

## AN ACCOUNT OF THE INDIGENOUS PLANTS USED BY THE MEITEIS OF MANIPUR AS FOOD

A. VICTORSINGH\*

Department of Life Sciences, Plant Physiology Lab., Manipur University, Canchipur, Manipur, India.

\*Present address : Botany Department, Government College, Sector-11, Chandigarh, India.

E-mail : victor\_ayamsingh@yahoo.com.

Plants are the primary source of raw materials of various useful commodities for mankind. People are in close association with varied plants as the state is surrounded with hills and mountain ranges covered with well rich vegetation influenced by varied climatic factors at different elevations. Meiteis being aware of the surrounding environment, have much knowledge of the plants. More than 80 % of the vegetables are collected from such wild habitats. Though a number of such plants are cultivated yet a lot more needs to be discovered. After repeated visits of Meitei villages and through guidance of elderly persons and headmen lists of 203 such plants have been recorded in the present study. It is expected that this study will not only bring to light the names of the plants but prove to be useful for mankind. It is further expected that the study will encourage research works in Ethnobotany of the Meiteis of Manipur.

**Keywords :** Indigenous minority groups; Major community; Modified root; Modified stem.

### Introduction

The "Meiteis" is the indigenous major community of Manipur. It is one of the seven N.E States of India situated at the border area with Myanmar as its immediate neighbor having 93.2°E and 94.47°E longitude, 28.50°N and 25.41°N latitude and on altitude of 781 to 2020 m from the sea level. Imphal valley, the capital, is at 790 m altitude comprises 8% of the total area of Manipur with an area of 1834 sq.Km. Out of its total average of 22,327 sq.Km. 92 % comprises of hills. Populations in hills and valley comprises of 36 % and 64 % respectively. Hence, Meiteis who generally are valley dwellers comprises 13, 61,521 lakhs out of a total population of 23, 88,634 (A/C 2001 Census). The State is divided into 9 districts (Imphal West, Imphal East, Thoubal, Bishenpur, Senapati, Ukhrul, Tamenglong, Chandel, and Churachandpur). History reveals of them as the original dwellers of the valley, even before the English Dominion. There are other minorities viz; Muslims (riverbed dwellers), Nepalis (hill dwellers) and tribals (hill dwellers). Different communities used different dialects but adopted Meiteilon (Manipuri) used by Meiteis as the common language of the State. Valley being surrounded by hills and mountain ranges is safe from extreme wind, snow and rain. The hills with various climatic factors at different elevations influence numerous indigenous and endemic floras<sup>1-12</sup>.

Wild plants play an important role in the life of

Meiteis since time immemorial as they depend on them for food stuff in day to day life. The meiteis also have a rich herbal lore so far as the useful plants are concerned. This is probably due to their intimate connection with their surrounding forest and plants. Meiteis generally love spices, bitter, hot (*Capicum frutescens*) and salty taste.

### Material and Method

Repeated visits to maximum number of villages of all the 9 districts were made to meet Headman and elderly people who knew about the wild plants used as food. First hand information from the local people was collected. Efforts were made to see the plants in their natural habitat and to collect plant specimens with their flowers (in case of Angiosperms) and with sori (in case of ferns) and vegetables were collected with their reproductive parts. Herbarium sheets were prepared and later identified referring to (B.S.I) herbaria Shillong. Local names were collected as far as possible. Plant specimens collected during the trips as well as afterwards were preserved on herbarium sheets. The Meiteis hardly use oil and avoid fried vegetables. Underground plants are roasted in fire and are made in to special dishes.

### Result and Discussion

The collected plants are listed in the Table 1, are mostly wild with a few cultivated ones. They believed that the plants are of multiple uses as the plants also show certain



Fig. 1.



Fig. 2.



Fig. 3.

Fig. 1. Map of India.

Fig. 2. Map of North-Eastern states.

Fig. 3. Map of Manipur

Plate 1. Location map of Manipur

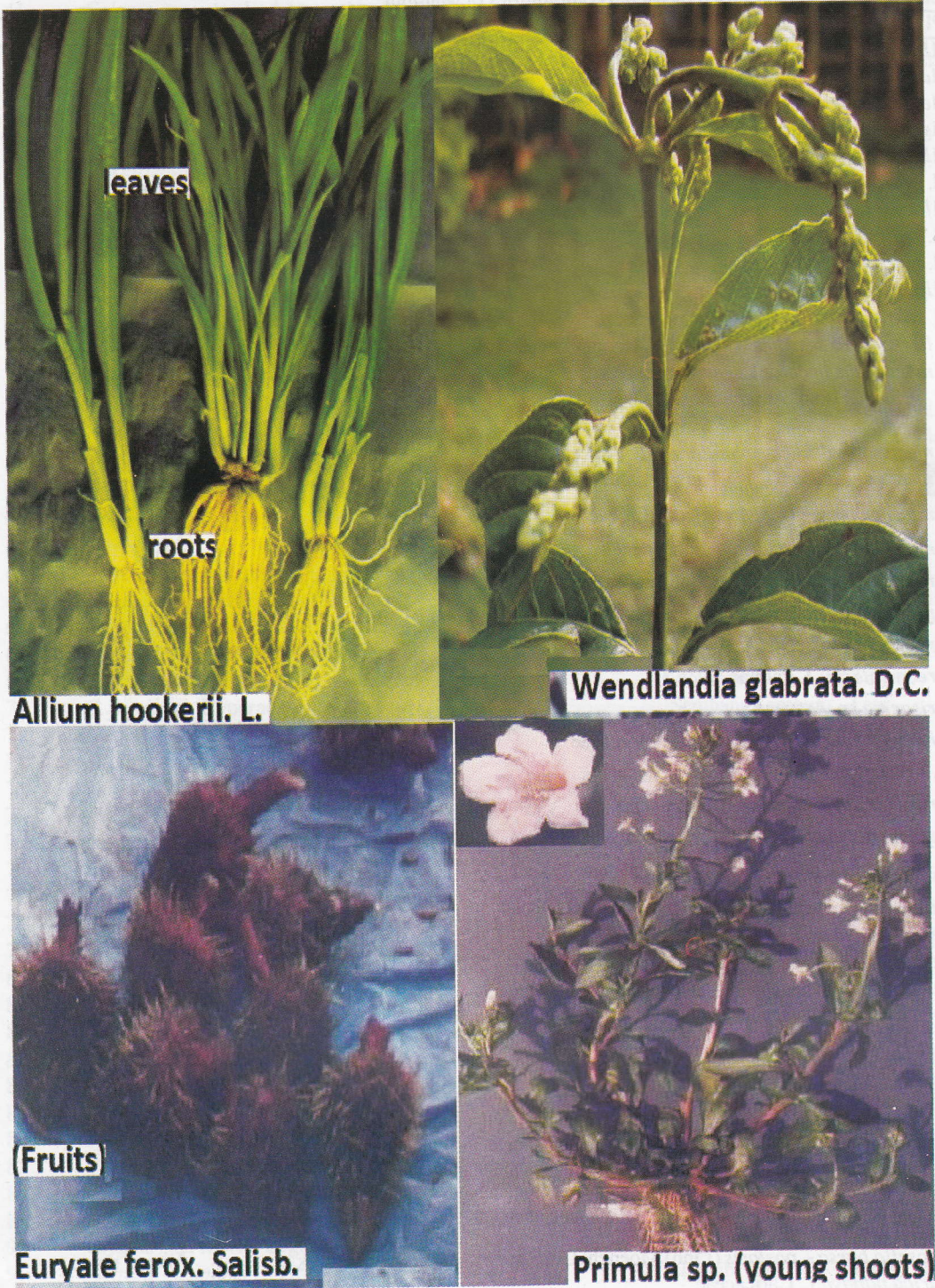


Plate 2. Unusual vegetables.

**Table 1.** List of food vegetables used by Meitei communities of Manipur.

S.No.	Plant sp. with Family	Local Name	Parts used
1.	<i>Abelmoscus esculentus</i> (L.) Moench. Malvaceae	Bhelandri	Fruit & leaf
2	<i>Adhatoda vesica</i> Nees. Acanthaceae	Nongmangka	Leaf
3.	<i>Aegle marmalos</i> (L) Corr. Rutaceae	Heirikhagok	Fruit
4.	<i>Agaricus campestris</i> Linn. Agaricaceae	Chenggum	Whole plant
5.	<i>Allium hookerii</i> L. Liliaceae	Maroinapakpi	Leaf & Root
6.	<i>A. porrum</i> . L. Liliaceae	Maroi nakupi	Leaf
7.	<i>Alocasia cullata</i> Schott. Araceae	Palukabi	Rhizome
8.	<i>A. indica</i> (Roxb.) Schott. Araceae	Pan	Rhizome
9.	<i>A. macrorrhiza</i> Araceae	Honggu	Rhizome
10.	<i>Alpinia galanga</i> . Wild. Zingiberaceae	Kanghu	Leaf
11.	<i>A. nigra</i> . (Gaertn.) Burt. Zingiberaceae	Pullei	Rhizome
12.	<i>Alternanthera sessilis</i> (DC) R. Br. Amaranthaceae	Phakchet	Tender shoot
13.	<i>Amaranthus tricolor</i> L. Amaranthaceae	Chengkruktig	Young shoot
14.	<i>A. spinosus</i> Linn. Amaranthaceae	Chengkruktig khangpanbi	Young shoot
15.	<i>Amorphophallus campanulatus</i> . Bl. Araceae	Haopal	Youngshoot
16.	<i>Anisomeles indica</i> (L.) O. Kurtze. Labiatae	Thoiding Angouba	Young shoot
17.	<i>Ananas comosus</i> (L.) Merr. Bromeliaceae	Kihom	Fruit
18.	<i>Annona squamosa</i> Linn. Annonaceae	Sitaphal	Fruit
19.	<i>Antidesma acidum</i> Retz. Euphorbiaceae	Chingyensil	Leaf.
20.	<i>Aphanamixis polystachya</i> Wall. Meliaceae	Heirangkhoi	Fruit
21.	<i>Araia armata</i> Seem. Araliaceae	Naosek – manbi	Leaf
22.	<i>Areca catechu</i> L Palmae	Kwa	Seed
23.	<i>Arisaema sp.</i> Araceae	Lincheisu	Rhizome
24.	<i>Artocarpus heterophyllus</i> Lank. Moraceae	Theibong	Fruit
25.	<i>A. lakoocha</i> Roxb. Moraceae	Harikothong	Fruit
26.	<i>Arundinella callosa</i> Murao. Poaceae	Laiwa	Young shoot
27.	<i>Auricularia auricularia</i> . Auriculariaceae	Uchina	Fructification
28.	<i>Averrhoa carambola</i> L. Oxalidaceae	Heinajom	Fruit
29.	<i>Azadiracta indica</i> . Meliaceae	Neem	Leaf
30.	<i>Bambusa arundinacea</i> Willd. Gramineae	Saneibi	Young shoot
31.	<i>Basella alba</i> L. Basallaceae	Urok-sumban	Fruit
32.	<i>Banincasa hispida</i> (Thunb.) Cogn. Cucurbitaceae	Torbot	Young shoot
33.	<i>Brassica campestris</i> L. Cruciferae	Hanggam	Leaf, seed
34.	<i>B. oleracea var. botrytis</i> . Cruciferae	Kobithamchet Manbi	Inflorescence
35.	<i>B. oleracea var. capitata</i> (L) Alef. Cruciferae	Kobiful	Bud
36.	<i>B. rapa</i> . Cruciferae	Kobimula	Modified Stem
37.	<i>Cajanus cajan</i> Spreng. Leguminosae	Mairongbi	Seed
38.	<i>Calamus tenuis</i> Roxb. Palmae	Heiri	Fruit
39.	<i>Cannabis sativa</i> L. Cannabinaceae	Ganja	Inflorescence
40.	<i>Cassia hirsuta</i> Linn. Caesalpinaceae	Thaonam	Young shoot
41.	<i>Capsella bursa – pastoris</i> (Linn) Moench. Cruciferae	Chantruk	Young shoot
42.	<i>Carica papaya</i> L. Caricaceae	Awathabi	Fruit
43.	<i>Celtis australis</i> L. Urticaceae	Heikreng	Fruit

44.	<i>Celosia argentea</i> L. Amaranthaceae	Haolei angouba	Leaf
45.	<i>Centella asiatica</i> (L) Urban. Umbelliferae	Peruk	Leaf
46.	<i>Chenopodium album</i> L. Chenopodiaceae	Monsaobi	Young shoot
47.	<i>Cinnamomum tamala</i> Nees and Ebern. Lauraceae	Tezpat	Leaf
48.	<i>C. zylauicum</i> Breyn. Lauraceae	Usingsa	Bark
49.	<i>Cissus adnata</i> Roxb. Vitaceae	Kongouyen.	Leaf
50.	<i>Citrullus vulgaris</i> Schrat. Cucurbitaceae	Tarbuja	Fruit
51.	<i>Cissus javaca</i> DC. Vitaceae	Kongouyen	Leaf
52.	<i>Citrus hystrix</i> L. Rutaceae	Heiribob	Fruit
53.	<i>C. medila</i> L. Rutaceae	Heijang	Fruit
54.	<i>C. maxima</i> (Burm. f.) Merr. Rutaceae	Nobab	Fruit
55.	<i>C. reticulata</i> Blaneo. Rutaceae	Komla	Fruit
56.	<i>C. sinensis</i> (Linn.) Osbeck. Rutaceae	Mausmi/Heithum	Fruit
57.	<i>Clerodendrum serratum</i> (L) Moon. Verbenaceae	Moirangkhanm	Young leaf
58.	<i>C. indicum</i> (Unn.) Kurtze Verbenaceae	Kuthap	Leaf
59.	<i>Clitocybe multiceps</i> Peck. Fungus	Tektekpal	Whole plant
60.	<i>Colocasia gigantean</i> Hork. Araceae	Yendem	Whole plant
61.	<i>Coriandrum sativum</i> L. Apiaceae	Phadigom	Leaf & petiole
62.	<i>Crotolaria juncea</i> L. Leguminosae	U-hawamaiton	Young shoot
63.	<i>Cucumis sativus</i> Linn. Cucurbitaceae	Thabi	Fruit
64.	<i>Curcuma angustifolia</i> Roxb. Zingiberaceae	Yaipan	Flower
65.	<i>C. domestica</i> Valetton. Zingiberaceae	Yaingang	Modified.
66.	<i>Cucurbita maxima</i> . Cucurbitaceae	Mairel Asangba	Stem, leaf, Fruit
67.	<i>C. pepo</i> . Cucurbitaceae	Mairel	Fruit
68.	<i>Cycas pectinata</i> Griff. Cycadaceae	Yengdang	Young leaf
69.	<i>Cyperus esculentus</i> Linn. Cyperaceae	Kaothum	Tuber
70.	<i>C. rotundus</i> . Cyperaceae	SembangKaothum	Leaf
71.	<i>Desmodium microphyllum</i> . Papilionaceae	Yensil nakupi	Leaf
72.	<i>Dicrocephala latifolia</i> DC. Astaraceae	Lalukok	Leaf
73.	<i>Dillenia indica</i> L. Dilleniaceae	Heigri	Fruit
74.	<i>Drymeria cordata</i> Willd. Caryophyllaceae	Tandan Paibi	Leaf
75.	<i>Dioscorea alata</i> . Dioscoreaceae	Haa	Modified root
76.	<i>Elaeocarpus serratus</i> L. Elaeocarpaceae	Chorphon	Fruit
77.	<i>Eryngium foetidum</i> L. Umbelliferae	Awa-phadigom	Leaf
78.	<i>Euphorbia hirta</i> Linn. Euphorbiaceae	Pakhangleiton	Leaf
79.	<i>Euphoria longana</i> Lamk. Sapinidaceae	Nonganghei	Fruit
80.	<i>Euryale ferox</i> Salisb. Nymphaeaceae	Thangjing	Fruit
81.	<i>Ficus glomerata</i> Roxb. Moraceae	Heibung	Fruit
82.	<i>Fagopyrum esculentum</i> Moench. Polygoniaceae	Wakhei yendem	Tender shoot
83.	<i>Ficus bengalensis</i> L. Moraceae	Khongnangbot	Young leaf
84.	<i>F. hispida</i> L.f. Moraceae	Ashiheibong	Fruit
85.	<i>F. palmata</i> Forsk. Moraceae	Heiba	Lea
86.	<i>Ficus semicordata</i> Forsk. Moraceae	Heirit	Fruit
87.	<i>Flacourtia jangomas</i> Raeusch. Flacourtiaceae	Heitroi	Fruit
88.	<i>Garcinia pedunculata</i> Roxb. Guttiferceae	Heibung	Fruit
89.	<i>Goniothalamus sesquipedalis</i> Hook f. Thoms. Annonaceae	Leikham	Young leaf
90.	<i>Glycine max</i> Merrill. Leguminoseae	Nunghawai	Seed
91.	<i>Gynura cusimbus</i> D. Don. Asteraceae	Terapaibi	Young shoot
92.	<i>Hedyotis auriculata</i> (Linn.). Rubiaceae	Langban Koukha	Tender shoot
93.	<i>Hedychium coronarium</i> Koenig. Zingiberaceae	Takhellei	Modified stem

94.	<i>H. ellipticum</i> Zingiberaceae	Loklei	Modified stem
95.	<i>Helianthus annuus</i> L. Asteraceae	Numitlei	Seed
96.	<i>Hibiscus cannabinus</i> Linn. Malvaceae	Sougri	Leaf
97.	<i>H. sabdariffa</i> Linn. Malvaceae	Silo – Sougri	Leaf
98.	<i>Houttuynia cordata</i> Thunb. Saururaceae	Tokningkhok	Leaf & Stem
99.	<i>Ipomea aquatica</i> Forsk. Convolvulaceae	Kolamni	Leaf and Stem
100.	<i>I. Batatas.</i> (L.) Lam. Convolvulaceae	Mangra	Root
101.	<i>Isoetes sp.</i> L. Isoetaceae	Esing kambong	Leaves
102.	<i>Lentinellus cochleatus.</i> Fungi.	Uyen	Whole plant (fructification)
103.	<i>Leucaena glauca</i> Benth. Convolvulaceae	Chigonglei tujomba	Tender leaf, fruit, & seed
104.	<i>Litchi chinensis</i> (Geartn.) Sonn. Sapindaceae	Linchu	Fruit
105.	<i>Lagenaria siceraria</i> (Mot.) Standl. Cucurbitaceae	Khongdrum	Fruit
106.	<i>Lasiophaera gigantea</i> (Batsch.ex.fr.) Fungi	Phougak Chengum	Fruification
107.	<i>Lactuca sativa</i> Linn. Asteraceae	Hanggam Angouba	Leaf
108.	<i>Lemanea australis</i> Atkins Phaeophyceae	Nungsham	Whole Plant
109.	<i>Leucas aspera</i> Spreng. Labiatae	Mayanglambung/ Mayangkimbun	Young shoot
110.	<i>Luffa acutangula.</i> Cucurbitaceae.	Sebotchutheknaia	Fruit
111.	<i>L. cylindrical.</i> Cucurbitaceae	Sebot	Fruit
112.	<i>Lysimachia monniera</i> L. Scrophulariaceae	Leibak kundo	Upper portion of the plant
113.	<i>Juglans regia</i> L. Juglandaceae	Heijugak	Fruit
114.	<i>Justicia adhatoda</i> L. Acanthaceae	Nongmakha Asinba	Leaf
115.	<i>Mangifera indica</i> L. Anacardiaceae	Heinou	Fruit
116.	<i>Manihot esculanta</i> (Bantz.) Euphorbiaceae	U-manggra	Modified root
117.	<i>Marsilea minuta</i> Linn. Marsiliaceae	Ising yensang or Ising yensil	Leaf
118.	<i>Mentha arvensis</i> L. Labiatae	Nungsihidak	Leaf & Stem
119.	<i>M. viridis</i> L. Labiatae	Nungsihidak	Shoot
120.	<i>Microcos paniculata</i> Linn. Tiliaceae	Heitup	Fruit
121.	<i>Mimosa pudica</i> L. Leguminosae	Kangphal Ikaithabi	Young shoot
122.	<i>Mimusop elengi</i> L. Sapotaceae	Bokul	Fruit
123.	<i>Momordica charantia</i> L. Cucurbitaceae	Karot Akhabi	Fruit
124.	<i>Moringa olifera</i> Lam. Moringaceae	Shajna	Young shoot
125.	<i>Morus alba</i> Poir. Moraceae	Kabrangchak	Fruit
126.	<i>Musa paradisiaca</i> L. Musaceae	Laphu	Fruit, petiole
127.	<i>Neptunia olenacea</i> Lour. Mimosaceae	Ising ikaithabi	Tender shoot
128.	<i>Nelumbo nucifera</i> Gaertn. Nymphaeaceae	Thambal	Seed, & Rhizome
129.	<i>Nicotiana tabacum</i> L. Solanaceae	Heedakmana	Leaf
130.	<i>Nymphae alba</i> Linn. Nymphaeaceae	Tharo – angouba	Petiole, tuber
131.	<i>N. stellata</i> Willd Nymphaeaceae	Thariktha	Inflorescence
132.	<i>N. nouchali</i> Bum. F. Nymphaeaceae	Tharo – Angouba	Tuber
133.	<i>Nyctanthes arbortristis</i> L. Oleaceae	Singgarei	Leaf
134.	<i>Ocimum cannum</i> L. Labiatae	Mayangton	Young shoot Inflorescence
135.	<i>Oenanthe javanica</i> (BL).DC. Dumbelliferae	Komprek	Aerial portion
136.	<i>Olea europea</i> L. Oleaceae	Chorphon	Fruit

137.	<i>Paederia foetida</i> L. Rubiaceae	Oinam	Tender leaf & Shoot
138.	<i>Parkia roxburghii</i> L. Leguminosae	Yongchak	Inflorescence, Fruit
139.	<i>Polygonum barbatum</i> L. Polygonaceae	Yelang.	Young shoot
140.	<i>Portulaca oleracea</i> L. Portulacaceae	Leipak Kundo	Leaf & Stem
141.	<i>Phaseolus lunatus</i> Linn. Papilionaceae	Kalandri	Seed
142.	<i>Phlogacanthus thyrsoiflorus</i> Nees. Acanthaceae	Nongmangkha angangba	Inflorescence and leaf
143.	<i>Phaseolus vulgaris</i> . Leguminosae	Rajma	Seed
144.	<i>Phyllanthus emblica</i> L. Euphorbiaceae	Heikru	Fruit
145.	<i>P. niruri</i> Hook. Euphorbiaceae	Heikruman, or Chakpa – heikru	Young shoot
146.	<i>Phoenix sylvestris</i> Roxb. Palmae	Thangtup	Seed
147.	<i>Pistia</i> sp. (Araceae). Euphorbiaceae	Kangjao	Modified Petiole & leaf
148.	<i>Piper betle</i> Blume. Piperaceae	Panamana / Kwa mana	Leaf
149.	<i>Pisum sativum</i> Linn. Papilionaceae	Hauwaitharak	Fruit
150.	<i>Plantago major</i> L. Plantaginaceae	Yempat	Leaf & Petiole
151.	<i>Plumeria acuminata</i> Ait. Apocynaceae	Khagi – Leihao	Young leaf
152.	<i>Pogostemon purpurascens</i> Dalz. Labiateae	Tekta	Young shoot
153.	<i>Podabrella microcarpa</i> Bark. Podabreaceae	Narin chenggam	Whole plant
154.	<i>Polygonum chinensis</i> L. Polygonaceae	Angom Yensil	Leaf
155.	<i>P. hydropiper</i> Linn. Polygonaceae	Lilhar	Shoot
156.	<i>P. plebejum</i> R.Br. Polygonaceae	Tharakmana	Leaf, young shoot
157.	<i>P. posumbu</i> Buch. Polygonaceae	Phakpai	Leaf
158.	<i>Primula</i> sp. Primalaceae	Kengoi	Tender shoot
159.	<i>Prunus armeniaca</i> L. Rosaceae	Malhei	Fruit
160.	<i>P. cerasoides</i> D. Don. Rosaceae	Chumbrei	Fruit
161.	<i>Psidium guajava</i> L. Myrtaceae	Pungthon	Fruit
162.	<i>Psophocarpus tetragonolobus</i> DC. Leguminosae	Tengnoumanbi	Fruit & root
163.	<i>Punica granatum</i> L. Punicaceae	Kamphoi	Fruit
164.	<i>Pyrus communis</i> L. Rosaceae	Naspati	Fruit
165.	<i>Quercus lamellosa</i> Sm. Fagaceae	Uyung	Seed
166.	<i>Raphanus sativus</i> Linn. Cricoferae	Hanggam mula	Modified Stem
167.	<i>Rhus succedanea</i> L. Anacardiaceae	Heimang	Fruit
168.	<i>Rhus javanica</i> L. Anacardiaceae	Heining	Fruit
169.	<i>Rotala baccifera</i> L. Lythraceae	Ising Kundo	Leaf
170.	<i>Rubus niveus</i> Thunb. Rosaceae	Heijampet	Fruit
171.	<i>Rorippa indica</i> L. Brassicaceae	Uchihanggam	Leaf
172.	<i>Saccharum officinarum</i> L. Poaceae	Chu	Stem
173.	<i>S. arundinaceum</i> Retx. Poaceae	Singhut	Inflorescence
174.	<i>Sagittaria sagittifolia</i> L. Alismataceae	Koukha	Rhizome
175.	<i>Schizophyllum commune</i> Nutt. Schizophyllaceae	Kanglayan	Frudification
176.	<i>Scirpus mucronatus</i> L.	Kaubak	Root
177.	<i>Schium edule</i> Sw. Cucurbitaceae	Dash-Kush	Fruit
178.	<i>Seasamum indicum</i> L. Pedalliaceae	Thoding angouba	Seed
179.	<i>Sesbanian sesban</i> Merr. Leguminosae	Chuchurangmei	Young shoot
180.	<i>Smilax lancifolia</i> Roxb. Smilacaceae	Kwamanbi	Young shoot
181.	<i>Solanum zanthocarpum</i> . Solanaceae	Leipungkhanga	Fruit

182.	<i>S. melongena</i> L. Solanaceae	Pangal khamen	Fruit
183.	<i>Spilanthes oleraceae</i> Murr. Compositae	Tengnoupal	Fruit
184.	<i>Stellaria media</i> (L). Vill. Caryophyllaceae	Yerum-keirum	Leaf
185.	<i>Spinacia oleraceae</i> L. Chenopodiaceae	Palangsak	Young shoot
186.	<i>Syzygium jambos</i> (L). Alston. Myrtaceae	Jam	Fruit
187.	<i>Tamarindus indicc</i> L. Leguminosae	Mange	Fruit
188.	<i>Tectona grandis</i> L. Verbenaceae	Chingsu	Young leaf & shoot
189.	<i>Terminalia citrine</i> Roxb. Combratacae	Manahi	Fruit
190.	<i>Trigonella foenum-gracum</i> L. Leguminosae	Mithi	Young shoot
191.	<i>Trapc. natans</i> L. Tra[aceae	Heikak	Fruit
192.	<i>Ustilago</i> sp. Fingi	Kambong	Fungal spores
193.	<i>Vicia faba</i> . Linn. Papilionaceae	Hawaimubi	Fruit
194.	<i>Vitis vinifera</i> L. Vitaceae	Angoor	Fruit
195.	<i>Vigna mungo</i> Fanaceae	Sagolhwai	Seed
196.	<i>Viola serpens</i> Wall ex. Roxb. Violaceae	Huikhong	Young shoot
197.	<i>Vulvariella esculenta</i> (Mass) Singh. Fingi	Charuyen	Whole part
198.	<i>Wendlandia glabrata</i> DC Rubiaceae	Feija	Young shoot
199.	<i>Zanthoxylum acanthopodium</i> . DC. Rubiaceae	Mukthruhi	Young shoot and leaf
200.	<i>Zingiber officinale</i> Rose. Zingiberaceae	Sing	Rhizome
201.	<i>Zizania caduciflora</i> (Turez ). Hand Mazz Poaceae	Ising Kambong	Fungal spore

medicinal properties over and above their utility as food. No record has so far been made on this account and is evidently the first record of the indigenous plants used by the Meitei community as food. It is expected that the present study will bring into focus how the Meiteis enjoy on various indigenous food plants over and above the common one's, showing a unique dietary habit. Further, this account will give some indication about the availability of a multiple variety of plants in the state. The work is expected to encourage other researchers in Ethno botanical research of the Meiteis.

#### Acknowledgement

I'm grateful to Prof. L. Janmanjay Singh (Retd.), Department of Life Science, Manipur University, Canchipur, Manipur; for his great support in carrying out the present study successfully.

#### References

1. <http://www.mapsofindia.com>, Location map of Manipur.
2. Singh A J 1996, *Vegetable in Manipur*. Publisher, A. Ibochouba Singh, Mongsangei, Imphal; Printed at Padma printers, Imphal Poana Bazar. p45-31
3. Registrar General of India 2001, *Census Report: Language Data*, Language Data, Census Department, New Delhi, Series 15.
4. Census Department, New Delhi 2001, *Census Report: Primary Census Abstract Special Table for SC and ST*, Primary Census Abstract, Series 15.
5. Registrar General of India 2001, *Census Report: Religion Data*, Religion Data, Census Department, New Delhi, Series 15.
6. Rajiv K Sinha and Shweta Sinha 2001, *Ethnobiology (Role of Indigenous and Ethnic Societies in Biodiversity, Conservation, Human health protection and Sustainable Development)*. 1<sup>st</sup> edn. Surabhi Publications, Jaipur; Printed at Jagrati offset Naraina Industrial Area, New Delhi, p49.
7. Government of India 1994, *Ethnobiology in India – A Status Report*; Ministry of Environment and Forest, Government of India, New Delhi.
8. Singh A J 1982, *The Cultivation of Gorgan nut (thangjing) in Manipur*. Sovenier, Manipur Horticultural Society.
9. Singh R P 1982, *Geography of Manipur*, Publisher, National Book Trust, India, New Delhi.
10. Devi LD 1990, *Folklore Medicines of Ethno botanical Importance in Manipur*, Vol.-I, 1<sup>st</sup> edn.
11. Ghosh G K 1997, *Herbs of Manipur*, Vol –I and Vol – II
12. Loudon J C 1973, *Encyclopedia of Plants*, Part – II