



WELLNESS

## IMPORTANCE OF TRIBAL ETHNIC FOOD IN HUMAN HEALTH

- Dr. Sayanika Borah & Ms. Kabyashree Bora

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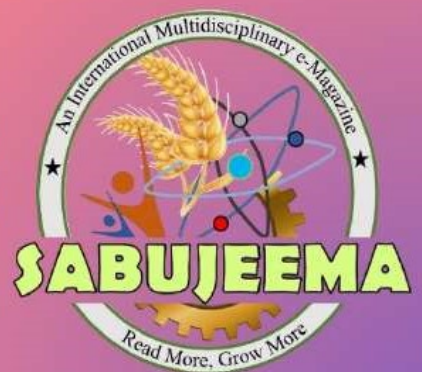
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# IMPORTANCE OF TRIBAL ETHNIC FOOD IN HUMAN HEALTH

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**T**oday, many people in developed countries tend to eat for pleasure rather than for survival. Therefore, whatever they eat, they want to consume foods that have a story behind them, especially when they are also good for the body. As a result, there is an increased interest in slow food. However, without understanding the ethnic food and its origins, including the people, culture, and region from which it comes, it is difficult to talk about slow food in greater depth.

In a narrow sense, ethnic foods are defined as foods originating from a heritage and culture of an ethnic group who use their knowledge of local ingredients of plants and/or animal sources. To illustrate, Hindu food from India, Maori food from New Zealand, etc.

North-eastern India is one of the richest floras in India, where people depend on shifting cultivation systems and forest-based food products for their sustainable survival. This region which lies under eastern Himalayan ecosystem, is not only rich in plants diversity but also have a great treasure of cultural, social and linguistic variability, conserved by tribal people. The region is a treasure of indigenous knowledge systems pertaining to agriculture, food, medicine, and natural resources management. People are habituated to live and survive with the forest and Jhum cultivation culture, which ensure a range of ethnic foods rich in nutrition and compatible to culture and ethnicity of tribes.

The ethnobotanical resources used in traditional foods are based on the location specific demand, culture, economy, ethnicity, food habit and overall needs. Different fermented and non-fermented foods are used in various combinations with traditional vegetables to meet the food and nutritional security.

The traditional foods consumed by tribes of Northeastern region are intimately connected to virtually all aspects of their socio-cultural, spiritual life and health.

So, here we will see some of the different tribes of Assam and what types of flora and fauna they use for consumption and also how they are use them as home remedies for common health ailments.

## **RABHA**

The Rabha, a tribe of Mongoloid origin is widely scattered and concentrated in the undivided districts of Goalpara, Kamrup and Darrang of Assam. However, as per census 2011 data their main concentration is found on the south bank of the Brahmaputra in

**Table 1: Meat based ethnic foods of Rabha tribe in Goalpara district of Assam**

SL. NO.	NAME OF FOOD	KEY INGREDIENTS	SIGNIFICANCE
1	Khuchia phakai	Cuchia fish (Monopterusuchia), lemon leaf (Citrus limon), wild coriander (Eryngium foetidum)	Increase blood cell counts, improve eye vision
2	Chukung dali mi	Snail (Viviparus viviparus), moong dal, bay leaf (Cinnamomum tamala)	Improve blood counts, helps in digestion
3	Chukung monthophol khusarkai	Snail (Viviparus viviparus), papaya (Carica papaya), edible soda	Improve eye vision, helps in digestion
4	Chukung tepai bamchikhali	Snail (Viviparus viviparus), black gram (Vigna mungo), curry leaf (Murraya koenigii)	Improve eye vision, black gram keeps body cool
5	Bak tepai bamchikhali	Pork (Sus scrofa domesticus), black gram (Vigna mungo), rice flour powder	Eaten during cold season to keep body warm.
6	Naa bekai	Raw small fish (Rasbora sp., Puntius sp., Labeo sp. etc.)	Improve eye vision
7	Bak khusarkai	Pork (Sus scrofa domesticus), pork blood	Source of high nutrients, keeps body healthy
8	Bak pukchung jawkai	Pork intestine (Sus scrofa domesticus)	Gives protein, eaten only during marriage ceremony
9	Khengargimi	Crab (Sartoriana sp.), Roselle leaf (Hibiscus sabdariffa), bay leaf (Cinnamomum tamala)	Prevents the heart disease
10	Mekha par aro nakhen	Tita phool (Phlogacanthus thyriformis), dry fish (Rasbora sp., Puntius sp., Labeo sp. etc.)	Helpful in common cold, cough and joint pains
11	To kaka khusarkai	Chicken (Gallus gallus domesticus) (only neck part), edible soda	Traditionally eaten during marriage ceremony

Goalpara district (93912) and Kamrup district (88191). This tribe has a special type of food system depending on their resources like- agricultural products and forest collection (Rabha, 2019). The traditional knowledge of food preparation has been moving generation after generation among the people of this tribe.

**BODO**

**Table-2: Mode of consumption and medicinal values of the plant food items of the Bodo people**

Sl No	Local Name	Scientific Name	Mode of Consumption	Medicinal Value
1	Bor Manimuni	Centella asiatica	Whole plant, Stem and leaves, curry with small fish and potato, fresh juice mix with little salt	Used in dysentery, liver trouble, nerve disorder and stomach problems. It stimulates appetite, taken with milk to improve memory, good for skin disease and a blood purifier, given to women after childbirth
2	Kola Kachu	Colocasia esculenta	Leaf, petiole, roots are use as a vegetable, fermented fish	Leaves used for blood coagulation in small injuries, roots used in pharyngitis, stream use inner problem, iron deficiency
3	Dhekia	Diplazium esculentum	Leaves, boil with dried fish and fried	Used in urinal complaints and to enhance sexual power
4	Helosi sak	Enhydra fluctuans	Leaves, make juice with honey and fried with potato also	Leaves are useful for cough, skin diseases, nervous disease, gonorrhoea
5	Mesta tenga	Hibiscus subdariffa	Leaves/ fruits/ seeds, make delicious curry by leaves with pork and fish also.	It is used for dysentery, fever, dyspepsia, general debility, etc..
6	Bakhor tita	Justicia adatoda	Flower, make juice with honey, fried with onion	Used in cough and cold
7	Singri tenga	Oxalis corniculata	Curry with fish (sour test)	Used in dysentery
8	Vedai lota	Paederia foetide	Curry with fish and prepare onla	Used in stomach ache, gastritis problem
9	Durumphuk tita	Andrographis paniculata	Leaves are bitter taste and are fried with potato	Reduce fever, juice is taken for diabetes, liver problem and kidney stone
10	Mora pat	Carchorus capsularies	Leaves used for preparion traditional dish named onla, boil with rice flour	Used in urine infection, dried leaves used in skin disease
11	Vet ful	Nymphaea nouchali	Seeds eatenas raw, steam cooked with fish	Seeds are used in skin disease, roots eaten in dysentery
12	Kol gos	Musa acuminate	Inner part of stem used curry, roots are used to prepare alkali	Juice of small banana tree for dysentery, for gastric problems and cold and cough

**Table-3: Mode of consumption and medicinal values of the insect food items by the Bodo people**

SI No	Local Name	Scientific Name	Mode of consumption	Medicinal value
1	Uichiringa	Tarbinskiellus portentosus	Male insects as roasting, especially in the time of spring	Used as therapeutic food for healing certain diseases for whole year
2	Amroli poruwa	Solenopsis geminata	Fried	Its egg is very beneficial for low pressure
3	Katha poka	Nephila pilipes	Wings are discarded and fried with oil	Used ashes of giant wood spider for curing the snake bite
4	Pat polu	Anaphe infracta	Fried with oil and onion	Consumed as nutritive value after child birth and at the time of pregnancy
5	Phoring poka	Zonocerus variegatas	Wings are discarded and are fried or smoked	Ashes of grasshopper used in dog bit
6	Uii-poka	M. bellicosus	Adult termites fried with oil and also smoked	Used to brain related problems

**Table-4: Mode of consumption and medicinal values of the animal food items by the Bodo people**

SI No	Local Name	Scientific Name	Mode of consumption	Medicinal value
1	Vekuli	Hoplobatrachus tigermius	Fried in oil in flash of thigh parts and also vegetables	Stomach trouble and high blood pressure
2	Suk vekuli	Duttaphrynus melanostictus	Flesh used as curry	Ashes of frog skin used for curing skin diseases and finger infection
3	Gahori	Sus scroba	Pork liver and fat used as curry	Pork liver curry for big pox and fats are used as oil for muscular pain
4	Sagoli	Capra aegagrus	Urine used for making 'Jokhor'	Used for fever treatment
5	Baduli	Chiroptera	Meat curry	Asthma problem person

The people of rural areas still dependent on traditional medicines for health care and treatment of diseases, it has no side effect and curing capacity is also high. Traditional medicines have developed through experience of many generations and have been primarily dependent upon locally available plants.

Natural products are important sources for biologically active drugs. Most of the wild vegetables are coming under ethnomedicinal plants.

Ethnomedicine plays an important role in the medical health aspect of the ethnic tribes residing in India. The knowledge of plants has come orally through generations

and wild plants have been consumed as food and also have been used as medicine from pre historic times. The plants have been part and parcel of ethnic tribes in their day-to-day life. Around 16000 species of higher plants are found in India and out of these 7500 species have been reported to be used by different ethnic communities for medicinal and health care purposes (Arora, 1987). According to another report (Pushpa gandan, 1995) over 2000 species of ethnomedicine and folk medicine are newly identified as drug yielding plants and also about 7500 plants are used in traditional health practices in mostly rural and tribal dominating villages of India. More or less over 5000 plant species are either little known or unknown to the mainstream population.

Indigenous zoo–therapeutic healing practice is an old practice passed on from one generation to the other by using the naturally available fauna in our environment. Rural tribal people of our Northeast India still seen relying on the traditional medicine prepared by our elders who are well expertise in handling the natural remedies from fauna.

So, here we will discuss about some of the tribes who use different types of local plants and insects in preparing some of their traditional dishes which help in healing or act as remedies for common health problems or ailments.

**TAI SHYAM**

The Tai-Shyams peoples are a section of the great Tai-stock. The Tai

groups in India who migrated to Assam from south- west China and north Myanmar in the historical past. The different Tai groups are the Khamyangs (Shyam), the Khamtis, the Phakes, the Turungs, the Aitons and the Ahoms. They belong to the Siamese– Chinese linguistic family. Today, the Tai-Shyam, one such immigrant tribe are a distinct ethnic group of Assam having their own culture and tradition. The tribal people of India mostly live in naturally isolated regions like hills and forests, and they depend on forests for their day today life such as food, fodder, medicines, wild vegetables, fibers and domestic purposes.

The people of rural areas still dependent on traditional medicines for health

**Table-5: Medicinal values of some of the plants used by Tai-Shyam Tribe**

SI No	Local Name	Scientific Name	Parts used	Medicinal values
1	Tora Baghini	Alpinia galanga	Juvenile culms	Rhizome along with leaf of commiphora mukul is a cure upon inflammation of rheumatism, rheumatoids, arthritis and pain is vertebral column, rhizome decoction with 10 ml of Ricinus oil apply on backache.
2	Mati kanduri	Alteranthera sessilis	Young shoot	Juice used for growth of hair and stomach trouble. Given to mother to increase the flow of milk after child birth.
3	Kata khutora	Amaranthus spinosus	Young shoot	Young tender shoot is used as green vegetables, as medicine to remove kidney stones.
4	Jati khutora	A. viridis	Young shoot	Young tender shoots are used as green vegetables and as medicine in eye problem.
5	Voluka bah	Bamboosa balcooa	Young Culm	used against insect bite.
6	Jati bet	Calamus tenuis	Young Culm	stem used as medicine for stomach trouble.
7	Bor-manimuni	Centella asiatica	Whole plant	Leaf paste is applied on abscess and carbuncles for quick healing
8	Jilmil hak	Chenopodium album	Young tender shoots	Young tender shoots are used to recover from dizziness
9	Nephafu	Clerodendrum colebrookianum	Leaves	The leaves are eaten as vegetable to normal blood pressure
10	Kala Kachu	Colocasia esculenta	Bulb	Folk claim Roasted petiole is applied in the form of plaster for a week in joint pains. About 200 ml, infusion of petiole mixed with 250ml. cow milk are prescribed once a day for three days to woman after child birth to promote secretion of breast milk
11	Kathalu	Dioscorea alata	Tubers	it is used as medicine to cure leprosy, diabetes, and piles
12	Lai jabori	Drymaria cordata	Young stem	Plant is used as sinusitis, asthma, cough and cold, fever, head ache and pneumonia and also for burn, ring worm and skin diseases <sup>5</sup> . Plant extract is prescribed in diarrhea and dysentery

care and treatment of diseases, it has no side effect and curing capacity is also high. Traditional medicines have developed through experience of many generations and have been primarily dependent upon locally available plants.

## KARBI

The Karbi Tribes belong to greater Mongoloid racial stock. Linguistically they belong to the Tibeto-Burman group. The Karbis belonged to western China and entered Assam from Central Asia through migration at the beginning of the 17th century A.D. Karbi Tribes are mainly dominated in the Karbi Anglong district of Assam. Some are also found in North Cachar

**Table-6: Wild edible vegetables used by Karbi tribe of Assam and their medicinal values**

S. No.	Name of the plant	Name of the ailment	Method of use & dosages
1	<i>Abrus precatorius</i> Linn.	Cough	Two table spoons of fresh juice, twice daily after meals for six days.
2	<i>Acmella paniculata</i> (DC.) Jansen	Stomachache	One table spoon of leaf juice is taken after meals, twice daily for five days.
3	<i>Adhatoda zeylanica</i> Medic.	Dysentery	Juice of two mature leaves, thrice daily before meal for three days.
4	<i>Alpinia galanga</i> (Linn.) Willd.	Bronchitis	Half a tea cup of rhizome juice, once daily after meal for ten days.
5	<i>Alternanthera sessilis</i> (Linn.) R. Br. ex DC.	Skin disease	Fresh leaves paste applied on the affected parts twice daily for eight days.
6	<i>Amorphophalus bulbifer</i> (Schott) Blume	Piles	100g tuber boiled and taken with rice twice daily for a month.
7	<i>Antidesma acidum</i> Retz.	Appetizer	Two boiled tender shoots taken with rice, once daily for five days.
8	<i>Arisaema tortuosum</i> Schott	Piles	50 g tuber boiled and taken with rice, twice daily for a month.
9	<i>Beta vulgaris</i> Linn. var. benghalensis Roxb.	Jaundice	50 g boiled tender shoots taken once daily with meal for ten days.
10	<i>Calamus rotang</i> Linn.	Vitality	50 g boiled tender shoots taken, with meal, twice daily for twenty days.
11	<i>Cassia tora</i> Linn.	Jaundice	Five table spoons of leave juice, once daily after meal for fifteen days.
12	<i>Chenopodium album</i> Linn.	Dysentery	Two table spoons of leaf juice, thrice daily after meal.
13	<i>Cissus quadrangularis</i> Linn.	Joint pain	25 g of boiled stem taken with meal, once daily for ten days.
14	<i>Clerodendrum indicum</i> (Linn.) O.Kuntze	Cough	Three fresh mature fruits taken directly with luke warm water, twice daily for seven days.
15	<i>Clerodendrum serratum</i> (Linn.) Sprengel	Wound	Mature fruits are crushed and made into a paste and then applied on the affected parts.
16	<i>Commelina benghalensis</i> Linn.	Earache	Two drops of leaf juice are applied on the affected ear, once daily for three days.
17	<i>Crataeva nurvala</i> Buch.-Ham.	Gastritis	50 g boiled shoots is taken with meals, twice daily for ten days.
18	<i>Curcuma amada</i> Roxb.	Gastritis	Two table spoons of rhizome juice, twice daily after meals for five days.
19	<i>Cycas pectinata</i> Griff.	Gastritis	Three table spoons of leaf juice, twice daily after meals for five days.
20	<i>Deeringia amaranthoides</i> (Lam.) Merr.	Haemostatic	Paste of fresh leaves is applied on the affected parts.
21	<i>Drymaria cordata</i> (Linn.) Roem. & Schult.	Sinusitis	Two drops of warm leaf juice are applied as drops, once daily for six days.
22	<i>Ensete superbum</i> (Roxb.) Cheesman	Vitality	100g stem pith boiled in 500ml of water till the quantity become half, and then taken, once daily after meal for twenty days.
23	<i>Homalomena aromatica</i> (Roxb.) Schott	Joint pain	Petiole paste is applied on the affected parts, twice daily for a month.
24	<i>Hydrocotyle sibthorpioides</i> Lam.	Dysentery	Two table spoons of leaves juice, twice daily after meals for six days.
25	<i>Ipomoea batatas</i> (Linn.) Lam.	Digestive	50 g boiled leaves taken with meal, once daily for ten days.
26	<i>Lasia spinosa</i> Thw.	Piles	50 g boiled rhizome taken with salt and mustard oil, once daily for fifteen days.
27	<i>Leucas asper</i> (Willd.) Link	Sinusitis	One drop of leaf juice is used as drop, once daily for six days.
28	<i>Lippia geminata</i> H.B.& K.	Conjunctivitis	One drop of leaf juice applied once daily for three days.

Hills, Nagaon, Golaghat, Kamrup, Jorhat, Sonitpur and Lakhimpur districts of Assam and in the bordering states of Nagaland and Meghalaya. Karbi tribes possess a rich cultural frame and a distinctive life style. They have a tradition, culture, language, identity and ecological position of their own.

**DEORI**

The Deori are one of the major indigenous communities of Assam and Arunachal Pradesh. They historically lived in the area of Sadiya,

Joidaam, Patkai foothills and in the upper plains or also called as the hinterland of the Brahmaputra Valley. Concrete documented records about the history of the tribe is very limited. Scanty information was found in few books and official records. The Deori community belongs to the Sino-Tibetan language family. In ancient times, the Deoris served as priests of Chutia community. In the British census reports, the Deoris were termed as *Deori-Chutias*. The community has maintained their racial traits, language, religion, folktales

**Table 7: Ethnomedicinal used for treatment of various diseases by Deori**

Sl. no	Scientific name	Local name	Parts use	Medicinal use
1	<i>Abrus precatorius Linn</i>	Ass & De Latumoni	Root	Diarrhea, dysentery & tonsillitis
2	<i>Abustilon indicum(L)Gdon</i>	Ass:Asurium De:peripetari	Fruit bark	Chronic dysentery
3	<i>Acasia farnesiana(L)wild</i>	Ass & De Taruakadam	Branches Bark	Pyorrhea,Dysentery.
4	<i>Acorus calamus.Linn</i>	Ass & De Bosh	Rhizome	Disuria, Cough Dsemenorrhaea.
5	<i>Adhatoda vasica Nees.syn</i>	Ass & De Bahaka tita	Leaves	Cough , Asthma.
6	<i>Ageratum conyzoids Linn</i>	Ass:Gonadhwabon Dee:Nasebasi	Leaves	Applied in cut injury to stop bleeding
7	<i>Allium sativum Linn</i>	Ass & de Naharu	Fresh leaves, Bulb.	High blood pressure , Common cold, Diabetes,Gastritis
8	<i>Ananas comosus L. Merr.</i>	Ass: Matikothal Dee: Yatiju	Leaves	Diarrhea, Tender leave Is used as a vermicide of children
9	<i>Anamitra peniculata colehr</i>	Ass- Kumora Dee:Chumu	Seeds	Skin diseases
10	<i>Alstonia scholaris</i>	Ass-Satina Dee:Satiana	Bark	Malarial fever, ulcher, Chronic dysentery, Snake bit, diarrhea
11	<i>Artocarpus integrifolia</i>	Ass- kothal Dee:Tizu	Fruits	Asthma, cuts, fever, Wounds, diabetes, Jaundice, snake bit
12	<i>Asperagus racemosus</i>	Ass: Satmul Dee:Shatamuli	Root	Nervous disorder, Rheumatic pain, Diarrhea, Dysentery
13	<i>Azadiracta indica</i>	Ass:Mohanim Dee:Kabasi chiya	Leaves	Small pox, scabies, Control intestinal worm
14	<i>Aegale marmelos Linn</i>	Ass&Dee: Bel	Fruit,leaves, Root	Diarrhea, piles, jaundice Vomiting, eye disease, fever
15	<i>Bambusa balcooa Roxb.</i>	Ass:Bhaluka bah Dee: Gumade yuwa	Newly grown sucker	Heart weak, insect bite Menorrhagia, use as an antiseptic
16	<i>Bambusa tulda Roxb.</i>	Ass: Jati bah Dee:Jati yuwa	Leaves	Reliving of menstrual Troubles, Use as vermicide
17	<i>Boerhaevia diffusa L Boerhaevia ripens L</i>	Ass:purnanowa Dee: Misgu naharu	Whole plant	Elephantiasis,dropsy
18	<i>Bassica nigra( L) Kush</i>	Ass&Dee Merlai	Seed	Common cold

and traditional beliefs through the centuries. They were divided into *Jimochayan* / *Dibang-Diyongial*

(*Dibongia*), *Midoyan/Tengapania*, *Luitugan/Borgoya*. The native language is retained only by the *Dibongia* group.

**Table-8: Medicinal values of some of the animals/ insects used by Deori tribe for consumption**

Common Name	Zoological name	Parts used	Disease	Preparation of medicine
Earthworm	<i>Perionyx excavates</i>	Whole body	Infant fever	Earthworm is kept in a container with salty water and the water is taken orally
Earthworm	<i>Metaphire houletti</i>	Whole body	Piles Typhoid fever	Kept in a container with salty water and taken orally Cooked with pepper and consumed
Honey bee	<i>Apis indica</i>	Honey	Stomach ache	Mix with the juices of Indian gooseberry and taken as syrup
		Honey	Cough	Honey is mixed with crushed pepper and to it sap of basil and ginger is mixed and taken orally in empty stomach
		Honey	Urinary incontinence	Leaves of <i>Scoparia dulcis</i> is crushed and mixed with missiri and honey is taken orally
Black crab	<i>Scylla serrata</i>	Whole Body	Skin allergy or redness	Boil in water and taken orally
Red ant	<i>Oecophylla smaragdina</i>	Abdomen	Nose bleeding	Made to inhale
Fish	<i>Puntius sp.</i>	Whole body	Eye problem	Fish is cooked and consumed
Fish	<i>Channa gachua</i>	Whole body	Gall bladder stone	Flesh is cooked and consumed
Cuchia	<i>Amphipnoscuchia</i>	Blood	Anemia	Blood is taken orally
		Whole Body	Piles	Flesh is cooked along with tuber <i>Lasia spinosa</i> and consumed.
Frog	<i>Duttaphrynus melanostictus</i>	Body part	Tonsil	Flesh is cooked and consumed.
Hen	<i>Gallus gallus</i>	Egg	Hair split	Egg yolk is mixed with <i>Lawsonia inermis</i> and applied on hair.
		Whole body	Low pressure	Meat is cooked with banana flower is eaten.
Pigeon	<i>Columba livia</i>	Whole Body	Low pressure	Meat is cooked with pepper and consumed.
Rat	<i>Rattus sp.</i>	Whole Body	Epilepsy	Flesh is cooked and consumed.
Pig	<i>Sus scrofa domesticus</i>	Fat oil	Rheumatic and skin problem.	Oil is applied on the affected area.
		Intestine	Gastritis	Dried and consumed
Porcupine	<i>Hystrix indica</i>	Flesh	Pneumonia	Flesh is mixed with <i>Centella asiatica</i> , lemon leaves, <i>Solanum indicum</i> and boiled in water. The boiled water is taken orally.
Fox	<i>Canis aureus</i>	Body flesh	Paralysis	Flesh is cooked and consumed.
		Body flesh	High pressure	Flesh is sun dried and consumed.
Cow	<i>Bos indicus</i>	milk	Spermatorrhoea	Milk is mixed with <i>Cheilocostus speciosus</i> and taken orally.
		Milk	Gastritis	Milk is mixed with raw turmeric juice and is taken orally.
		urine	Skin problem on hands	Applied over the affected area
Goat	<i>Capra hircus</i>	Tongue	Speech problem in childhood.	Cooked and given to eat.
		Feet bones	Hand and leg cramp	Bones are boiled with paste of ginger, pepper and water is taken orally.



## MISING

The Mising, sometimes called Miri, are an indigenous community inhabiting

parts of the Indian states of Assam and Arunachal Pradesh. They were also known as Miris in the past and still recognized as

Scientific Name/Accession No.	Local name (Mising)	Plants Parts used	Diseases/ailments
Curcuma caesia Roxb./ AVSPD023	Kula haldhi	Rhizome	The rhizome taken in pneumonia and stomach trouble.
Cuscuta reflexa Roxb./ AVSPD024	Akaki lota	Whole plant	The plant extract is used in the treatment of jaundice.
Cynodon dactylon (L.) Pers./ AVSPD025	Dubori bon	Whole plant	The plant is ground and extract is used in mensuration trouble and in jaundice.
Dillenia indica L./ AVSPD026	Sompa	Fruits	Placenta of the fruits is used in gastric and used as shampoo and anti-dandruff.
Eclipta prostrate (L.) L./ AVSPD027	Keharaj	Whole plant	Used as antimicrobial.
Eranthemum purpurascens Wight ex Nees/ AVSPD028		Leaves	The hot vapour of leaf decoction is used for jaundice
Euphorbia hirta L./ AVSPD029	Gakhiroti bon	Whole plant	Stimulation in the secretion of milk for infant-mother.
Ficus lamponga Miq./ AVSPD030	Tajik	Latex	The freshly collected latex is used for curing tonsillitis and bone fracture.
Gonostegia hirta (Blume ex Hassk.) Miq./ AVSPD031	Oik	Whole plant	Leaf extract is used in the treatment of cancer.
Houttuynia cordata Thunb./ AVSPD032	Mochundori	leaves	The leaf decoction is taken in stomach trouble.
Impatiens balsamina L./ AVSPD033	Pokkor	Leaves	White discharge, urinary trouble and stop over bleeding during mensuration.
Justicia gendarussa Burm. f./ AVSPD034		Leaves	The leaves past is used for bone fracture and joint dislocation treatment.
Laeisa spinosa (L.) Thwaites/ AVSPD035	Yidikoro	Stem	The stem extract is used in jaundice.
Leucas zeylanica (L.) W.T. Aiton/ AVSPD036	Durum bon	Tender twigs	The twigs juice are applied on the nose for sinusitis, headache.
Matteuccia struthiopteris (L.) Tod./ AVSPD037	Rukji	Fronnd	The frond decoction is taken in malaria.
Mimosa pudica L./ AVSPD038	Nilaji bon	Root	The root decoction is used in malaria.
Mukia maderaspatana (L.) M. Roem./ AVSPD039	Sarat	Whole plant	Mensuration problem.
Ocimum tenuiflorum L./ AVSPD040	Tulshi	Leaves	The leaf juice is used for acough.
Ohwiacaudata (Thumb.)/ AVSPD041	Tangom	Root	The root bark extract is used in Jaundice.
Oxalis corniculata L./ AVSPD042	Tengesi tenga	Whole plant	The plant extract is taken in urinary trouble.
Paederia foetida L./ AVSPD042	Bungki-repuk	leaves	The leaf decoction is taken in gastric, stomach pain and pneumonia.
Persicaria chinensis (L.) H. Gross/ AVSPD043	Takkir	Whole plant	The plant pest is applied on the boils.
Phyla nodiflora (L.) Greene/ AVSPD045	Aluki mirsi	Whole plant	The plant ground and extract is taken in jaundice.
Phyllanthus fraternus G.L Webster/ AVSPD046	Bon amlokhi	Whole plant	Plant decoction is taken in the treatment of jaundice.
Piper longum L./ AVSPD047	Pipoli	Seed	The seed is a spice and also used for a cough, cold and indigestion.



Miris in the Constitution of India. Misings are recognised as a Scheduled Tribe by the Indian government under the name 'Miri'. Their language, Mising, is part of the Tani branch of the Sino-Tibetan family.

### **NUTRITIONAL BENEFITS OF TRADITIONAL FOOD**

Foods from land and sea once provided everything for people. Today, a mix of market and traditional food is common for most people, but traditional food remains an important source of many nutrients.

From many studies it is found that on days when people ate both traditional and market foods, their diets were better than when they ate only market food.

#### **When traditional foods were included in the diet, benefits were:**

- Less calories- helpful for weight control
- Less saturated fat- better for the heart
- More lean meats and fish
- More iron- better for muscles and blood
- More zinc- better for wound healing and fighting infection
- More Vitamin A- better for vision and fighting disease
- More calcium- better for strong bones and teeth
- Strengthened cultural capacity and well-being

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