

Traditional Knowledge of Medicinal Plants used by Jakhama Village of Kohima District, Nagaland (India)

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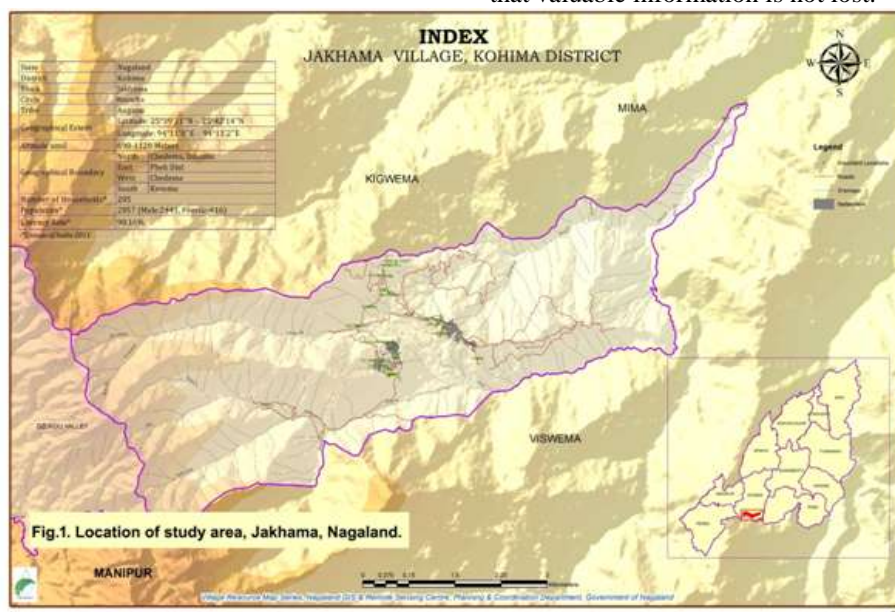
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ABSTRACT: Jakhama, One of the Southern Angami villages, under Kohima District, Nagaland, INDIA, has a plethora of medicinal plants surrounded by hilltops and slopes. It holds vast traditional knowledge of medicinal plants used to cure and relief certain ailments and diseases. Information gathered regarding the traditional uses of these medicinal plants have been carried out during field study conducted in Jakhama village.

Keywords: Folk medicine, Medicinal Plants, Traditional knowledge, Jakhama, India

I. INTRODUCTION

Nagaland comprised of about 15 major tribes, each of which is abundantly bestowed with traditional knowledge of medicinal plants. The present study undertaken to document medicinal plants used by the villagers so as to benefit the general population, involve younger generations so that valuable information is not lost.



II. STUDY AREA AND TRIBALS

Nagaland situated in the north East India¹ extends between latitude 25°6'-27°4'N and Longitude 93°20'-95°15' E and has a total area of 16579 km² with an average rainfall of 250 cm². The present study area, Jakhama Village is situated South of Kohima, the capital city of Nagaland. The people of these area belong to the Angami community. Jakhama village centers around

agriculture and most of its area surrounded by herbs, trees and shrubs. The medicinal properties that these plants possessed and used by the villagers has been handed down from generations which naturally forms part of their daily lives and therefore this paper strive to document traditional knowledge of this area so that valuable information's are not lost.

III. METHODOLOGY

Data on traditional use of medicinal plants from Jakhama village was conducted with village elders, local medicine men, locals habited in the village. The collected plants were identified using literature and herbariums were prepared. The documentation was done between June 2022 to March 2023.

IV. RESULTS AND DISCUSSION

The plants collected are arranged in alphabetical order according to their scientific names, family followed by local names used by Jakhama villagers and the plant parts used for treatment have been mentioned below (Table.1). Photos of few plants, that were in season during the research works are included in figure 2.

Table.1: List of Plants in Alphabetical order

Scientific Name	Family	Vernacular Name	Plant parts used	Treatment
Ageratum conyzoides L.	Asteraceae	nhana	Leaves	leaf juice is applied topically to stop bleeding.
Allium hookeri Thw.	Liliaceae	shwela	Leaves	Leaves cooked to treat constipation and also to remove intestinal worms.
Allium sativum L.	Liliaceae	chemeyie	Bulb	Bulb is eaten raw to reduce blood pressure, improve digestion and paste of bulb mixed with mustard oil and messaged to treat cough and cold.
Allium ascalonicum L.	Liliaceae	Thiimeyie	Leaves and bulb	Leaf and bulb boiled for treatment of sore throat or cough.
Allium chinense G. Don	Liliaceae	Khova	Bulb	bulb ground and boiled with mustard oil and applied on the body to relief from fever, cough and cold.
Aloe vera L.	Liliaceae	aloe vera;	Aloe Gel	Fresh aloe gel is applied on wounds for cooling and healing from burnt injuries.
Artemisia indica Willd	Asteraceae	sopa	Leaves	Leaves crushed and applied to wounds and bruises for blood clotting.
Blumealacera L.	Asteraceae	nhana	Leaves	Leaf paste is applied to wounds.
Centella asiatica L.	Apiaceae	gara	Leaves	Leaf boiled and eaten blood purification and lower blood pressure.

ClerodendronColebrookianumWalp.	Verbanaceae	pidi	Leaves	Leaf chewed raw or boil to reduce hypertension and blood pressure.
Chenopodium album L.	Chenopodiaceae	Teviichiikii	Leaves and roots	Decoction of leaf and roots are boiled to purify blood and improve urination.
Choerospondiasaxillaris	Anacardiaceae	Kholashe	Fruits	Fruits consume for quick relieve from nausea, headaches and dizziness.
Citrus paradisi	Rutaceae	zohiishe	Fruits and leaves	Fruits consume treatment of fever by boiling its leaves and consuming it.
Costusspeciosus Sm.	Poaceae	teviingii	Rhizome	rhizome decoction taken orally to relief from weak heart and inflammation,
Dioscoreasp	Dioscoreaceae	bipho	Fruits	Decoction of fruit taken orally to arrest dysentery and treats kidney disease.
Dolichos lablab L	Fabaceae	tiiha	Leaf,pod and roots	Leaf, root and pod are boiled and taken orally in the treatment of tuberculosis and dysentery.
Equisetum arvense L.	Equisetaceae	shiihe	Whole plants	Decoction of aerial parts are taken orally in the treatment of liver problems.
Eupatorium adenophorumSpreng.	Asteraceae	tenyiinha	Leaves	Leaf paste applied on wounds.Acts as haemostatic.
Fagopyrum esculentumMoench.	Polygonaceae	gawo	Whole plant	Decoction of whole plant taken orally to expel intestinal worms and blood pressure.
Ficus carica	Moraceae	khedishe	Fruits	fruit eaten to treat constipation problems and stomach disorder.
Gynura bicolor DC	Asteraceae	kevanii	Leaves	Leaf paste is applied to wounds to stop bleeding and promote blood clot. Leaf decoction for gastritis.

Hibiscus sabdariffa Linn.	Malvaceae	Gakho	Flower	Dried flower cook and consume for stomach disorder and nausea.
Houttuynia cordata Thunb.	Saururaceae	gatha	Leaf and roots	Decoction of leaf and root taken orally to relief from flatulence, lower blood pressure and promote urine flow.
Malus sylvestris	Rosaceae	kiphoshe	Fruit	Fruit consumed to treat diarrhea.
Mentha spicata Linn	Lamiaceae	pudina	Leaves	Paste of leaf applied over the stomach for stomach disorder.
Mirabilis jalapa L	Nyctaginaceae	hyoniepfii	Leaves	Juice of leaf is applied on inflamed body parts to relief from inflammation and bruises.
Passiflora edulis Sims	Passifloraceae	belshe	Leaves	leaf boiled and taken orally to reduce blood pressure and also treats diabetes.
Phyllanthus emblica Linn.	Euphorbiaceae	zokunshe	Fruit	fruit loaded with vitamin C is eaten to treat scurvey.
Polygonum hydropiper L.	Polygonaceae	nhathii	Leaves	Leaves are crushed and applied topically for infection, itching skin and aerial part chewed raw for toothache.
Plantago major L.	Plantaginaceae	Gapa	Leaves	leaves are crushed for cuts and wounds as hemostatic, leaves boiled to lower blood pressure
Polygonum chinense L.	Polygonaceae	othogazhie or gawe	Leaves	Leaf's boil and consume for high blood pressure.
Psidium guayava L.	Myrtaceae	moduram	Fruit and leaves	Unripe fruit and fresh leaves are used in treatment of diarrhea. Young leaves are chewed to treat inflamed gums.
Persicaria capitata	Polygonaceae	puzhie	Leaves	Leaves crushed and applied to bruises, cuts and wounds.

Rhus semialata Murr.	Anacardiaceae	tsamhozii	Seeds	Seeds are powdered and consumed for nausea, indigestion and food poisoning.
Rumex nepalensis Spreng.	Polygonaceae	sapiigaki	Leaves	leaf boiled and consume for blood purification and gastritis problems
Sapindus mukorossi Gaertn.	Sapindaceae	Ciebo	Fruits	Fruits crushed to treat foot infection. It is also used as shampoo.
Solanum nigrum L.	Solanaceae	teviimhothiishe	Fruits	Fruit consumed to treat fever.
Solanum indicum L.	Solanaceae	kekhiishe	Fruits	Fruit is taken raw or cooked to lower blood pressure, dry cough.
Solanum khasianum Clarke	Solanaceae	tekiebahii	Fruits	Fruit juice applied to affected toothache.
Spilanthes acmella Roxb.	Asteraceae	kevevese	Flower	Flower is crushed and applied topically for toothache and arrest inflammation. Leaves are used as first aid in case of cuts and burns.
Terminalia chebula Retz.	Combretaceae	thiizhiethiikii	Fruit	fruit served as antiemetic and also eaten for the treatment of constipation.
Zanthoxylum rhetsa	Rutaceae	Ganyoshe	Seeds	Seeds used to treat diarrhea or stomach gas relieve. Citrus paradisi leaves with Zanthoxylum rhetsa seeds boiled and steam from clothes are on the body for prolonged fever.

V. CONCLUSION

The present study includes information on 42 plant species used to relieve ailments like gastrointestinal, dental, wounds, blood pressure etc. The most common form being fresh juice and decoction. The Naga tribes to this day follow the

traditional knowledge of medicinal plants acquired from generations. The preservation of this knowledge is of utmost importance for future generations and more research is to be done to test the effectiveness of the plants.



Fig. a



Fig. b



Fig. c



Fig.d.



Fig.e



Fig.f



Fig.g



Fig.h



Fig.i

Fig.2: a-i; *Citrus paradisi*, *Psidium guayava*, *Polygonum chinense*, *Passiflora edulis*, *Artemisia indica*, *Persicaria capitata*, *Clerodendron Colebrookianum*, *Hibiscus sabdariffa*, *Rumex nepalensis*.



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