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Traditional Knowledge and Ethnomedicinal Practices of Maram Tribe in Manipur

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ABSTRACT Traditional knowledge has been crucial in sustaining the health and well-being of indigenous tribal communities worldwide. Maram Nagas have a rich repository of ethnomedicinal practices primarily based on locally available plants, animals and minerals. This paper expounds on the role of traditional knowledge and herbal plants in healthcare practices among the Maram Nagas of the Senapati district in Manipur. It analyses the usage, preparation methods, and efficacy of the locally available and widely used plants in their everyday life. This paper is an outcome of exploratory research documenting 61 medicinal plants, with various parts used for minor ailments. The paper observes that Maram Nagas acquired deep knowledge and skills on traditional medicines and their perceived and experienced efficacy through generations. It argues that the availability, accessibility, and cost efficiency of herbal plants resulted in their widespread use and acceptance in the community.