Ethno medicinal plants used in post delivery problem by Tai Ahom people of Upper Brahmaputra valley, Assam

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ABSTRACT
This paper deals with ethno medicinal plants used by Tai Ahom peoples of upper Brahmaputra valley for health care and different types of post delivery problems. Different types of post delivery problems occurs women to women after the delivery. They used various types of plant species as preventive and curative agents for various ailments. Specially Tai Ahom women have skill to prepare the drugs from varieties of plant species. In this paper we have highlighted species belonging to 32 genera from 24 families. Out of these 18 species commonly used by Tai Ahoms for treatment of post delivery problems. It is observed that plant parts like leaf, shoot and fruits are most important for medicinal uses. Now a day’s most of the medicinal plants are very rarely found. The vernacular names and manner of use for each plant are described. The plant species are enumerated in alphabetical order along with families, local names, habit and parts used.

Key words : Ethno- medicinal plants, Post delivery

INTRODUCTION
Upper Brahmaputra valley, a part of North East India with a vast heritage of diverse ethnic groups and rich biodiversity is a treasure house of ethnobotanical wealth. The various tribes and aboriginal population of upper Brahmaputra Valley still practicing the herbal remedies for the treatment of post delivery problems and also for their common diseases and disorders. During the ethnomedicinal surveys and studies among the tribal populations of Upper Brahmaputra valley, attention was given to documents regarding ethnomedicinal plants having potential for the treatment of post delivery problems. The surveys and studies were conducted in the tribal tracts of Tai-Ahom area of selected study sites.

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This particular area of Assam is very rich in terms of its natural resources pertaining to flora. It lies between 92°4′ and 96°09′ East latitude and 25°09′ and 28° North longitude. Upper Brahmaputra Valley comprises Tinsukia, Dibrugarh, Sivasagar, Jorhat and Golaghat Lahimpur, Dhemaji and Sonitpur district and represents tropical moist evergreen to tropical moist deciduous forest vegetation. Being tropical to sub tropical climate Upper Brahmaputra Valley obviously represents an area with species rich with high degree of phytodiversity and evolutionary activity resulting in high degree of endemism. 60 per cent of Tai-ahom peoples inhabit in and around forest area and hilly tract of Assam. They used various types of plant specimens to cure different diseases. Post delivery problem is a common problem for most of the women. Age old and traditional practitioners of Tai-ahom are very expert in identification of different kind of disease and disorders.

It is an attempt to enlist the plant species utilized by these tribal populations and to check whether they use the same plant species or influence each other in the usage of certain plants. Kanjilal et al. (1934-39) worked on floristic diversity of Assam, Sharmah (1978) worked on flora of Sivasagar district. Hussain et al. (1992) published dictionary of medicinal plants’. Moreover, several ethno

MATERIALS AND METHODS

Information were gathered through the field trips in different forest dominant areas of Upper Brahmaputra valley specially Tai-ahom dominated areas. Survey was conducted from July, 2008 July to 2010 about medicinal plant used in post delivery problems. Most of the informations were collected with the help of age old person and traditional practitioners, including dhai and age old women. The collected species were preserved as herbarium and identified and enumerated a list of plant species along with their vernacular name, scientific name, families and their habit here.

RESULTS AND DISCUSSION

Recorded plant species were enumerated with scientific name, vernacular name in parenthesis then family, parts used and present status.

\textit{Alium sativum} L. (Naharu) Liliaceae, leaf of the plant used in post delivery problem as vegetables, commercially cultivated and widely used.

\textit{Alternanthera philoxeroides} (Pani khutura) Acanthaceae, leaf of herbs used as vegetables Occasionally found in the kitchen garden.

\textit{Bambusa bolooca} (Bahn) Poaceae, leaf of plant use as paste for removal of placenta.Commonly found in the forest area and jungle.

\textit{Benincas hispida} (Kumura) Cucurbitaceae, fruit of the plant is used to stop bleeding and regulation of blood pressure and sugar problem as vegetables and juice. Commonly found in the kitchen garden.

\textit{Clerodendron colebrookiianum} (Nefafu) Verbinaceae, young leaf of the plant is used to regulate the blood pressure as paste. Very rarely found in the forest.

\textit{Cinamomum tamla} Nees and Eberm (Tejpat) Lauraceae, leaf extract is used for post delivery problem as spice, available in the market.

\textit{Carica papaya} (Amita) Caricaceae, fruit of the plant is used as vegetables for irregular urination and constipation, common in vegetable gardens.

\textit{Chenopodium album} L. (Jilmil) Chenopodiaceae, shoot of the plant is used as nutritive herbs, for regulation of the blood pressure and for sugar control. Rarely found in homeland garden and jungle.

\textit{Centella asiatica} L. (Bormanimuni) Apiaceae, juice from the shoot of the plant is used for regulation of urine. These plants are very rarely found in this area.

\textit{Cynodon dactylon} (Duboribon) Poaceae, shoot of the plant is used to control irregular bleeding. Commonly found in grazing field.

\textit{Citrus aurantiifola} L. (Nemu) Rutaceae, fruit juice is used to regulate the blood pressure and sugar problems. Occasionally found in the kitchen garden.

\textit{Colocasia esculenta} Schoot (Kalakachau) Aearaceae, shoot of the plant is used for adequate milk production immediately after the delivery. Rarely found in the forest.

\textit{Datura stramoniumfastuosa} (Dhatura) Solanaceae, young leaves are used to relief breast pain due to over production of milk. Rarely found in the jungle.

\textit{Emblica officinalis} (Amlakhi) Euphorbiaceae, fruit of the plant is used to regulate blood pressure and sugar problem. Commonly found in the jungle and cultivated.

\textit{Eupatorium odoratum} L. (Germony) Esteraceae, shoot of the plant is used to stop bleeding externally. Occasionally found in the jungle.

\textit{Ficus glomerata} Roxb.(Haru dimaru) Moraceae, leaf of the plant is used for removal of placenta immediately after the delivery as herbal medicine. Rarely found in the forest areas.

\textit{Glycorrhiza glabra} L.(Jastamadh) Papilionaceae, bark of the plant is used for post delivery problems. Very rarely occur in the forest area.

\textit{Hydrocotyle sibthorpioides} Lamk. (Harumanimuni) Apiaceae, shoot of the plant is used for regulation of urine. Very rarely occur in the jungle and in the kitchen garden.

\textit{Houttunia cordata} Thumb (Masundari) Saururaceae, shoot is used as vegetables for anaemia.Rarely found in the jungle.

\textit{Lens culinaris} (Masur dal) Leguminaceae, seed of the plant is used for production of milk. These are cultivated and occasionally found.

\textit{Lagenaria sicerraria} (Jatilou) Cucurbitaceae, fruit of the plant is used as vegetable to control blood pressure and sugar problem. These are commonly cultivated in kitchen garden.

\textit{Musa paradisiacal} L. (Bhimkal) Musaceae, inflorescence (kaldil) is used for treatment of anaemia.These are commonly found in the homeland garden (bari).

\textit{Moringa oleifera} (Sajina) Moringaceae.young leaves are used to control blood pressure. Rarely found in the forest area.
**REFERENCES**


