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### **Less known nutritional plants from aquatic habitat consumed by Naga tribes of Nagaland**

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**N**aga, who is a dominant tribe of Manipur live in remote areas. They still depend on indigenous medicine and nutritional plants for food and medicaments. These tribes have an old traditional authentic food habit for their nutritional support and health care. The present study exclusively deals with the Naga tribes from Manipur which interestingly used aquatic plants as a food source because of its rich nutrition. The parts of the plant such as leaves, flowers, fruits, roots, tubers, rhizomes, and bulbs are used as a vegetable for food and medicine and even a good source for fishes and animals and they're maintain by the ecosystem. Therefore, this rich indigenous knowledge and food system must be documented and brought to the world. It should be made alive especially by making policies, awareness programs addressing food and nutrition security among Naga tribes for better utilization of the plant's resources. In the present study, the aquatic nutritional plants used by Naga tribes are listed. Further, phytochemical and nutraceutical investigation of these plants can be a great boon to mankind.

#### **Biography**

CL Ringmichon obtained a PhD degree (Science) in Botany from University of Mumbai, India. She had worked as a Senior Research Fellow in Indian Council of Medical Research (ICMR), New Delhi. She was teaching in Biology at North Point Higher Secondary School, Imphal and Little Angel's English School, Manipur and also a Visiting Lecturer in Faculty (Botany) Dapoli Urban Bank Senior College, University of Mumbai. She has Published 08 research Papers and contributed 01 Chapter Book Published on Ethnobotany of India. She had attended 14 national conferences, seminar & workshop. Her PhD research focused on Pharmacognostic and Pharmacological studies on some Ethno medicinal Antipyretic Plants from Manipur. She's the member of the "Ethnobotany International Journal of the society of Ethnobotanists". She has also received Rajiv Gandhi Scholarship (UGC) for her Research work.

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