

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.

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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 longitude and 25°9' and 28° North longitude. Upper Brahmaputra Valley comprises Tinsukia, Dibrugarh, Sivasagar, Jorhat and Golaghat Lakhimpur, 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