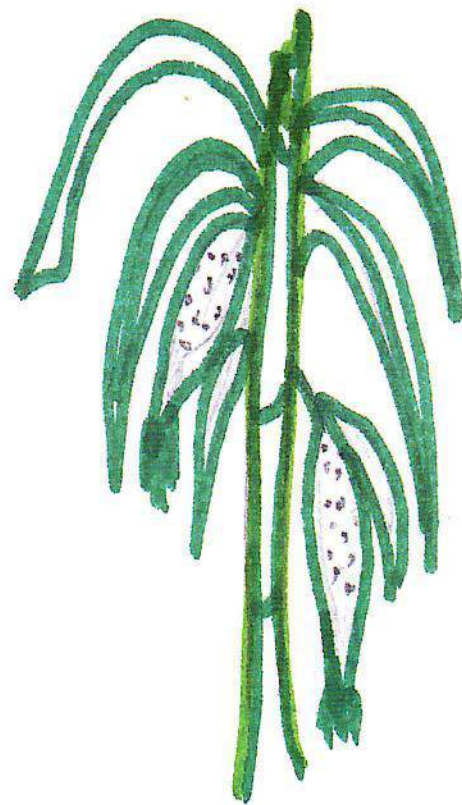
Wajedanõm pariwayũ  
xewi ip ibubum i'õ am.



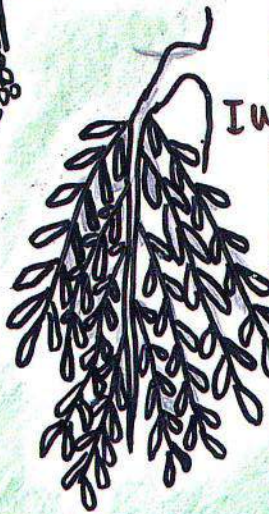
# MURA

34

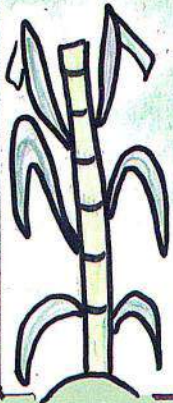
Murada pariwayũ daḡwin ma,  
tabubum ip mura paopaoda.

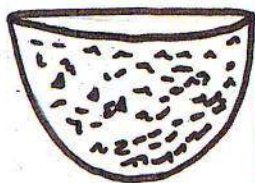


# TIMAT



Kuyje bit it  
Osodop bokbokap ti  
Kõnkõn acâ ğudupti  
Kõnkõn  
Wapurũmti  
Iwajodi  
Kãġadi.





POYDA EMUYKA'O  
AKOBA EMUYKA'O

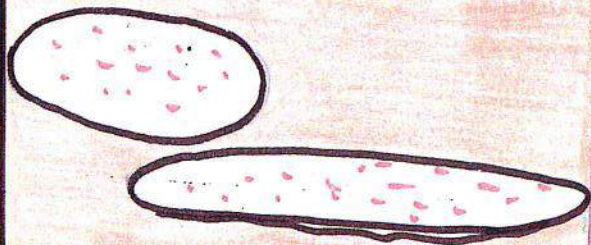
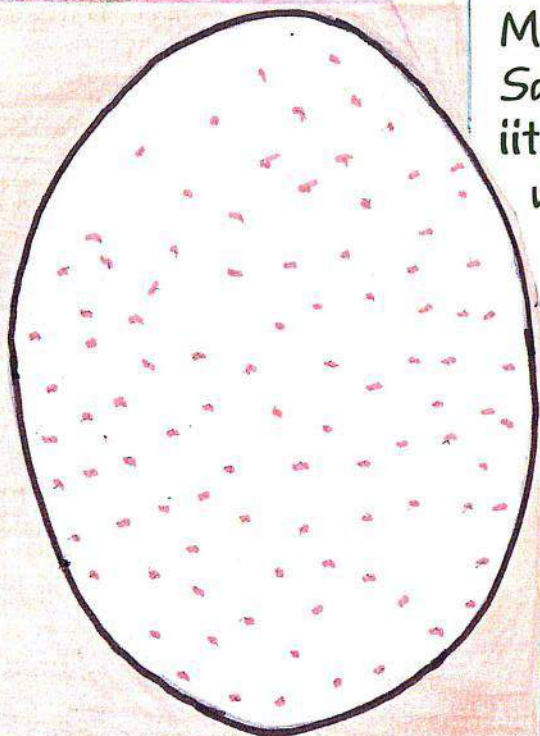
Kuyje bit ip osodop  
Muyka'o'o'om kabia isum  
Bekitkiyũ yaypanayũ  
dak, ako emuyka'o, poyda  
emuyka'o o'om i.

WENÜY BIBI

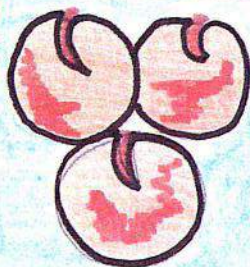
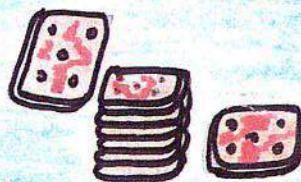
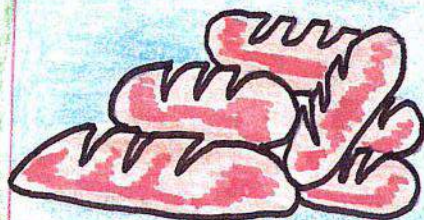


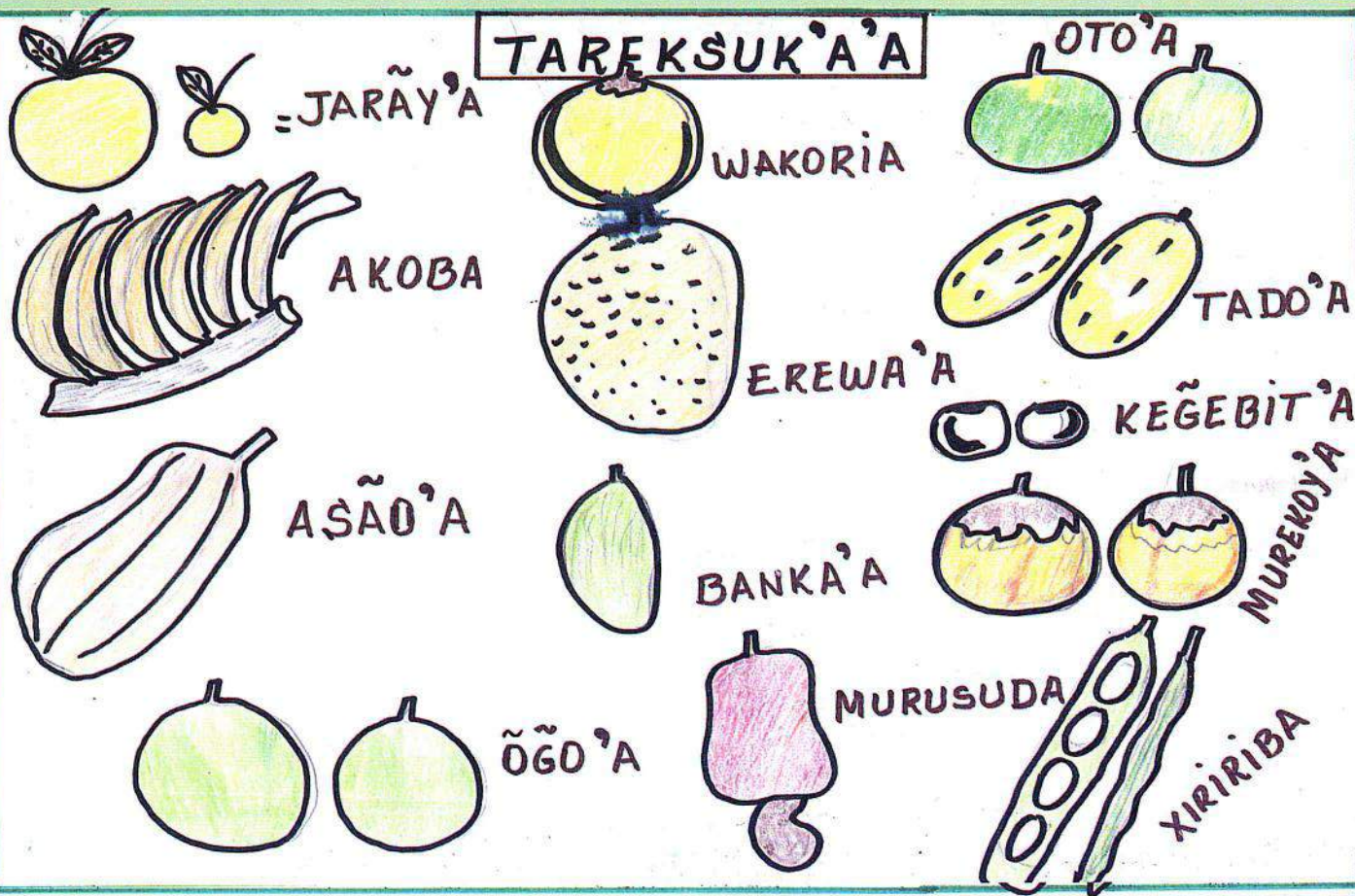
# BEYO'A

Pën beyo'a  
dududunõm  
Muḡeap?  
Sarikita  
iitat eta  
wenũynõm  
eju  
kaota i



# PÃO'A





I joyũ kabiaha dak puk imenpit  
ibe at o'o ukma. Kuyje dak ajojoyũ'ũm'ũm  
xan ibeat ma osodot. Ĝasũje dak imẽnpun  
jewe'o'om ma buk.



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MINISTÉRIO DA  
JUSTIÇA E CIDADANIA

