

## A Report On

# Documentation Workshop on Utilization of Medicinal Plants and Herbs by the Mog Community of Tripura

Date: 24<sup>th</sup> December, 2019



One day documentation workshop on utilization of medicinal plants among the Mog community, a rare tribe constituting about 1.03% of Tripura's population and 3.38 % of Tripura's Scheduled Tribe population was conducted on the 24<sup>th</sup> December, 2019 at Rupaichari RD Block, South Tripura about 120 kms from Agartala, Tripura by **Forest Research Centre for Livelihood Extension (FRC-LE), Agartala, Tripura**. The workshop was supported by **Tribal Research and Cultural Institute, Government of Tripura** as part of the project on the study of uses of medicinal plants and herbs among the tribal communities of Tripura. The objective of the workshop was to document the traditional uses of medicinal plants and herbs practiced by the Mog community, for which there are at present no existing proper records and reliable information. Traditional healers (Kabiraj) of Mog community mostly within the age group of 38 to 84 years from forest fringe villages of Uttar Manu Bankul, Dakhin Manu Bankul, Shibu Chowdhry para and Uttar Bijoypur actively participated and deliberated in the workshop. Shri Ajoy Debbarma, Scientist-B & PI briefed about the need to document the knowledge of the traditional healers so as to pass on the practice to younger generations of the community and to preserve this age old practice. Above 30 diseases treated using more than 100 hundred medicinal plants and herbs, their methods of formulation and administration and shelf life of crude formulations were documented in the workshop. Diseases viz., Vitiligo, TB, Malaria, Asthma, Jaundice and therapies for

bone fracture and muscle disorders using medicinal plants and herbs practiced by the Mog community were documented through the workshop.



Apart from the uses, the participants also provided information on the livelihoods generated through this practice and deliberated on the need to popularize and legalize this traditional knowledge and practice. Participants also shared the prevalent role of traditional healers in the far flung rural areas as the immediate and most sort for remedy for different ailments and diseases.

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