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Indigenous knowledge in the treatment of common health problems

Manoshi Baruah Deka
Assam Agricultural University, Assam

The indigenous knowledge is diversified, location specific, ecologically relevant and user friendly which gets passed on from generation to generation through word of mouth. The rural people of Assam, India, are using this traditional knowledge to treat different health ailments and nurture the practices even today. Keeping this in mind a study on 'Indigenous knowledge used in the treatment of common health problems' was conducted in four districts of Assam namely Jorhat, Nagaon, Silchar and Kamrup. The relevant information was recorded using participatory interview, key informant interview and focused group discussion. The study revealed that *Curcuma longa*, *Cenetella asiatica*, *Clitoria ternatea*, *Aegle marmelos*, *Citrus aurantifolia*, *Aloe vera*, *Leucas linifolia* etc are used in different forms to treat the common health problems such as wounds and cuts, inflammations, ringworm, diarrhoea, constipation, fever, cold and cough, loss of appetite, nausea, conjunctivitis, skin problems etc. Scientific validation of identified knowledge was done through study of relevant literature and discussion with experts of the line departments such as herbal medicine practitioner, Ayurvedic doctor and ethno botanist. A list of plants with their local names, pharmacognosy and pharmacological and pharmaceutical status has been reported in the present study which needs further assessment of actual ingredients.

Biography

Manoshi Baruah Deka is the Principal Scientist and Head, Department of Extension and Communication Management, Assam Agricultural University with 34 years of experience. She graduated from Assam Agricultural University, Jorhat and completed Doctoral studies from Punjab Agricultural University. She worked as a Technical Coordinator of Extension Education under AICRP on Home Science for 10 years, involved in planning, implementing, monitoring different research projects, compiling and reporting of data from nine AICRP centers across India. She presented invited and contributory research papers in international, national, regional seminars and conferences; and published papers in journals, chapters in books, extension bulletins. She is a Life Member of 12 professional societies.

manoshi_d@rediffmail.com

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