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TRADITIONAL KNOWLEDGE ABOUT FOLK HERBAL MEDICINE USED FOR VARIOUS AILMENTS BY BODO TRIBE OF BTAD AREA, ASSAM

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ABSTRACT:

survey on ethno medicine and traditional folk herbals of Bodo community was conducted on BTAD Assam, where Bodo tribes inhabit since immemorial. Bodos are the major tribes inhabiting in BTAD of Assam have rich social heritage and culture tradition. Since Bodos are living around forest and nature they have some tradition beliefs and knowledge in plants and forests like all other tribal community. Bodo tribe has their own traditional Preventive and Curative measures for health care. They also rely on Ethno medicine for their health care practice. In course of time, they have synthesized a vast knowledge in respect of accruing and gathering knowledge of herbal medicine out of wild plants and forests for healing various ailments. Many of the traditional Healers, (Kabiraj or Ojha/oja) etc. among Bodo tribe .they collect the folk medicinal herbs from locally forest and nature who treat and diagnose within the community various common minor or normal disease like jaundice, typhoid, bone fracture, wounds, skin diseases and normal fever etc.



The Bodo tribe practice traditional method of curing various diseases and ailments are done by application of varieties of parochial medicines prepared from wild roots, herbs, shrubs, leafs and different parts of plants etc, by making all this herbs in form of fresh drug, crushed, juice and powdered for oral intake, and paste for local application for skin diseases and wounds. But now in these days it has found that the uses of all this traditional knowledge are declining due to improper knowledge about ethno medicine uses.

KEYWORDS: Bodo Tribe, Ethno-medicines, Ethno-plant, Diseases, Traditional Healing practices.

INTRODUCTION

Each Ethnic or tribal community has a particular medical culture or Ethno-medicine which forms the culture of medical common sense and logic. Each tribe has its own ideas and opinions about health care and has got multi furious way overcome from health related problems. Ethno medicine is a contemporary term that

encompasses the gamut of ethnic beliefs and practices and behaviors toward health and disease conceived in indigenous societies.

The North East India is the store house of medicinal plants which are naturally grown and available in the forests. Most of the communities of North East India rely on ethno medicine for their health care practices. Bodo

tribe is one also a major tribe among them.

The Bodos are the major tribe inhabiting in BTAD comprising four territorial districts of Assam. They have own rich social heritage and cultural tradition. The BTAD occurs in lower part of Assam. It covers 3539.95 Sq area of forest which is located along international boundary with Bhutan. The area is with diverse

physiographic location and suitable climatic weather conditions are favorable for diverse plants wealth and varied ecosystem. Since Bodo are living around the forest and nature. They have some tradition believes and knowledge about plants and forests. They have their own traditional healing and curative measures for health care. In the course of time, they have synthesized a vast knowledge in respect of accruing, gathering knowledge herbal medicine out of wild plants for healing of ailments and different types of disease. Many of the traditional healers of Bodo community like (kabiraj, ojha) and common people also collect the herbal medicinal plants from local forest.

METHODS:

A systematic ethno-medicine used among bodo community was carried out in different some villages of BTAD area for the collection of information on medicinally significance herbs or plants being used by the rural peoples of the area. The information as well as plants was collected from the local elderly people like ojha/oza, kabiraj from the study area. The survey was conducted from two sources primary and secondary.

OBJECTIVE:

- 1) To know ethno-medicine practice among Bodo community.
- 2) To know about traditional folk herbal medicinal used by Bodo tribe to treat various ailments.
- 3) To understand about Bodo tribe.

Traditional knowledge and healing practice by local healers of bodo community:

The Bodo tribe is still practice tradition healing of various major, minor common diseases like colds, cough, dysentery, typhoid, jaundice, wounds, skin diseases, bone fracture, and normal fever. They have this knowledge on traditional medicine has been continuing for years and has been learned or transmitted orally from generation to generation. Since Bodo tribes are living around the forest and nature. They have some traditional beliefs, experiences and knowledge about plants and forest. Therefore the community in the course of time has synthesized a vast knowledge in respect of collecting and gathering knowledge such folk herbal medicine out of wild plants from local forest and hill area for healing of various ailments or diseases. Such herbal healing medicine is extracted from nearby local region by the local traditional experience healer which called in Bodo "Oja" (kabiraj in Assamese and Bengali)". They have a precious knowledge of this traditional herbal medicine base on the uses of rich-bio resources of the region for the treatment of various diseases. In the process they collect and gathered different parts of many plants, trees, shrubs, herbs and climbers etc. Mostly are leaves, roots rhizomes, bulbs, flowers, bark, fruits and other medically important parts of plants. The traditional healers collect this entire medicinal staff from nearby areas, forests or home gardens and prepare for medicine with combination or mixture all of this herbal medicine for the treatment or cure various ailments.

The herbal medical practitioners within Bodo community uses different method and techniques to treat different disease by using herbs in form of fresh drug, juice, powders paste, and by crushed for oral intake and application directly or indirectly on different diseases. Some common type of treatment like cuts and wound sprain and skin diseases where external application is involved is practiced by all those who get affected immediately. Use of certain herbs like entilla, asiatica, thott, hyinia, cordato, phyllanthey, emblica and terminatia citrine is in common practice as protective medicine and is commonly sold in vegetable shop and most of the Bodo community grown on their home garden for use in their daily life.

All traditional healers of the community are not performing the same function nor do they all fall into the same category. Each of them has their own field of expertise and experience. Even they have their own techniques and methods of diagnosis, process and have their own particular medicine. It has been seen that there are different types of traditional healers on the basis of their expertise and knowledge of various ailments or diseases within the community.

The traditional healers can treat all age group and all minor or sometimes major problems by using and administering medicines that are readily available and affordable in a very low cost.

The Bodo community also has faith on divine's worships for cure of ailment. There is includes among others rituals sacrifice appease the ancestors, ritual and magical strengthening of people and possessions, steaming, purification (ritual hosting, or the use of emetics and purgatives), sniffing of substances, cuts wearing charms and pier icing. The treatment of the local healers is comprehensive and has curative, protective and preventive elements and can be either natural or ritual or both depending on the causes of the diseases.

Some common herbal medicine used by Bodo community for treat various diseases:

Bodo communities have been practicing different types of traditional healing practices system. Some of the local traditional healers (oja/kabiraj) within the community those who have extensive knowledge on the use of different parts of plants, shrubs, climbers etc. herbs for medicinal purpose. They use locally available medicinal herbs and collect; gather from near forests area, cultivated drugs from different habitual. Therefore it has been observe that Bodo community of BTAD, Assam mostly relying on ethno-medicine for other health care practices.

Some common traditional herbs use for various diseases by Bodo Tribe:

Sl. No.	Scientific Name	Family	Bodo Nmae	Part Used	Uses in various diseases
1.	Centilla (Linn urban)	Apiaciace	Manimuni (Gidir)	Leaves/tams	Use as medicinal in Stomach complain as a liver tonic etc.
2.	Houttuynia	Saruraciae	Maisundri	Leaves and roots	Uses as a medicinal for normal fever cold etc.
3.	Hydrocotyle sibthorpioides	Araliaciae	Manimuni (small type)	Whole plant	For healing wounds
4.	Justicia odhatodo	Acanthaciae	Borsika	Flowers	Uses in cough, cold, Allergy etc.
5.	Lasia spinosa (c) thaw	Araceae	Sibru	Leaf petions	For normal fever of cold sick etc.
6.			Kansingsa	leaves	For cold cough stomach problem.
7.	Murraya	Rutacea	Nwrsing	leaves	For strong feeling protect from fever
8.	Nymphaea mouchali burm	Oxalidaceae	singri	Leaves/steam	Use in dysentery blood pressure
9.	Premna herbacea roxb	Verbenaceae	Keradapini	Leaves/yong short	Uses as vegetable/in fever, sleeping sickness, jaundice
10.	Plectranthus tar-nifoltus	Lamiaceae	Jwglaoiri	Yong shod	As vegetable/ for fever
11.	Poederia fatidol	Rubiaceae	Kipi-bendwnd	Leave/tinder twinges	Stomach ache, gastric
12.	Spilanthes paniculata wall exp	Astreracial	Usumwi	leaves	Use as a medicine in sore mouth, tooth ache, wounds
13.	"	Solanceae	Mwisung	Yong leave	Vegetable/considered for highly medicine

					for burn
14.	Solenum indicum L	Solanceae	Kuntainara	Fruit	As vegetable/ use for ulorm infection in skin diseases
15.	Stellaria media	Corry ophyllaceae	Nabiki	leaves	

Table.1**CONCLUSION:**

Bodo community is a largest tribe amongst many tribes' inhabitants in Assam of North East India; they have rich traditional, cultural & heritage. They are relying on ethno medicine for their health care practice from ancient civilization. The Bodo community has extensive knowledge on the use of plants and herbs for medicinal and nutritional purpose. To cure different types diseases or ailments by following this traditional healing practice. Many traditional healers within community still practicing such traditional method and technique for cure and treatment various ailments. Some common disease, like Jaundice, Typhoid, Bone fracture, skin Diseases, wound, normal fevers etc. by traditional healers who treat diagnosed using traditional herbs which are locally available home garden and forest. These local healers gained and preserve such traditional knowledge about folk's herbal medicine from their ancestors. The local healers treat various diseases with traditional herbal medicine by following different method and technique. Their treatment is comprehensive, curative, preventive, protective ailments as well as at low cost or sometimes without any cost and can be either rituals or natural depending on the causes of diseases. Which is much better than present day's modern scientific medical health care? But, it has been observes from few decades in course of times and years. Some of this traditional knowledge about the uses of this folk's herbal medicine for healing different types of diseases as well as the species herbal medicinal plants and herbs are found extinct or declined. It is because due to lack and un-proper knowledge on the basis of utilize ethno medicinal in present generations.

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