

# Medicinal Plants

Traditional Knowledge and  
Healthcare Practices of Rural Communities in  
North Eastern States of India



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# Foreword

Traditional knowledge and healthcare practices by using medicinal plants have always found its importance in the lives of the people and particularly in the villages of North East India. There are people in this part of country who have not treated themselves with modern pharmaceutical medicines all their lives and are still dependent on the traditional medicines.

Our endeavour, as a national organization, has been to help the communities of North East India to transfer these traditional healthcare knowledge and wisdoms to the future generations. Caritas India has been working closely with myriad communities of the 7 North Eastern States to mainstream them and facilitate them in the upkeeping of their traditional knowledge and culture. While working towards the upkeeping of such traditional knowledge, Caritas India came up with a unique intervention of promoting traditional herbal medicinal schools in the villages. We have also identified many traditional herbal medicine practitioners of the region, who are sharing their knowledge to the youth, women and children by conducting classes twice in a month.

I am happy to bring to you this publication that focuses on the documentation of traditional knowledge and healthcare practices by various ethnic communities of North East India.

I would like to thank Misereor, Germany for supporting this work and also extend my sincere gratitude to the communities of North East region for their cooperation and support in the documentation process.

**Fr. Paul Moonjely**

*Executive Director*

*Caritas India*

# Message

It gives me immense pleasure that Caritas India is bringing out a publication on the traditional knowledge and healthcare practices prevalent mainly among the people of North East India.

In this modern era, when everyone is looking for quick relief and cure from the diseases and spending a lot of money on modern allopathic drugs and surgery, it is heartening to know that people of North East India are still practicing the traditional ways of healthcare which is not only easily available, cheap but also with no side effects.

I am also happy and congratulate our Farm North East Program team, for their endeavours to preserve the traditional knowledge of healthcare practices and to transfer this invaluable knowledge to the future generations.

I am sure readers will benefit from the information given in this publication and feel encouraged to use this traditional knowledge for healthcare and good health.

**Fr. (Dr.) Jolly Puthenpura**  
*Assistant Executive Director*  
*Caritas India*



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# Summary

The practice of traditional medicine in North East Region of India is widely acceptable and it contributes significantly to the healthcare delivery. However, it is yet to plug in the erosion of knowledge that is taking place rapidly in spite of the fact that people are dependent on the traditional medicines. There is also reluctance of the younger generation to learn these ancient old knowledge and practices. Moreover, it is not easy to convince the traditional medicines practitioners to share their knowledge as few of them believed that sharing such knowledge may lead the plants to lose their medicinal values or power. One of the ways to address these challenges was to create awareness on the benefits of traditional herbal medicines practices and make these opportunities available for the general populace.

FARM North East, an action research programme, presents the process documentation of these knowledge and traditional practices of herbal medicines, collected from the rural communities of 200 villages of Assam, Arunachal Pradesh, Meghalaya, Manipur, Mizoram, Tripura and Nagaland.

The FARM North East programme is targeting the poorest of the poor in these above-mentioned states by helping them to improve their income through interventions in agriculture. Apart from agriculture, FARM North East is also focusing on strengthening the traditional institutions through peoples' participation and revival of the rich indigenous knowledge of the ethnic communities.

A total of 1548 (Focussed Group Discussions (FGDs) and community meetings as well as 382 interviews with traditional healers were conducted in all 200 FARM North East programme villages for the process documentation of the Traditional Knowledge and Healthcare Practices of Rural Communities in North Eastern States of India.

The programme has promoted medicinal plant gardens among households as well as at the community levels. As a result, more than 2500 families are growing medicinal plants in their backyards and 18 villages have initiated cultivation of medicinal plants in the common or community lands. FARM North East has also promoted medicinal gardens at school levels for children to learn and help the cause of transfer of this knowledge. More than 4000 people are found to have the knowledge of the traditional ways of treating common sicknesses in villages and are practicing it at their family level. A total of 635 traditional herbal medicine practitioners are identified in the project villages and motivated for widening their horizon of practices.

However, it would be interesting to see how the community will carry forward this initiative in the days to come.



# Abbreviation

BGSS	Bongaigaon Gana Seva Society
DAN	Development Association of Nagaland
DSSS	Diocesan Social Service Society
FGD	Focused Group Discussion
GGSS	Guwahati Gana Seva Society
IDEA	Itanagar Diocesan Empowerment Association
JA	Jirsong Asong
JHDS	Jaintia Hills Development Society
JUST	Jana Unnayan Samiti Tripura
PLD	People Led Development
PLE	Participatory Learning Environment
NSSS	Nongstoin Social Service Society
SKAE	Seva Kendra Arunachal – East
SKD	Seva Kendra Dibrugarh
SKS	Seva Kendra Silchar
SSC	Social Service Centre
ZEP	Zoram Entu Pawl





# Medicinal Plants: Traditional Knowledge and Healthcare Practices of Rural Communities in North Eastern States of India

## 1.0 Introduction

The North-East India is part of both Himalaya as well as *Indo-Burma Biodiversity Hotspot* in the world. It forms a unique biogeographic province encompassing major biomes recognized in the world. It has the richest reservoir of plant diversity in India and is one of the 'biodiversity hotspots' of the world supporting about 50% of India's biodiversity<sup>1</sup>. North-Eastern Region (NER) of Republic India comprising of Assam, Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura is inhabited by a large number of tribals of various ethnic groups and the region is the home of a number of primitive societies like *Abor, Garo, Dafla, Khasi, Kuki, Mishi, Rabha, Naga, Apatani*, etc. More than 200 tribes of different ethnic groups with distinct cultural entities inhabit the region<sup>2</sup>. These ethnic communities have rich traditional knowledge and have been practicing traditional healing since time immemorial<sup>3</sup>.



Traditional healers of NER are generally dependent on wild source (60%) of medicinal plants they use. However, several groups have developed herbal gardens (30%) in their land available in their vicinity. Several others who have good contacts with traditional healers in developed areas are meeting their requirement by procuring the dried and processed crude drugs from nearby or distant markets (10%)<sup>4</sup>.

<sup>1</sup> Mao A A & Hynniewta T M, Floristic diversity of North East India, J Assam Sci Soc, 41(4) (2000) 255-266.

<sup>2</sup> AA Mao, TM Hynniewta & M Sanjappa, 2009. Plant wealth of Northeast India with reference to ethnobotany, Indian Journal of Traditional Knowledge, Vol. 8(1), January 2009, pp. 96-103

<sup>3 & 4</sup> Ramashankar, S Deb and BK Sharma, 2012. Traditional Healing Practices in North East India, Indian Journal of History of Science, 50.2 (2015) 324-332

Facilitating Agricultural Regeneration Measures (FARM) North-East Programme of Caritas India envisages an urgent need to upkeep the rich knowledge of traditional medicines among the communities of NER. The focus of the programme is to promote People Led Development (PLD) in the region and also to make the people of this region to realise the importance of collective actions for the conservation and sustainable use of common goods.

### Objectives of FARM North-East Programme

#### Objective 1

Marginalized farming communities will have adopted traditional farming practices which are more sustainable and more efficient to strengthen food sovereignty.

#### Objective 2

Communities will have become empowered to take up collective action for promotion of socio-economic and self-governance development.

#### Objective 3

Improving health standards by reviving traditional preventive and curative health practices, based on forest-based medicinal plants, which are acceptable to all.

The programme was started in 2016. The idea of the programme was to keep the rich knowledge of traditional medicines alive, which seemed to be eroding very fast due to the lack of or minimal interest shown by the younger generation to preserve it. It was a challenging task since in some areas, as per existing beliefs among the people, the traditional medicines practitioners were not willing to share their knowledge. The other challenge was to encourage the people to grow medicinal plants in the backyards of their houses and in the village school campuses. It was thought that growing medicinal plants in the school campuses would enable the children to not only use them but also learn about their usages.

FARM North East identified genuine traditional herbal medicine practitioners of the region and requested them to conduct classes at least for an hour, once in a week, in the community hall or in their own houses and luckily the practitioners responded positively. The genuine practitioners were identified by taking testimonies from the patients who were treated by them. The traditional medicinal schools are a reality today in the states of Meghalaya, Assam and Arunachal Pradesh. People are flocking to such classes and it is observed that even the younger generation, who were not showing any interests previously, are coming forward to learn about it.

## 2.0 FARM NE Programme and its Operational Area

FARM North East is a cluster programme of Caritas India being implemented in the States of Assam, Arunachal Pradesh, Meghalaya, Manipur, Mizoram, Tripura and Nagaland. FARM North East is being implemented by 15 diocesan partners, in 200 villages covering 15 districts in the region. The programme is targeting the poorest of the poor in these states by helping them to improve their income through interventions in agriculture. Apart from agriculture, FARM North East is also focusing on strengthening the traditional institutions through peoples' participation and revival of the rich indigenous knowledge of the ethnic communities.

The foundation of FARM North East works on the principle called People Led Development (PLD) approach. PLD promotes the people to take ownership of the programme and take development initiatives collectively. PLD approach talks about people to take the driver's seat in the implementation of the programme activities whereas the implementing partners' role is limited only to facilitation. FARM North East is trying to inculcate among the people a culture of taking up actions by themselves for their own betterment. The programme is focusing on the process-oriented achievements rather than short term results. The programme is aiming at food security of the targeted 12093 families through traditional agriculture practices; promoting good health through traditional healthcare practices in addition to conventional treatment; and the overall socio-economic development of the people.

Caritas India is grateful to MISEREOR for supporting this work. This particular work is part of one of the objectives of FARM NE programme that talks about the revival of traditional medicinal practices among the ethnic communities of NER. The FARM NE programme has been working on the documentation and promotion of several medicinal plants used by the ethnic communities of the remote corners of the region. It has been heartening to observe that even today the communities of this region are still practicing traditional medicines to treat several physical ailments.

### 3.0 Documentation Methodology

A total of 1548 Focussed Group Discussion (FGDs) and community meetings as well as 382 interviews with traditional healers were conducted in all 200 FARM North East Programme villages. The table below represents the details of efforts made for the process documentation of Traditional Knowledge and Healthcare Practices of Rural Communities in North Eastern States of India.

Name of State	Partner	No. of Villages	No. of FGDs and Meetings with community	No. of Interviews with Traditional Healers
Meghalaya	SSC	9	45	18
	BAKDIL	14	460	18
	JHDS	15	44	14
	NSSS	16	42	23
Nagaland	DAN	9	47	23
Manipur	DSSS	15	210	26
Mizoram				
Tripura	JUST	15	15	4
Assam	GGSS	15	65	22
	JA	10	40	20
	SKS	8	61	75
	SKD	15	411	10
	BGSS	13	43	63
Arunachal Pradesh	IDEA	15	41	25
	SKAE	15	10	27
<b>7 States</b>	<b>15 Partners</b>	<b>200 Villages</b>	<b>1,548 FGDs and Meetings</b>	<b>382 Interviews</b>

A simple approach based on Participatory Learning Environment (PLE) was employed by the partner organisations while working on the traditional medicinal plants. The whole process was underlined by the principle of- “for the people and by the people”. The community was initially approached with the idea of sharing the importance of upkeep of the knowledge on traditional medicinal plants. This approach mainly included identification of herbal medicinal practitioners. This identification was done through a series of interactions with the communities. The identification was followed by gathering testimonies from the patients who the practitioners have claimed to have treated. Such testimonies helped to authenticate the genuineness of the practitioners. Having identified the practitioners, awareness was created among the communities to bring back the unique practices. Special emphasis was given to the children, youth and women among the communities and the results are indicative of the same.

## 4.0 Documentation of Practices

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
<b>I. NAGALAND</b>						
1.	Aloe Vera	Aloe barbadensis	Zeliangrong	Fresh leaves	1. Gonorrhoea 2. Hardening of the breast tissue	1. Take half a cup of the pulp with sugar, thrice a day, for 7- 10 days. 2. Apply the Aloe Vera leaf pulp.
2.	Telou (Onion)	Allium cepa	Zeliangrong	Bulb and leaves	1. Headache 2. Heat stroke 3. Piles 4. Goitre	1. Apply a thick paste of onion on the forehead, palms, and the soles. Lie down and relax for some time. 2. Cut an onion and sniff it. 3. Cut the onion, apply to the piles, and bandage it. Also, fry onion in buffalo ghee and eat regularly. 4. Take one teaspoonful onion juice (grown in the plains) with honey.
3.	Ganamphuanmei (Garlic)	Allium sativum	Zeliangrong	Bulb	1. Typhoid 2. Tumour, ulcer, ringworm, neuralgia	1. Take two teaspoonful of fresh garlic juice with fruit juice or jiggery syrup every four hours. 2. Apply the paste of garlic mixed with any oil
4.	Tulsi	Ocimum sanctum	Zeliangrong	All parts of the plant	1. Boils 2. Earache 3. Snake bite	1. Apply leaf paste. 2. Pour 2-3 drops of leaf juice into the ear, thrice a day for two days. 3. Give 10 glass of leaf juice at regular intervals. If the patient is unconscious, apply the leaf juice all over the body, especially in the navel, eyes, ears and mouth. Repeat the process several times

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
5.	Gachangrim (Turmeric)	Curcuma longa	Zeliangrong	Rhizome	<ol style="list-style-type: none"> <li>1. Cancer (preventive)</li> <li>2. Sprains, inflammation of joints, wounds, boils, swellings, insect bite</li> <li>3. Cold, cough, allergy, indigestion, vomiting (due to food poisoning)</li> </ol>	<ol style="list-style-type: none"> <li>1. Take 1.5gm of turmeric daily in food.</li> <li>2. Apply a paste of turmeric with a little salt and lime (chuna)</li> <li>3. Boil 1 teaspoonful of turmeric powder in a cup of milk, and a cup of water. Reduce to one cup. Dose: 1 cup once a day.</li> </ol>
6.	Patuoana thai (Guava)	Psidium guajava	Zeliangrong	Fresh or dried leaves bark and fruits	<ol style="list-style-type: none"> <li>1. Gonorrhoea, giddiness, anaemia, diabetes, liver problems, leucorrhoea, enlargement of spleen, indigestion, acidity</li> <li>2. Urticaria, kidney problems</li> </ol>	<ol style="list-style-type: none"> <li>1. Take a stem juice, one ounce, twice a day. Or leaf extract ½ - 1 glassful twice a day.</li> <li>2. Cut a portion of guava stem into small pieces. Crush them well and put in a glass jar. Add a mixture of gooseberry juice and honey (1:1) till it is one inch above the material. Sprinkle a little turmeric powder over it. Close and keep it for 24 hrs. Squeeze out the pieces of guava (amrut), strain the solution and preserve.</li> </ol>
7.	Ratalou	Phyllanthus niruri	Zeliangrong	Whole parts of the plant	<ol style="list-style-type: none"> <li>1. Jaundice</li> </ol>	<ol style="list-style-type: none"> <li>1. Extract the juice of the plant and mix it with sugar or jaggery (gur). Take 2 spoons every two hours. Or Make a paste of the plant and eat it with sugar or jaggery (gur). *The leaves and seeds are used as a decoction for diabetes. *The milky latex of the plant is used externally for severe sores.</li> </ol>
8.	Meijakna pui.	Mimosa pudica	Zeliangrong	Leaves	<ol style="list-style-type: none"> <li>1. Liver disease, constipation, dysentery and kidney problems</li> <li>2. Cancerous ulcers and skin diseases</li> <li>3. For swollen glands</li> <li>4. Diabetes</li> </ol>	<ol style="list-style-type: none"> <li>1. The infusion of the leaves</li> <li>2. The juice of the plant can be applied over the infected areas.</li> <li>3. Use cold compress on swollen glands for 30 minutes at least 3 times a day. Apply the crushed paste of leaves after each cold compress session.</li> <li>4. Boil the herbs and drink it</li> </ol>
9.	Ganeng	BrassicaSp.	Zeliangrong	Seeds	<ol style="list-style-type: none"> <li>1. Rheumatism (any painful disorder of the joints, muscles or connective tissues), pain of the nerves,</li> <li>2. Bronchitis, and for chest pain.</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply the seed paste externally for the said problems.</li> </ol>



S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
10.	Awathapi thai	Carica Sp.	Zeliangrong	Whole parts of the plant	<ol style="list-style-type: none"> <li>1. Tape worm</li> <li>2. Dengue fever</li> <li>3. Dog bite</li> <li>4. Cuts &amp; wound</li> </ol>	<ol style="list-style-type: none"> <li>1. Take the decoction of dry papaya seeds and betel nut. Smash the raw betel nut and dry papaya seeds together and boil the mixture until the water reduces to half or quarter of the amount poured in to boil. Dose: take 1- 2 tablespoon a day. (Caution: Do not give to pregnant ladies).</li> <li>2. Squeeze the juice of papaya leaves and take 2 table spoons a day.</li> <li>3. Take the skin and latex of papaya; mix the proportionate amount of kur. Make a paste and apply the paste on the bitten area, cover with a leave and bandage it. Keep it for three days.</li> <li>4. Warm the papaya leaves, rub it with hand and apply to the cuts to heal the wound</li> </ol>
11.	Babupuo ng	Catharanthus roseus	Zeliangrong	Whole parts of plant	<ol style="list-style-type: none"> <li>1. Asthma emergency response</li> <li>2. Natural burn cure</li> <li>3. Lowered fever naturally</li> </ol>	<ol style="list-style-type: none"> <li>1. Washed 1 top of the periwinkle roots boiled with 1 litter of water until the water only half left. Strain, cool it down and drink twice a day.</li> <li>2. Take 8 clean leaves of periwinkle with ½ handful of rice and grind them both finely. Add a little water and apply the paste on the burnt area. Wrap it with bandage, change the dressing every time it dries up.</li> <li>3. Take a handful of cleaned leaves, three bars of the stem, and a piece of its roots. Boil them in 4 cups of water until it only a half left. It should be taken twice a day. For each day prepare a new one.</li> </ol>
12.	Stabuanthai	Aegle Sp.	Zeliangrong	Leaf, bark, root and fruits	<ol style="list-style-type: none"> <li>1. Constipation and gastric problem</li> <li>2. Stomach ulcer</li> <li>3. Jaundice</li> <li>4. Typhoid</li> </ol>	<ol style="list-style-type: none"> <li>1. Crack the shell of an unripe fruit and cook it in hot ash. Scoop out the pulp and mix equal amount of jaggery. Eat two tablespoon on an empty stomach for 15 days</li> <li>2. Lick the fruit-powder mixed with 1 tsp honey several times.</li> <li>3. Grind 1 leaf and 3black pepper; eat thrice a day for seven days.</li> <li>4. Extract juice of leaves take 2 teaspoon thrice a day with honey, until fever comes down.</li> </ol>



S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
13.	Buthai	Ficus carica	Zeliangrong	Root and fruit	<ol style="list-style-type: none"> <li>1. Skin problem</li> <li>2. Dry cough</li> <li>3. To break boils and to heal sores</li> <li>4. Kidney problem</li> </ol>	<ol style="list-style-type: none"> <li>1. Take a decoction of 25 gms of fig root in 200ml of water. Boil and reduce to half and take twice daily for a few months.</li> <li>2. Take 2-3 fresh fruits 3 times daily or even more frequently</li> <li>3. Make a paste of the fruit and apply externally.</li> <li>4. Take one glass of fresh fruits juice or dry fruits (25gms) soaked in a glass of water twice daily.</li> </ol>
14.	Jeipai	Oryxylum indicum	Zeliangrong	Bark, leaves and plant	<ol style="list-style-type: none"> <li>1. Womb infection</li> <li>2. High Blood pressure, Malaria and Diabetes</li> </ol>	<ol style="list-style-type: none"> <li>1. The leaves are boiled and taken one glass in a day</li> <li>2. The decoction of bark and leaves is taken once in a day.</li> </ol>
15.	Laopubang	Leucas aspera	Zeliangrong	The whole parts of the plant	<ol style="list-style-type: none"> <li>1. Scorpion bite</li> <li>2. Sinus</li> <li>3. For intestinal worms in children</li> </ol>	<ol style="list-style-type: none"> <li>1. The constant rubbing of leaves over affected area provides relief.</li> <li>2. Two drops of flower juice is used against Sinus.</li> <li>3. The juice of flowers and leaves are given internally or decoction is prepared of it.</li> </ol>
16.	Ginseng	Panax pseudo-ginseng	Zeliangrong	Roots	<ol style="list-style-type: none"> <li>1. High blood pressure and impotency.</li> </ol>	<ol style="list-style-type: none"> <li>1. The dried root tubers are taken in trace amount thrice a week.</li> </ol>
17.	Kihuam	Ananas comosus	Zeliangrong	Fruits, leaf	<ol style="list-style-type: none"> <li>1. Improve vision</li> <li>2. Boost immunity and improves blood circulation</li> <li>3. Helps heal wounds and protect against infection</li> </ol>	<ol style="list-style-type: none"> <li>1. Take the juice excretion</li> <li>2. Take the raw fruit</li> </ol> <p><b>Caution:</b> Over dose may cause vomiting, nausea and headaches</p>

## II. ASSAM

18.	Arabaha (Lalphul)	Rauvolfia serpentina	Adivasi (Munda)	Root	Chest Pain	Grind its root with pepper and make small balls and take with water daily once for 3/4 days.
19.	Kapur	Hedychium spicatum	Adivasi (Munda)	Leaf	Swollen at Leg	Boil the leaves and drink the water 2 times daily for 3 days.
20.	Haar Jora	Vitis quadrangularis	Adivasi (Munda)	Leaf	Bone Fracture	Grind its leaf and make paste of it and use it on the fractured area.
21.	Akan	Calotropis procera	Adivasi (Munda)	Leaf	Dog Bite	Make paste of the leaf with pepper and use it in the bitten area for 7 days.
22.	Agyasita	Sesbania grandiflora	Adivasi (Munda)	Leaf	Pneumonia	Take 3-5 leaves and pepper make small balls and take once daily for 7 days
23.	Ul Kosu	Amorphophallus campanulatus	Adivasi (Munda)	Root	Piles, Stomach Pain	<ul style="list-style-type: none"> <li>• Piles: grind its root with pepper and take it for 3 days.</li> <li>• Stomach pain: grind its root with garlic and pepper and take it for 7 days.</li> </ul>

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
24.	Bilaknth	Tinospora cordifolia	Adivasi (Munda)	Root	Breastfeeding Mother	Grind its root and mix it with one glass of milk and take it for 7 days.
25.	Satmul (Satawari)	Asparagus racemosus	Adivasi (Munda)	Root, Leaf	Piles, Joint Pain, Menstruation Problem	<ul style="list-style-type: none"> <li>• Piles: Take 30ml of its roots' juice with coconut water for 7 days</li> <li>• Joint Pain: Grind the Leaves and Fry in 250 ml of Mustard Oil for few minutes and use the paste on the Joints</li> <li>• Mensuration Problem: Take 5gm of its root with coconut water for 14 days.</li> </ul>
26.	Tejmoi	Xanthozylum nitidum	Adivasi (Munda)	Root	Brest Cancer, Pneumonia, Cough	<ul style="list-style-type: none"> <li>• Brest cancer: apply paste of the grinded roots on the area.</li> <li>• Pneumonia: grind its root and mix with a glass of water and take in.</li> <li>• Cough: grind its root and mix it with a glass of water and take in.</li> </ul>
27.	Nilkanth	Ajuga bracteosa	Adivasi (Munda)	Root	Pain, Worm, Hook Worm	Pain, worm: grind its root and make small balls and take it with water.
28.	Hiju	Euphorbia neriifolia	Adivasi (Munda)	Leaf, Root	Cough	Use its root/leaf and make small balls and take it for 3 days
29.	Tulsi	Ocimum tenuiflorum	Adivasi (Munda)	Leaf	Cough	Take its leaves with honey
30.	Mango	Mangifera indica	Adivasi (Munda)	Burk	Jaundice	Take 3/4 pieces of trees bark wet it in 1 litre of water, add palm candy sugar and keep it for 12 hours and take the water in empty stomach for 3/4 times a day
31.	Mati Kothal (Pineapple)	Ananas comosus	Adivasi (Munda)	Leaf	Worm	Take 7/8 tender leaves, wash and eat in empty stomach for 3 – 5 days.
32.	Tamros	Psidium guajava	Adivasi (Munda)	Leaf	Diarrheal Dysentery	Take 3 very tender leaves,. wash it and chew it raw for 2 -3 times daily for 3 days
33.	Doron Bon	Leucas linifolia	Adivasi (Munda)	Leaf	Cut, Snake Bite, Appetite	<ul style="list-style-type: none"> <li>• Cut: make paste from its leaves and use it on the affected area.</li> <li>• Snake bite: take its root after wash.</li> <li>• Appetite: take its leaves regularly for 7 days</li> </ul>
34.	Chirota	Andrographis paniculata	Adivasi (Munda)	Leaf	Malaria	Take 3 leaves for 2 times daily for 3 days
35.	Bhuichini	Scorpiia dulcis	Adivasi (Munda)	Leaf	Kidney Stones	Take 3 leaves and eat after wash for 21 days

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
36.	Aloe Vera	Aloe barbadensis	Adivasi (Munda)	Leaf	Cut, Stomach Pain, Skin Diseases	<ul style="list-style-type: none"> <li>• Cut: make paste of the leaf and apply on the affected area</li> <li>• Stomach pain: make sauce from its leaves and take with rice.</li> <li>• Skin degasses: make paste of the leaves and apply on the affected area.</li> </ul>
37.	Jamun (Java Plum)	Syzygium cumini	Adivasi (Munda)	Bark	Diabetes	Cut its Bark and keep it to dry in a shady place, Powder it by grinding, Take 8mg of its powder before meal (2 times daily) for 7 days
38.	Kohra (Pumpkin)	Cucurbita pepo	Adivasi (Munda)	Seeds	Hook Worm	Take 15 – 20 seeds and grind it and add 1 teaspoon sugar, take it in empty stomach daily once for 7 days
39.	Ghorabaj	Acorus calamus	Adivasi (Munda)	Roots	Paralysis	Fry the grinded roots in mustard oil, add some water and put it in a container and mix it thoroughly and apply.
40.	Neem	Azadirachta indica	Adivasi (Munda)	Leaf	Skin Disease, Malaria	<ul style="list-style-type: none"> <li>• Skin diseases: Make paste of the leaves or boil its leaves with water and wash the whole body with it.</li> <li>• Malaria: Grind and mix with chirota and make small balls and use it for 7 days</li> </ul>
41.	Kala Haldi (Musk Turmeric)	Curcuma caesia	Adivasi (Munda)	Roots	Pimples in Face, Ulcer, Beautiful Hair	<ul style="list-style-type: none"> <li>• Pimples: grind its root and mix with gulab jaal(rose water) and apply on the face</li> <li>• Ulcer: take 1 teaspoon grinded root with boiled milk or coconut water daily 2 times.</li> <li>• Beautiful hair: grind it and apply on the hair and wash.</li> </ul>
42.	Aada (Ginger)	Zingiber officinale	Adivasi (Munda)	Root	High Blood Pressure, Headache, Digestion Problem	<ul style="list-style-type: none"> <li>• High blood pressure: drink 1 big spoon of its juice with honey daily before bed.</li> <li>• Headache: grind and mix ginger and red chilly of equal amount, add it in a glass of milk and dip a cloth in the milk and place it on the head.</li> <li>• Digestion problem: drink 10ml of ginger juice with salt.</li> </ul>
43.	Jomlakhuti	Costus speciosus	Adivasi (Munda)	Root	Menstruation Problem	Grind its root and mix in a glass of boiled water and take for 3 days
44.	Gulabas (Evening Jasmine)	Mirabilis jalapa	Adivasi (Munda)	Leaf/Root	Burn, Allergy	<ul style="list-style-type: none"> <li>• Burn: grind its root and apply on the affected area.</li> <li>• Allergy: grind its leaves and apply on the affected area.</li> </ul>

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
45.	Kathanda	Ervatamia coronaria	Assamese	Flower	Eye inflammation	2 drops of flower extract administered as an eye drop twice daily
46.	Bonjolokia	Spilanthes acmella	Assamese	Flower	Bumpy white patches on the tongue	2-3 fresh flowers to be chewed twice daily
47.	Nayantara	Catharanthus rosus	Karbi, Assamese	Flower	Tongue disease (Thrush- yeast infection, leads to the development of bumpy white patches on the tongue)	Take 2-3 flowers and chew it for 1 minutes (2 times daily)
48.	Bonteteli	Phyllanthus amaruss	Assamese	Leaf	High Blood Pressure	Grind to paste and swallow it twice daily. It can also be chewed and swallowed
49.	Harjuraa Lata	Vitis quadrangularis	Karbi, Assamese	Flower petals	Eye disease (red eye)	The juice of the flower can be used as an eye drop (two drops X 2 times daily)
50.	Amarlata	Tinospora cordifolia	Karbi, Assamese	Stem	Bone fracture	Grind the stem (make paste) and apply on the affected area, place bamboo sticks around and tie it with a cloth for 15 days
51.	Teznayana	Amaranthus leicolor linm	Karbi, Assamese	Stem	Debates type 1	Keep a small piece of stem in 1 glass of water for one night and drink it on empty stomach next morning
52.	Aamada	Curcuma amada	Karbi, Assamese	Leaf	For excess bleeding from deep cuts	Grind the leaf (make paste) and apply it on the cuts
53.	Konakhimolu	Commelina lenghahensis	Karbi, Assamese	Root	Muscle Pain	Grind the root (make paste) and apply on the affected area
54.	Khejupat	Euphobia nerifolia	Karbi, Assamese	Stem	Skin Infection (boils)	Cut the stem and apply the sticky juice on the affected area
55.	Dulal phool	Costus Specicosus	Karbi, Assamese	Leaf	Cough – specially to get the mucus out of the chest	Heat the leaf in fire Squeeze to extract the juice, add 1 teaspoon of honey with it and take 4 teaspoon juice twice daily
56.	Aakon	Calotropis procera	Karbi, Assamese	Stem	Skin disease	Apply the stem extract d on the affected part
				Leaf	Muscle & Joint Pain	Heat the leaf in fire and apply in the affected part
57.	Arjun	Terminalia Arjuna	Karbi, Assamese	Stem	Skin disease	Apply the extracted juice on affected parts
58.	Borun	Crataeva roxburghii	Karbi, Assamese	Skin	Gastric	Take 2 spoon of extracted juice twice daily
59.	Ogora	Abelmoschus moschatus	Karbi, Assamese	Leaf	Joint Pain	<ul style="list-style-type: none"> <li>• Tie the banana leaves to the affected area</li> <li>• Apply the leaf paste and tie it with a cloth</li> </ul>

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
60.	Ubhuta	Achyranthes aspera	Karbi, Assamese	Root	Asthma	<ul style="list-style-type: none"> <li>Crush the root and extract the juice</li> <li>1 teaspoon of juice mixed with water can be taken early in the morning</li> </ul>
61.	Aprajita	Clitoria ternatea linn	Karbi, Assamese	Root	Toothache	The paste of the root is applied in the tooth for 10 minutes
62.	Ashok	Saraca asoca	Karbi, Assamese	Seed	Vomiting	Half teaspoon of the paste of the seed is taken with 1 cup of water
63.	Chiraita	Andrographis paniculate	Karbi, Assamese	Leaf	Extra Bleeding during periods	4 teaspoons of the juice of the leaf is taken twice a day
64.	Sewali	Nyctanthes arbortristis	Karbi, Assamese	Leaf	Ring worm	5 pieces of leaves are put into 1 glass of water. Next morning the 2-3 spoons of water can be taken empty stomach
65.	Durung puspa	Leucas aspera	Karbi, Assamese	Leaf	Malaria	500 gram of leaves is made into paste and boiled in 2 litres of water. The steam needs to be inhaled by covering the head with a towel
66.	Tita kerela	Gymnopetatum eochinchinense	Karbi, Assamese	Leaf	Liver problem / indigestion / sinus	<ul style="list-style-type: none"> <li>For liver problem the leaf is cooked normally and taken as curry.</li> <li>For Sinus The juice is applied in the nostril</li> </ul>
67.	Pategoja	Bryophyllum calycinum	Karbi, Assamese	Leaf	Nose bleeding	Put 2 drops of juice in the nostril
68.	Makhilati	Flemingia strobilifera	Karbi, Assamese	Leaves	Kidney stone	By crushing the leaves 3 spoons of Juice is taken empty stomach
69.	Bach	Acorus calamus	Karbi, Assamese	Roots	Ringworm (Khor)	The main root is cut into 3 pieces (one piece of 3 inches) it is crushed, and the paste is applied on affected area.
70.	Sugandh mantri	Homalomena aromatica	Karbi, Assamese	Roots	Ear ache, throat inflammation, typhoid	The roots are cut into pieces and with the use of thread a necklace is made to wear it on neck.
71.	Sajana	Moringa oleifera	Karbi, Assamese	Leaf petiole and Rhizomes (underground Stem)	Skin diseases, anti-inflammatory, post-natal care, anaemia	The powder of rhizomes is applied on the skin Leaf petiole is a good supplement of iron
72.	Narji Phool	Tagetes erecta	Karbi, Assamese	Tender leaves	Heart disease	50 gram of tender leaves can be cooked with any vegetable and given to the heart patients
73.	Pippoli	Piper longum	Karbi, Assamese	Flower	Blood purification & for bleeding piles	The flower is crushed to extract the juice and 2 spoons can be taken after meal.

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
74.	Thankuni	Centella asiatica	Bengali	Leaf	Diarrhoea and Dysentery	Take a leaf every morning in empty stomach or Grind the leaf and take the fresh juice with warm water
75.	Shefalika	Nyctanthes arbortristis	Bengali	Leaf/Bark	Constipation, Intestinal worm, Ringworm	Fresh juice of the leaf (10 ml for adult and 5ml for child) is given for Constipation and intestinal worm. The paste of the bark or leaf used over the area affected with ringworm at least 3 times in a day
76.	Lojjaboti	Mimosa pudica	Bengali	Root or whole plant	Diarrhoea, dysentery, bleeding disorder (Nasal, heavy periods) burning, skin disease, wound	Grind the leaf and take 10 -20ml fresh juice every day
77.	Pharho Pudina	Mentha arvensis	Karbi	Leaf	Stomach ache/Gastric	Boil the leaf with water and take the juice for 2/3 days
78.	Neem	Azadirachta indica	Bengali	Leaf	Skin disease and diabetes	Take out the Juice and apply in affected part. Eat a leaf every morning in empty stomach
79.	Amla	Phyllanthus emblica	Bengali	Leaf/Fruit	Jaundice/boost immunity/reduce blood sugar	Make juice of the leaves, add some jaggery and drink the juice 3 times a day
80.	Patharkuchi	Bryophyllum pinnatum	Bengali	Leaf	Stone	Crush the leaves and take the juice in empty stomach
81.	Sajana Pata	Moringa olifera	Bengali	Leaf	Swelling, Body ache, lack of eye sight, deficiency of Iron in Pregnant women	Make a mixture of leaves, lemon and honey and take 1 glass a day in empty stomach
82.	Pahbong or Lourobong (Kuki)	Chromolaena odorata	Kuki	Leaf	Wounds, burns, and skin infections.	Crush and apply the herbs in affected part of the body
83.	Saragoakpo	Cassia alata	Rongmei	Leaf	Ringworm and other fungal infections of the skin.	Scratch the affected place. mix the leaf with salt and apply
84.	Lang Bap	Accorus calamus	Karbi	Leaf	Gastric, Stomach ache	After Grinding the leaf apply the juice on the skin
85.	Bangram Bap	Sansevieria trifasciata	Karbi	Leaf	Ringworm and fungal diseases	Apply the leaf sap directly on infected sores, cuts and grazes
86.	Monosasi (Beng)	Euphorbia neriifolia	Bengali	Leaf/stem	Cough, Ear-ache	<ul style="list-style-type: none"> <li>Juice from fresh stem added with honey to treat Cough</li> <li>Crush the leaf and poured inside the ear once in a week to treat ear-ache</li> </ul>
87.	Rifuzilota	Mikania micrantha	Bengali	Leaf	Wounds, burns, and skin infections.	Crush and apply the herbs in the affected part of the body



S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
88.	Guava	Psidium guajava	Bengali	Leaf	Diarrhea, gastric, Cough	Take 10 ml fresh juice of the leaf
89.	Nathap		Bengali	Leaf	Cancer	Grind and take the Juice
90.	Wild mango tree	Magnifera indica	Bengali	Bark	Jaundice	Boil the bark of wild mango tree and amla tree together take the juice 1/2 times in a day
91.	Mirklung		Karbi	Leaf	High blood pressure	It can be cooked like vegetable soup and taken. But it is prohibited in case of low blood pressure.
92.	Little Rubi	Alternathera denata	Bengali	Leaf	Cut	Crush and apply the herbs in the affected part
93.	Nayantara	Catharanthus roseus	Bengali	Whole plant, roots, leaves	Menstruation pain, cancer, dysentery, urinary problem	One glass juice in a day
94.	Endi Raja	Jatropha Gossypifolia	Boro	Leaves	Skin Allergy (itching)	Take a leaf and make a paste with some salt (1 teaspoon) and apply on the affected skin.
95.	Hatjora	Vites quadrangularis	Boro	Whole plant	Fractured hands and legs	Make a paste of the whole plant and apply on the affected part of the body.
96.	Serja biphang	Sansevieria trifasciata	Boro	Leaves	Pain	Make a paste of the leaves, add some mustard oil and apply on the pain area.
97.	Chiretta	Andrographis paniculata	Boro	Whole plant	Malaria	Take one whole plant of chiretta and boil in a glass of water. Drink it in an empty stomach in the morning. Repeat it for a week.
98.	Kuntai Gwka	Solanum ferox	Boro	Flower or seeds	Toothache	Keep the dried flowers or seeds in mouth
99.	Ram Turupsi	Ocimum sanctum	Boro	Leaves	Common fever	Boil the leaves with 2 glasses of water and reduce it to 1 glass. Drink twice in a day for 2 to 3 days.
100.	Guyonki	Ageratum canyzoides	Boro	Leaves	Minor cuts/wounds	Make paste of the leaves and apply on the wound.
101.	Kamrenga	Averrhoa carambola	Boro	Tender Fruits	Jaundice	Take 3 fruits and make curry along with a handful of small fishes and take it with food 3 to 4 times in a week.
102.	Kanshisa	Leucas aspera	Boro	Leaves	Nose bleeding	Make paste of the leaves and apply the juice in the nose.
103.	Daosa Mwkreb	Mimosa pudica	Boro	Whole plant	Wounds and Frequent micturition	Mix fresh root and leaf extract and boil with cow's milk, take once daily for two weeks after breakfast for frequent micturition. For wounds dry the whole plant, powder it and, apply the powder on the wounds.
104.	Thaso	Colocasia esculenta	Boro	Stem juice	Bee bite/sting	Apply the juice from the stem on the affected part.

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
<b>III. MEGHALAYA</b>						
105.	Syntiew Rapleng	Anemone	Khasi	Leaves	Measles	Grind the leaves into paste form, and put it in a piece of cloth and apply on the affected areas
106.	Khматы nriah	Lilium Sp.	Khasi	Leaves and Flowers	Measles, Arthritis	Boil the leaves and flowers and drink the water
107.	Kynbat turio	Brugmansia suaveolens	Khasi	Leaves	Arthritis	Boil the leaves and drink the water
108.	Sla Thynrait	Gaultheria fragrantissima	Khasi	Leaves	Arthritis	Boil the leaves and drink the water
109.	Sying Lakadong	Curcuma Sp.	Khasi	Root	Ulcer	Grind the root into paste form, mix with water and drink it.
110.	Shyrmitiong	Curcuma caesia	Khasi	Root	Ulcer	Grind the root with water and drink
111.	Ksehblei	Taxus walliciana	Khasi	Leaves	Cancer	Boil the leaves and drink the water
112.	Diengblei	Podocarpus nerifolius	Khasi	Leaves	Cancer	Boil the leaves and drink the water
113.	I- Maw	Polygonatum cantonensis	Khasi	Leaves	Cancer	Grind the leaves into powder, mix the powder with water and drink it
114.	Batshym pet	Solanum nigrum	Khasi	Leaves	Cancer, leprosy	Grind the leaves into paste, mix with water and drink
115.	Tiewbthi	Hibiscus Sp.	Khasi	Leaves	Gastric, Malaria and UTI	Boil the leaves and drink the water
116.	Jathud	Osbeckia Sp.	Khasi	Leaves	Gastric	Grind the leaves into paste, mix with water and drink it.
117.	Bat bet	Acorus calamus	Khasi	Leaves and rhizome	Snake bite, body swelling, gastric	Dry rhizome in the sun, grind to make powder, boil the powder in water and drink.
118.	Soh byrthit	Bidens pilosa	Khasi	Leaves	Gastric disorder	Make a paste of leaves and take the juice
119.	Sohbrap	Passiflora edulis	Khasi	Leaves	Malaria	Boil the leaves and drink the water
120.	Jajew	Begonia palmata	Khasi	Root and Leaves	Malaria	Grind the root and leaves into paste, mix with water and drink it.
121.	Thu-iaw	Artemesia nilagaria	Khasi	Leaves	Malaria	Boil the leaves and drink the water
122.	Latyrpad	Cinnamomum tamala	Khasi	Leaves	Malaria	Boil the leaves and drink the water
123.	Bat Tyrkhang	Nephrolepsis cordata	Khasi	Leaves	UTI	Grind the leaves into paste, mix with water and drink
124.	Pudina	Mentha piperita	Khasi	Whole plant	Dysentery, Diarrhoea	Whole plant is taken raw
125.	Laphih	Hedychium Sp.	Khasi	Root	Dysentery, Diabetes	Grind the root into paste, mix with water and drink

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
126.	Sohphirew	Rubus ellipticus	Khasi	Root	Dysentery, Diabetes	Grind the root into paste mix it with water and drink
127.	Sohniar	Persea Sp.	Khasi	Bark of tree	Diarrhoea and dysentery	Boil the bark of the tree with water and drink
128.	Bat motor	Drymaria cordata	Khasi	Leaves	Dysentery	Grind the leaves into paste, mix it with water and drink
129.	Bat saw	Coleus Sp.	Khasi	Leaves	Dysentery	Grind the leaves into paste, mix with water and drink
130.	Jamyrdoh	Houttuynia cordata	Khasi	Whole plant	Dysentery, diabetes, anaemia and as blood purifier	Whole plant is taken raw
131.	Khliang syiar (wild edible)	Centella asiatica	Khasi	Whole plant	Blood dysentery, diarrhoea and for blood purification	Take the whole plant paste
132.	Jyllang	Allium tuberosum	Khasi	Whole plant	Purification of blood, skin diseases	Whole plant is taken raw
133.	Jaleikhlaw	Crassocephalum crepidiodes	Khasi	Leaves	Anaemia	Grind the leaves into paste, squeeze it and drink the juice
134.	Bat stem	Leucus ciliata	Khasi	Leaves	Snake bite	Grind the leaves into paste, put it in a piece of cloth and apply on the affected area
135.	Shukariah	Hypericum Sp.	Khasi	Leaves	Snake bite, Fever, Headache	Grind the leaves into paste, mix with water and drink it
136.	Sohpang khlieh	Lantana camara	Khasi	Flowers	Headache	Make a paste of the flower, taken orally or apply over the forehead
137.	Wang	Calocasia esculenta	Khasi	Leaves	High fever	Take a young clean leaf and cover the head with it
138.	Rynsun	Allium sativum	Khasi	Bulb	Cough	Fry the bulb in mustard oil and use the oil to massage the chest and back or take it orally
139.	Bat iöng	Dichrocephala integrifolia	Khasi	Leaves	Injury	Grind the leaves into paste and apply to the affected area
140.	Bationg	Prunella vulgaris	Khasi	Leaves	Injury, bone fracture	Boil the leaves and drink the water
141.	Shynrai/ Shyrmit	Curcuma longa	Khasi	Rhizome	Wounds, injuries, sprains, nail diseases	Make a paste of the rhizome and apply on wounds, injuries, sprains and diseases of the nails
142.	Bat Langtana	Eupatorium adenophorum	Khasi	Leaves	Minor injury	Grind the leaves into paste and apply on the affected area
143.	Shkor blang (wild edible)	Plantogo erosa	Khasi	Leaves	Cuts, wounds and injuries.	Make a paste of leaves, add some lime and apply
144.	Jatyngkieh	Aloe vera	Khasi	Leaves	Wounds, fresh cuts, burns	Make a paste of the leaves and apply

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
145.	Tympew/ pathi	Piper betel	Khasi	Leaves	cuts and wounds	Make a paste of the leaves and apply
146.	Khyrdop	Cinnamomum obtusifolium	Khasi	Stem bark	Body swellings and bone fractures	Grind the Stem bark into paste and apply on the affected area.
147.	Khurthlong	Aristolochiacathartii	Khasi	Root	Stomach pain and poison	Grind the root into powder, mix with water and drink.
148.	Jatira (wild edible)	Oenanthe javanica	Khasi	Leaves	Stomach pain, constipation	Take raw leaves
149.	Sohphie heh	Myrica esculenta	Khasi	Fruits	Stomach disorder	Crush ripe fruits, strain the same with a piece of clean white cloth, store the juice in bottles and take orally.
150.	Biskot	Sechium edule	Khasi	Young shoots	Gallstones, Kidney stones	Boil the tender shoots, let it cool off and take the juice
151.	Batshynri ah	Rhaphidophora Sp.	Khasi	Leaves	Boil	Grind the leaves into paste and apply it on the affected area
152.	Jarain (wild edible)	Fagopyrum cymosum	Khasi	Leaves	Boil	Grind the young leaves into paste apply on the affected area
153.	Krot	Smilax	Khasi	Root	Indigestion and stomach troubles typical for new born and infants	Grind the root into paste, mix with water and give the child to drink it.
154.	Bat Langning	Potentilla Sp.	Khasi	Root	Chest pain	Grind the roots into paste, mix with water and drink it
155.	Sohphlang	Flemingia procumbens	Khasi	Tubers	Deworming	Take the tubers skin raw

#### IV. ARUNACHAL PRADESH

156.	Pul Rung	Dioscorea Sp.	Tangsa	Roots	Snake bite, spider bite, scorpion bite and indigestion	Grind the roots of and take it with warm water
157.	Hot - hot	Clerodendrum viscosum	Tangsa	Branch of leaves	Scabies on domestic animals	Just need to touch the animal with the leaves of the plant and leave it. After three to five days the animal will be healed
158.	Wurma Yack	Bryophyllum pinnatum	Tangsa	Leaves	Fire burn, hot water burn, stomach burning (Gastric)	Take a handful of leaves, grind it and apply it on the burn. For stomach burning take two to three leaves, grind it and take it with cold water
159.	Rura Phum	Tinospora cordifolia	Tangsa	Stems	Gastric	Take the stem of the climber, boil it and take it twice a day after meal
160.	Seng - Seng		Tangsa	Leaves	Skin diseases like ringworm, itches etc.	Take a handful of leaves, grind it and apply it on the affected area
161.	Wajung Naam	Spilanthes acmella	Tangsa	Flowers	Toothache	Take two to three pieces of flower and put it on the tooth
162.	Zangzot	Psychotria Sp.	Tangsa	Leaves	All kind of cuts	Take the leaves, grind it and apply it on the cuts

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
163.	Nga Wa Rung	Smilax Sp.	Tangsa	Roots	Jaundice and body pain	Take the roots of the climber, grind it and take it
164.	Nayan Tara	Catheranthus roseus	Tangsa	Leaves	Liver Treatment , indigestion, High blood pressure	Take a leaf of the plant, grind it and take it once a day
165.	Wakk Nakpu	Mangifera indica	Tangsa	Bark of tree	Nail problem and treatment of pigs	Take the bark of the tree, grind it and apply it on the nail. For pigs, grind the bark and feed the pigs
166.	Ganmen Chi		Tangsa	Roots	Jaundice	Take the roots of the shrub, grind it and take it empty stomach in the morning
167.	Pe Chi	Coelogyne Sp.	Tangsa	Leaves	Stomach ache	Take the leaves, grind it take in the morning before meal
168.	Chapan Yack	Micania micrantha	Tangsa	Leaves	burn & cuts	Make a paste of leaves, slightly heat it on the fire and apply the paste on the burn
169.	Treat Kumari	Bulbophyllum pinnata	Tangsa	Leaves	Fever and headache	Take the leaves, heat on the fire and wrap on the head and foot
170.	Maharna		Tangsa	Leaves	Wounds	Make a paste of leaves and apply on the wounds
171.	Bhuamla	Phyllanthus fraternus	Tangsa	Leaves	Jaundice	Take the leaves, grind it thoroughly and make tablets and dry it. It can be taken with water or milk
172.	Makong	Abelmoschus Sp.	Tangsa	Tender leaves	Joint pain and Jaundice	Take a handful of leaves, boil it for 20 to 30 minutes and drink it before food and the oil from the seed can be used for joint pain
173.	Kannchi	Leucas plukenetii	Tangsa	Leaves & Roots	Sinus and Migraine	Take the leaves, grind it and put the extracted juice in the nose. Take the roots boil it with water thoroughly, add some coconut oil in the water and apply on head
174.	Khuthop Jouk	Pinanga Sp.	Tangsa	Roots	Cuts	Take the root, grind it and apply on the cut
175.	Tangpann yok (Tulsi)	Ocimum sanctum	Tangsa	Leaves	Fever & Cough	Take a handful of leaves, boil it with mixture of black pepper, ginger and honey and drink it after food
176.	Ngingkhohi	Centella asiatica	Tangsa	Leaves	Gastric ulcer Tuberculosis	Take the leaves, smash it properly to extract the juice, and mix it with one spoon of goose berry juice and drink it on empty stomach in the morning. It is also good for the treatment of TB
177.	Thing Jalbal	Mimosa pudica.	Tangsa	Roots, Leaves	kidney problem, boil and white discharge and bleeding of women	For Kidney Problem, take the roots, grind it properly and take it. For white discharge and bleeding among women, take the leaves, boil it for half an hour with water and drink it

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
178.	Purphak	Urena lobata	Tangsa		Dog bite	Grind the leaves properly and take it
179.	Rutse	Amaranthus Sp.	Tangsa	Leaves	Purification of blood	Take the leaves, wash in clean water and boil it for 10 to 15 minutes and drink
180.	Titapata	Clerodendrum colebrokianum.	Tangsa	Leaves	High blood pressure	Take the leaves, boil it for 20 to 30 minutes and eat it
181.	Guava Leaves	Psidium guajava	Tangsa	Leaves	Stomach ache and loose motion	Take the tender leaves, wash it and eat it raw
182.	Night Queen	Cestrum Sp.	Tangsa	Leaves	Liver problem	Take the leaves, boil it for 15 to 20 minutes and drink the juice

#### V. MIZORAM

183.	Aieng	Curcuma domestica	Mizo	Rhizome	Bronchitis, diarrhoea, jaundice, liver problems, sprains and wounds	Decoction of dried rhizome, preparation of rhizome as a paste, powder, lotion or oil
184.	Alaichi	Elettaria cardamomum Maton	Mizo	Seeds	For indigestion, removal of gas in the stomach and intestines, stimulate appetite.	Chew the seeds or use it by infusing in water (20 grams for 1 litre of water). Take 3 or 4 cups daily.
185.	Hmarcha pui	Capsicum frutescens	Mizo	Leaves and fruits	Rheumatism, arthritis, chest pain, toothaches, throat diseases	Decoction of leaves, extraction of the juice from the fruit
186.	Archang kawm	Oroxylum indicum	Mizo	Roots, fruits and seeds	Appetizer, fevers, intestinal worms, vomiting, asthma and inflammation. Diseases of the heart, the throat, piles and bronchitis. Checks coughs, acute rheumatism	Decoction of the root bark, the fruit and the seeds.
187.	Artukkhuan	Mirabilis jalapa	Mizo	Root tubers, leaves, flowers and seeds	Problem in passing Urine, Boils, wounds, bruises, allergy, earaches, freckles on the skin	Decoction of the root tuber, extraction of the juice of the fresh leaves, the powdered seeds.
188.	Athlo	Solanum xanthocarpum	Mizo	Roots, seeds, fruit or berry and leaves	Low appetite, , boils and scabies, sore throat, toothache, rheumatism.	Decoction of the roots, seeds, and extraction of the juice of the berry and leaves.
189.	Balhla	Musa paradisiacal	Mizo	The whole plant	Liver problem, scurvy, glandular disease, venereal disease, anaemia, disorders of the blood and diarrhoea, diabetes, dysentery.	Extraction of the juice and infusion of the root, the ash of the banana plant and stem, etc.
190.	Fartuah	Butea frondosa	Mizo	Root, bark, gum, leaves, flowers and seeds	Night blindness, elephantiasis, worms, fractures of bones, dysentery, cough	Decoction of the root, leaves, bark, flowers, extraction of the gum of the tree, pounding the seeds with lemon juice, etc.



S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
191.	Fu	Saccharum officinarum	Mizo	Root and stem	Promote flow of urine, strengthen the gums.	Decoction of the root and extraction of the juice from the stem.
192.	Hlonuar	Mimosa pudica	Mizo	The whole plant	Liver disease, dysentery, kidney problems, ulcers, skin diseases, urinary complaints, mumps	Infusion of the leaves, decoction of the root, crushing the leaves, etc.
193.	Kangtek	Albizia lebbek	Mizo	Bark and leaves	Dysentery and diarrhoea	Decoction of the bark and leaves
194.	Kawldai	Adhatoda vasica	Mizo	Roots, leaves, flowers and fruits	Bronchitis, fever, vomiting and loss of memory, for abortion	Decoction of the root, leaves, flowers, extraction of the juice from the leaves, etc.
195.	Kumtluan gpar	Vinca rosea, catharanthus roseus	Mizo	Roots and the leaves	Cancer, diabetes, diarrhoea, toothache.	Extraction of the fresh leaf, infusion of the leaves and decoction of the root
196.	Lamkhuan g	Artocarpus heterophyllus	Mizo	All parts of the tree	Diarrhoea, fever, asthma, ulcers, wounds, insect bites	Decoction of the root, milky latex of the tree, roast or boil the seeds.
197.	Makpazan gkang	Cassia fistula	Mizo	Leaves, root and pulp of fruits	Rheumatism, paralysis, eczema, ringworms, swellings	Extraction of the juice from the leaves, pulp of the fruit, decoction of the root.
198.	Midumpar	Hibiscus rosa sinensis	Mizo	The whole plant	Coughs and colds, external wounds and sores, inflammation.	Decoction of the roots, crushing the flowers, application of the raw leaves, infusion of the flowers.
199.	Mutih	Ricinus communis	Mizo	Leaves and seeds used externally, the oil	Ulcers and sores, skin diseases and boils, Rheumatism and headache, warts.	Pounding the leaves, extraction of the oil of the seeds, and use both externally and internally
200.	Sunhlu	Phyllanthus emblica	Mizo	Fruits and seeds	Asthma, bronchitis, leucorrhoea, skin diseases, piles, anaemia, diseases of heart and liver.	The fruit is eaten in any form, the decoction of the seeds.
201.	Tawtawra wtpar	Datura innoxia	Mizo	Leaves	Piles, rheumatic pains, swellings, eye diseases and ear-ache.	Add the boiled leaves in water or coconut oil, local application of the crushed leaves, extraction of the juice of the leaves. (external use only)
202.	Theibuhf ai	Punica granatum	Mizo	The whole plant	Dysentery and chronic diarrhoea, fevers, leucorrhoea, malaria, kidney stones	Extraction of the juice of the fresh leaves, the rind or peel, the decoction of the bark of the root and the stem, the fruit eaten in any form, infusion of the seeds.
203.	Thingfang hma	Carica papaya	Mizo	The whole plant	Excessive bleeding of the kidneys, worms, corns and warts, wounds and fresh cuts, ulcer, eczema, influenza and cough, cancer	Decoction of the root, extraction of the latex from the fruit, juice of the leaves, infusion of the flowers, eaten raw fruit in any form, the fruit applied externally.

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
204.	Thingma rcha	Piper nigrum	Mizo	Berries and the leaves	Indigestion, flatulence, toothaches, throat diseases, itching, inflammation of joints, diarrhoea, cholera, giddiness, constipation.	Decoction or infusion of unripe berries, extraction of the juice of the leaves, ground pepper mixed with castor.
205.	Thuamriat	Alstonia scholaris	Mizo	Bark, latex and leaves	Worms, fever, chronic diarrhoea and dysentery, asthma and cardiac problems, boils, ulcers, earaches, deficiency of vitamin B1, skin diseases.	Decoction of the bark of the tree, poultice of the latex, decoction of the young leaves, the dried leaves in powder.
206.	Bawrhaia be	Albelmoschus esculentus	Mizo	The whole plant	Flatulence, griping pains, spasms, pneumonia, bronchitis, urinary problems, heart diseases and tuberculosis of lungs.	Decoction of leaves, root. Roasted seeds prepared as tea. Unripe fruit taking.
207.	Purun sen	Allium cepa	Mizo	The onion bulb	Stimulant, insect bites, typhoid fever, cough, asthma.	Eaten raw, mix with a little honey
208.	Purun var	Allium sativum	Mizo	Bulb, and the whole plant	Worms, spasms, swellings, bronchitis, hypertension, hoarseness and tonsillitis.	Raw garlic, decoction of garlic mixed with coconut oil, tea of garlic, extraction of garlic juice.
209.	Dawnfawh	Citrullus vulgaris	Mizo	Fruit and seeds.	Rheumatism, kidney problems	Good quantity of the fruit eaten, the juice of the ripen fruit, roasted of the seeds.
210.	Rawbar	Ficus elastic	Mizo	Rootlets, bark and latex	Wounds, cuts and sores	Crushing aerial or adventitious rootlets and barks, decoction of the bark.
211.	Anhling	Solanum nigrum	Mizo	Leaves, unripe fruits	Kidney stone, high Blood Pressure, Stoppage of urine	Decoction of the leaves, extraction of the juice of the fruit and mix it with a little water.
212.	Builukham	Melastoma malabatricum	Mizo	Root	Kidney problem, stoppage of urine	Decoction of the root, soaking the root with water.
213.	Changkalarit	Elodea	Mizo	The whole plant except the root	High Blood Pressure, Joint pains	Decoction of the plant
214.	Chengkek	Garcinia cowa	Mizo	Leaves and fruit	Dysentery, diarrhoea	Decoction of the leaves or eaten the raw fruit in any form.
215.	Chhawntual	Aporosa roxburghii	Mizo	Bark	Stomach ache, ulcer	Extraction of the juice of the bark, decoction of the bark
216.	Hnahkhat	Pogonia plicata	Mizo	Root	Burn, diarrhoea, stomach ache, heart disease	Pasting the cream made out of the crushing root, Extraction of the juice of the root

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
217.	Zapan hlo	Mikania scanden	Mizo	The whole plant except the root	Diarrhoea	Extraction of the juice of the plant
218.	Kaihzawl	Dillenia pentagyna	Mizo	Leaves, bark and the young shoot	Cancer, sores (domesticated animals)	Decoction of the dried or fresh bark, eaten the raw or boiled young shoot, Pasting the crushed cream of the leaves
219.	Kangdai/kangdam dawi	Jatropus curcas	Mizo	Leaves and the latex	Burn	Decoction of the leaves, apply the latex in the affected area
220.	Khuangthli	Bischofia javanica	Mizo	Young shoot	Tonsil pain, throat problem	The cream of the crushed young shoot
221.	Lambak	Centella asiatica, Hydrocotyle asiatica	Mizo	The whole plant	Urinary problem, brain, eosinophilia, diabetes	Extraction of the juice of the plant and the leaves
222.	Mitthi-sunhlu	Phyllanthus neruri	Mizo	The whole plant	Stoned kidney, liver problem, diabetes	Decoction of the plant, extraction of the juice of the stem, Crushing the plant and mix it with milk.
223.	Mualhawih	Saraca indica	Mizo	Bark and flower	Diabetes, Menses problem, skin problem of minors	Decoction of the bark, crushing the flower and mix it with coconut oil, decoction of the flower mixed with milk.
224.	Nawalthing	Eucalyptus globulus	Mizo	Leaves and oil	Asthma, rheumatism, arthritis, swelling	Bathing with the decoction of the leaves, apply the oil
225.	Nuaitang	Impatiens balsamina	Mizo	Flower, and leaves	Menses problem, eczema, scabies	The cream of the crushed Decoction of the flower, extraction of the juice of the leaves
226.	Phuihnam	Clerodendron seretta	Mizo	Leaves and root	High Blood Pressure	The leaves as food item, Decoction of the crushed root
227.	Pudina	Mentha viridis	Mizo	The whole plant except the root	Ulcer, Asthma, Vomit, headache, stomach problem	The powder of the dried stem, extraction of the juice of the plant, crushing the leaves for pasting.
228.	Saihniak	Elephantos scaber	Mizo	The whole plant	Diarrhoea, stoppage of urine, dysentery, poisonous insect bites	Decoction of the stem, crushing the stem, extraction of the juice of the plant
229.	Saisu	Musa mizora, ensis	Mizo	Stem and seeds	Convulsion	Extraction of the crushed stem, wearing the necklace of the seeds.
230.	Samtawkte	Solanum indicum	Mizo	Fruit and root	High Blood Pressure, Snake and other poisonous insect bites	Crushing the fruit, Decoction of the root
231.	Sarzuk	Elaegnus parrifolia	Mizo	Root	Womb stuck	Decoction of the root
232.	Sekhupthur	Begonia lushaiensis, B. roxburghii	Mizo	Leaves	Dysentery, tooth ache	Extraction of the juice of the leaves, Eaten or chewed the leaves

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
233.	Sumbul	Costus speciosus	Mizo	The whole plant	Asthma, kidney problem	Decoction of the plant, decoction of the stem or root
234.			Mizo	The whole plant	Wound	Extraction of the juice of the whole plant
<b>VI. TRIPURA</b>						
235.	Chumui Kosom	Andrographis paniculata	Tripuri	Whole plant	Chronic fever, common cold	Collect whole plant. Clean it and dry in shade. Prepare decoction by boiling 3-4 gm of it in a glass of water till water reduces to one fourth. Drink this decoction twice a day. Since it is bitter in taste you may add rock sugar (misri) or sugar.
236.	Duti Kanchon	Aloe barbadensis	Tripuri	Leaves	Blood pressure, Burns	Take out the fleshy part under the leaves and make a juice and drink it every morning empty stomach to stabilise blood pressure. The fleshy part can also be used in treating burns.
237.	Patharkuchi	Bryophyllum pinnatum	Tripuri	Leaves and Roots	High blood pressure	Take a leaf and root and grind it and take the fresh juice with warm water every day.
238.	Tulsi	Ocimum tenuiflorum	Tripuri	Leaves, Seed, Flower and Fruit.	Cholesterol and heart	Chewing Tulsi leaf on a daily basis brings down the cholesterol and protects heart.
239.	Datura	Datura stramonium	Tripuri	Leaves and seeds	Pain, hair fall and dandruff	The juice of datura plant is applied over the scalp to treat hair fall and dandruff. The paste of roasted leaves is applied over the affected area to relieve pain
240.	Basak Blai	Adhatoda vasica	Tripuri	Leaves, roots, flowers, bark	Pain and rheumatoid	Its leaves are made into paste and applied to relieve inflammation, pain, rheumatoid arthritis.
241.	Shatavari	Asparagus racemosus	Tripuri	Tuberous Roots	Nervous disorders, dyspepsia, tumours	Take a root, grind it and take the fresh juice with honey.
242.	Samsota	Centella asiatica	Tripuri	Whole Plant	Loose motion or stomach problem.	Boil leaves & roots and consume.
243.	Haching	Zingiber officinale	Tripuri	Fresh and dried rhizomes	Gastric, constipation & fever	Ginger, black pepper and clove are powdered together, and the powder is mixed with honey to make a paste. This paste is dried and converted into tablets and administered against gastric, constipation and fever.
244.	Chirata	Swertia chirayita	Tripuri	Leaves and whole plant	Fever	For treatment of fever, whole plant is dried in shade and pulverised to get powder. This powder has fever reducing fever

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
245.	Sutui	Curcuma longa	Tripuri	Rhizome	Headache and wounds	Paste of dry turmeric is applied over forehead to relieve headache and applied on wounds
246.	Satarobongo	Rauvolfia serpentina	Tripuri	Roots and Leaves	Reptile and scorpion bite	Roots and leaves is dried in shade and pulverised to get powder. 1-gram powder of root can be taken 3 times with milk every day.
247.	Harbhanga	Cissus quadrangularis	Tripuri	Stem	Obesity, gout, syphilis, venereal diseases, leucorrhoea, worm infestation, anorexia, diabetes, peptic ulcer, haemorrhoids and high cholesterol.	Cook or boil this stem and then eat it.

#### VII. MANIPUR

248.	Pung Heitol	Psidium guajava	Maring	Leaf	Diarrhoea	Eaten raw
249.	Shamtrok	Solanum aethiopicum	Maring	Fruit	Cough	Crushed and mixed with honey and drink
250.	Lemon	Citrus limon	Maring	Fruit	Cough	Mix with honey and drink
251.	Ekai-Khumbi	Mimosa pudica	Maring	Leaf	Pile	Boil and drink, also sit on the boiled warm water
252.	Nongman gkha	Phlogacanthus thyriformis	Maring	Leaf	Cough	Boil with salt and drink
253.	Mitshu	Saccharum officinarum	Maring	Stem	Jaundice	Eat every morning for 1 month
254.	Tapioca	Manihot esculenta	Maring	Root	Dysentery	Burn and eat
255.	Puklu-hei (Gooseberry)	Phyllanthus emblica	Maring	Fruit and bark	Cough, Diarrhoea, Dysentery	Burn, mix with honey and drink for cough relief. Boil the bark and drink to cure Diarrhoea and Dysentery.
256.	Tamarind & Kang	Tamarindus indica	Maring	Seed and rice grain	Dog bite, snake bite	Crush the seed and apply the paste of inner part of the seed (White colour) on the bite area
257.	Khadun	Bambusa vulgaris	Maring	Shoot	Poison Consumption, Excessive bleeding	Take raw banana shoot as first aid remedy, apply the smashed raw shoot to stop bleeding of wounds.
258.	Ann-laiphann	Centella asiatica	Maring	Leaf	Typhoid, Stomach Problems	Eaten as Raw or Boiled.
259.	Sampallei	Pogostemon parviflorus	Maring	Leaf	Pest problem in vegetables	Dried or Raw leaf powdered, mixed with water and spray on the vegetables. Dried leaf powdered and mix little amount with any seed and stored.
260.	Loutha	Bryophyllum pinnatum	Maring	Leaf	Leg sprain	Boil the leaves and paste on the sprained body part.

S. No.	Local Name	Botanical Name	Used by	Parts used	Disease	Usage
261.	Yangchan gei (Papaya)	Carica papaya	Maring	Root	Malaria	Smash the root and extract its Juice. Drink 5-6 times a day.
262.	Ann-saa	Acmella oleracea	Maring	Leaves and Flower	Low Blood Pressure and Toothache	Eaten as raw.
263.	Hilhakna (Tobacco)	Nicotiana tabacum	Maring	Leaves	Infection, Tetanus	Crush leaves and apply on the wound to control infection like Tetanus.
264.	Khenamm dun	Sambucus javanica	Maring	Leaves	Allergic/Scabies	Make the leaves warm on fire and place it on the affected body part.
265.	Tiktar (lomba)	Elsholtzia blanda	Maring	Leaf	Throat pain and Tonsillitis	Boil the leaves and drink.
266.	Langthrei	Blumea balsamifera	Maring	Whole Plant	Insomnia, Cough, High blood pressure and Body ache	The whole plant is used in insomnia, as expectorant for cough. Leaf extract stabilizes high blood pressure and relieves from body ache.
267.	Shangkoi rei	Lantana camara	Maring	Leaf	Dandruff	Boil the leaves and wash head with water for treating dandruff.

## 5.0 Conclusion

Promotion of rich knowledge and healthcare practices from traditional medicinal plants used by different ethnic groups of North East India is one of the noble efforts of Caritas India.

This has become possible due to the interventions made under the aegis of FARM Northeast phase II that focussed exclusively on the traditional medicinal knowledge of the ethnic communities of North East India.

The programme promoted medicinal plant gardens in households as well as at the community levels. As a result, more than 2500 families are growing medicinal plants in their backyards and 18 villages have initiated cultivation of medicinal plants in the common or community lands. FARM North East also promoted medicinal gardens at school levels for the children to learn and help the cause of transferring this traditional knowledge to others.

It is heartening to observe that even the urban populace is flocking into the villages for treatment. This has also become possible because of our efforts to promote traditional medicines in urban areas of North East India as well. People in the rural areas seem to be less dependent on modern medicines now. The urban populace is also now trying the traditional means of treatment because of the fact that modern medicines cost more than traditional medicines and have side-effects.

In our intervention villages, we found that more than 4000 people are treating common sicknesses with traditional medicines at their family level. A total of 635 traditional herbal medicine practitioners are identified in the project villages and motivated for widening their horizon of practices. The traditional herbal medicine practitioners of States like Meghalaya & Arunachal Pradesh are already getting praises and recognitions from the people of nearby areas for their treatment and quite happy about it.

FARM North East has been the foundation of the PLD programmes and the journey is still on. It would be interesting to see how the community will carry this forward in the days to come.



# ANNEXURE - I : Photographs



Demonstration of medicinal plants by a traditional medicines practitioner



Demonstration of medicinal plants by a traditional medicines practitioner



Awareness on traditional medicinal plants by the programme team



Promotion of cultivation of medicinal plants by children





Awareness on traditional medicinal plants by the programme team



Demonstration of medicinal plants by a traditional medicines practitioner



Preparation of traditional medicine from plants by a traditional practitioner



