

A Study on Preparation and Use of Bodo Empirical Medicines for Curing Diseases

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Abstract

The Bodos who live in various parts of Assam are intimately linked to the abundant natural riches found in the forest. They have learned how to employ natural materials in their daily lives over the ages. Depending on the climate, location, and natural conditions, this group of individuals cultivates a variety of crops. Additionally, these peoples have a history of using a variety of plants and plant products for therapeutic purposes. The Bodos employ the abundance of wild medicinal herbs found in Assam's extensive forest areas to treat a variety of serious and minor illnesses. People have learned about traditional folk remedies through trial and error throughout the ages. These are passed down through the generations. The various isolated village regions of BTC in Assam provided the sources of this oral information about medicinal plants and how to identify them. The present study presents the Bodo folk medicines, the preparation process, and the uses to cure diseases. The data has been collected from the elderly *Kobiraj* and *Ojhas* dealing with the folk medicines who narrated orally. The data collection was done from Bodo villages under Bhergaon sub-division of Udalguri district of BTC, Assam.

Keywords: Bodos, medicinal herbs, folk remedies, therapeutic, illnesses, *Kobiraj*, *Ojhas*, BTC

Introduction

Many indigenous people in Assam received their primary medical care from traditional plant-based remedies. Through their long-term practice, traditional healers learned about these folk remedies. In their primary care, they employed trial-and-error techniques. The "Ojas," or traditional healers, are well-versed in using medicinal plants to treat illnesses. They are well-versed in making traditional remedies from various therapeutic plants.

"Traditional medicine" is referred to as "folk medicine." It includes methods for healing the human body. It was passed down from generation to generation. It's referred to as indigenous medicine. In traditional cultures, people shared information about illnesses and traditional remedies with one another. The societies share this information.

The Bodo people are the largest primitive tribe in Assam's current demographics. Though they are dispersed throughout the region, as well as bordering Bangladesh and Nepal, the majority are located in Assam. This tribe is concentrated in the current districts of Kokrajhar, Chirang, Baksa, Tamulpur, Udalguri, Dhubri, Goalpara, Darrang, Nogaon, and Morigaon in Assam's Brahmaputra valley, and despite their dispersal, the Bodos maintain a distinct identity from others due to their distinct language and culture. Assam has historically had a small number of tribes, each with its own distinct culture and religion. It is

believed that the Tribals are the first natives of the region. Admittedly, this shared homeland has shrunk substantially in the distorted process of the socio-economic transformation of Assam during the colonial and post-colonial periods.

According to World Health Organization (WHO) traditional medicine or folk medicine as--

The sum total of the knowledge, skills, and practices on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.

Traditional medicines are also known as indigenous or folk medicine comprises medical aspects of traditional knowledge that developed over generation within various societies before the era of modern medicine.

Significance of the study

Traditional medicine in India is divided into codified (Ayurveda, Unani, Siddha, Amchi) and non-codified (folk medicine) systems. Both systems contribute equally to primary healthcare in India. All of India's traditional medical practices address the main health needs of around 70% of the population. The non-codified and codified systems of traditional medicine are equally responsible for managing primary healthcare. Traditional medicine's non-codified system is diverse, depending on geography, indigenous flora, and culture. The system varies by region and is known under many different names, including indigenous medicine, ethnomedicine, folk/folklore medicine, and others. This system is deteriorating over time due to a variety of issues. Thus, accurate documentation is required to preserve this ancient, uncoded traditional knowledge.

Objectives of the Study

1. To know the preparation process of Bodo traditional medicines
2. To study the uses of different folk medicines for curing various diseases

Methodology

In order to collect information on Bodo traditional medicines that are still widely used in villages of BTC, Assam, face to face interaction, observation of the preparation process of the medicines were adopted. The feedback of the users of the medicines was also gathered from the rural villages of Bhergaon Sub-division of Udalguri district of BTC, Assam. Secondary data were collected from the published articles, books, dissertations and thesis. Both open-ended and close-ended questionnaires were used for collecting data.

Findings and Discussions

Throughout history, the Bodo people have relied on herbal and folk medicines to heal numerous diseases. People collected therapeutic plants and species from nearby locations, including forests. The use of therapeutic plants varies based on ailment kind and individual understanding. The Bodos are renowned for their extensive knowledge of several flora. Traditional knowledge is gathered, enriched, and passed down over generations. There is no written documentation among the healers. Rural village communities have extensive knowledge of wild medicinal vegetables grown in their surroundings. The Bodo people lacked modern medical knowledge and healthcare services. Otherwise, they possessed more indigenous understanding of folk or herbal treatments. They used indigenous knowledge to cure diseases and save the lives of the impoverished in society.

The medicinal plants which are sources of empirical medicines are classified as under-

Table-1
(i) Mwigong/ Hagra Harini Muli Biphang (Herb types medicinal plant)

Sl. No.	Bodo names	Botanical names	Family	Parts used	Used in diseases
1.	<i>Jari (usumwi)</i>	<i>Spilanthus acmella</i> Linn	Asteraceae	Stems, shoots, leaves	Typhoid, cough, cold, pneumonia, fever etc.
2.	<i>Phudina</i>	<i>Mentha arvensis</i>	Lamiaceae	Leaves, stems, shoots	Vomiting, headache, whooping, cough, jaundice, blood purifying etc.
3.	<i>Manimuni phisa</i>	<i>Hydrocotyle rotundifolia</i> Roxb	Apiaceae	Whole part	Jaundice, chronic fever, pneumonia, typhoid, cough, stomach pain, anemia, dysentery etc
4.	<i>Manimuni gedir</i>	<i>Centella asiatica</i>	Apiaceae	Whole part	Typhoid, Jaundice, pneumonia, dysentery, cough, cold, fever, stomach disease, anemia etc.
5.	<i>Sona phuli</i>	<i>Hypericum japonicum</i>	Hypericaceae	Whole parts	Pneumonia, typhoid, Jaundice, cough, cold, fever, body ache, stomach problems etc.
6.	<i>Rupha phuli</i>	<i>Mazus rugosus</i> Louv.	Scrophulariaceae	Whole parts	Fever, cold, cough, chronic fever, Body ache, Jaundice, typhoid, pneumonia etc.
7.	<i>Maisundri</i>	<i>Houttuynia cordata</i>	Piperaceae	Whole parts	Common cold, cough, fever, typhoid, stomach pain, pneumonia.
8.	<i>Jolonga Balthu</i>	<i>Carthamus tinctorius</i> Linn	Asteraceae	Leaves, stems, shoots, flowers	Common cold, cough, fever, typhoid, body ache,
9.	<i>Buthua</i>	<i>Chenopodium album</i>	Chenopodiaceae	Whole parts	Worms destruction, dysentery, piles
10.	<i>Nasrai Khoro</i>	<i>Boeria articularis</i>	Rubiaceae	Whole parts	Abdomen pain, diarrhoea, breast milk increasing

11.	<i>Mande (Mandia)</i>	Impomoea aquatica	Convolvulaceae	Stems, shoots, leaves	Breast milk increase, sex weakness, skin disease
12.	<i>Alari Gwja</i>	Polygonum perfoliatum	Polygonaceae	Whole parts	Common cold, cough, fever, body ache, eye disease.
13.	<i>Helangsi mwigong</i>	Enhydra fluetuance	Composita Astaceae	Whole parts	Anemia, skin disease, eczema, cough, cold, itching, chicken pox
14.	<i>Mathigaldab</i>	Premna herbaceae	Verbenaceae	Whole parts	Jaundice, typhoid, cold, cough, fever
15.	<i>Sibru</i>	Lasia spinosa	Araceae	Whole parts	Typhoid, fever, cough, stomach disease.
16.	<i>Jwglaori</i>	Pychotria selhitensis	Rubiaceae	Leaves shoots	Typhoid, cough, fever, stomach disease, skin diseases.
17.	<i>Dao Meoai</i>	Bidem pilosa Linn	Asteraceae	Leaves shoots	Breast tonic, Bone fracture of chickens
18.	Laijabri	Drimeria Cordata	Caryophyllaceae	Whole parts	Cough, cold, flue, sinusitis
19.	Mwnamdar i	Homalomena cromatica	Aracea	Root, stems	Cough, cold, body ache, fever, typhoid, pneumonia.
20.	Laimwigon g	Brassica compestris	Crusifral brassicaceae	Leaves, stems, shoots	Cough, fever, flue, cold, headache, leprosy
21.	Brahmi	Bacopa monnieri pennel	Scrophulariaceae	Whole parts	Urinary troubles, brain tonic, blood purification.
22.	Khansisa	Leucas aspera spreng	Marsileaaceae	Leaves, stems, shoots	Typhoid, throat problems, cough, cold, pneumonia, worm, nose bleeding
23.	Singri	Oxalis acetosella L	Oxalidaceae	Whole parts	Stomach problems, weakness, scurvy
24.	Khuduna	Amaranthus spinosus	Amaranthaceae	Leaves, shoots, stems	Stomach problem, ant fertility, boils.
25.	Samu jigiri	Drymaria cordata wilds	Caryophyllaceae	Whole parts	Skin disease, swelling, stomach ringworm.
26.	Guma soulaigra	Euphorbia hirta linn	Euphorbiaceae	Whole parts	Dysentery, milk tonic, bowel, asthma, warts.

27.	Daosri Athing	Oldenlandia corymbosa	Rubiaceae	Whole parts	Typhoid, pneumonia, fever, cough, cold, flue.
28.	Na- khi	Stellaria media	Carryophyllaceae	Whole part	Bleeding control, wounds, cut etc, skin disease, snake bite etc.
29.	Daogang jwla	Eclipta alba	Asteraceae	Leaves, stems, shoots	Wounds, eye diseases
30.	Vringoraj	Wedelia calendulaneae	Asteraceae	Whole parts	Head ache, migraine
31.	Salkhungri	Aloe vera L	Liliaceae	Whole parts	Indigestion , skin burn, Jaundice, constipation, aliclatic, stomach problems etc
32.	Phurnoba (Laije)	Boehavia rapens	Nyetaginaceae	Whole parts	Cough, Asthma, cold, heart problems, urinary trouble, jaundice, swelling anemia.
33.	Shibing	Sesamum indicum	Pedaliaceae	Seeds, leaves, stems, roots	Boils, wounds, dysentery, weakness, rheumatism
34.	Bisailyakho roni	Polygonum cumbens	Polygonaceae	Whole parts	Bleeding, wounds, dysentery, boils, H.B.P. , T.B. body ache, skin disease etc.
35.	Saldaokhumwi (Bisdingkhi a)	Nephrodium cucallatum	Polypodiaceae	Whole parts	Blood dysentery, rheumatism, stomach worms etc.
36.	Khanari	Crinum asiaticum L.	Amaryllidaceae	Leaves	Body swelling, fracture, tonic, and laxative in biliousness.
37.	Tharai	Alpinia allughas	Zingiberaceae	Shoots, leaves, roots	Body ache, dysentery, stomach paining
38.	Methi	Trigonella foenum graecum	Umbelliferae	Whole parts	Boils, diabetes, gastric, H.B.P. cough, rheumatism, pain cholesterol, backache, body swelling, chronic, cold, typhoid, pneumonia etc.
39.	Elaisi Masala	Cardamom	Elletaria blowri bunda	Seeds, Leaves	Urinary, burning, sensation, Vomiting, sore throat, weakness.

40.	Anaros (Rwimali)	Anaras comosus L.	Brome liaceae	Leaves, fruits, roots	Constipation, killing worms, appetizer, urinary problems.
41.	Daosa mwkhreb	Mimasa pudica	Mimosa ceae	Whole parts	Jaundice, urinary, burning, tooth problems.
42.	Dubri hagra	Cynodon dactylonpers	Poaceae	Whole parts	Shuts bleeding, T.B. nose bleeding, vomiting, menstrual problems.
43.	Phathgaja	Bryo phylum calicinium	Crassu laceae	Leaves	Piles, urinary, burning, stomach paining, dysentery.
44.	Bwrma dari (onthai bajab)	Ageratum conizoides	Composit al (Asterace ae)	Leaves, shoots	Nose bleeding, blood purification
45.	Thulunsi	Ocimum basilicum	Lamiacea e	Whole parts	Cold, cough, flu, fever, stomach paining, body ache, indigestion, constipation, gastric, typhoid, pneumonia etc.
46.	Phanlu phisa (Phanlu phiringi)	Capsicum frutescens L.	Solanace ae	Fruits	Cough, cold, body ache, fever, flu, typhoid, pneumonia, body ache, tonsillitis, etc.
47.	Gwthwini Amlai	Phyllanthus niruri	Euphorbi a ceae	Whole parts	Sore eye, liver disorder, ulcer, wounds.
48.	Noljora	Equisetum debile	Equiseta ceae	Stems	Bone fracture, bone joining
49.	Chirotha gwkhha	Swertia chirata	Gentiana nceae	Whole part	Blood suger, malaria, chronic fever, skin disease etc.
50.	Adidiga	Cassia tora	Caesal piniaceae	Seeds, leaves	Ring worm, skin disease, eczema, diabetes etc.
51.	Gendi phul	Tagetes erecta	Asterace ae	Leaves	Wounds, insects biting, various vein cutting, etc
52.	Bamun mara	Sida cordifolia L.	Malva ceae	Stems, eaves, Shoots	Jaundice, bronchitis, dysentery, paralysis etc.
53.	Bamun mara	Sida cordifolia L.	Malva ceae	Stems, eaves, shoots	Jaundice, bronchitis, dysentery, paralysis etc.

Table-2
Thubja Harini Muli Biphang (Shrub types medicinal plant)

1	<i>Barsikhi</i>	Phlogocenthus thyrtifolia	Acanthaceae	Roots, flowers, leaves	Cough, cold, Eczema, sex weakness, diabetes, skin disease, fever.
2	<i>Nwrsing</i>	Murraya Koenigii (L.) spreng	Rutaceae	Leaves, shoots	Stomach disease, typhoid, cough, cold, indigestion.
3	<i>Phul Daodwi</i>	Tabernaemontana divericata Br.	Apocynaceae	Flowers, leaves	Eye sore, eye problems.
4	<i>Nephaphul</i>	Clerodendron colebrookianum walp	Verbenaceae	Leaves	High blood pressure, dysentery, heart disease, abdominal pain etc.
5	<i>Bon khokhling</i>	Vitex negundo linn	Verbenaceae	Leaves	Rheumatism, cold, fever, swelling, worms killing, cough, body ache etc.
6	<i>Mwkhwna</i>	Clerodendron infortunatum L.	Verbenaceae	Whole parts	Dysentery, skin diseases, menstrual problems etc.
7	<i>Jathrashi</i>	Jastica gendrarrussa L.	Acanthaceae	Leaves, shoots, roots	Jaundice, cough, asthma, bronchitis, head ache, skin disease.
8	<i>Sijou</i>	Euphorbia nerifolia L.	Euphorbiaceae	Leaves	Milk tonic, chronic malaria
9	<i>Duthura</i>	Datura stramonium L.	Solanaceae	Whole parts	Tooth ache, body ache, dog bite etc.
10	<i>Endi Biphang</i>	Ricinus communis	Euphorbiaceae	Whole parts	Tooth ache, swelling, body ache, rheumatism etc.
11	<i>Ashok phul</i>	Ixora coccinea Linn	Rubiaceae	Leaves, roots, shoots	Stomach worms, urinary trouble, menstruation troubles
12	<i>Phisa gabkho</i>	Crotalaria striata	Fabaceae	Roots, leaves	Flatulence, dysentery
13	<i>Jabrang</i>	Xanthoxylum phesta	Rataceae	Seeds, fruits	Typhoid, cough, cold, enlarged spleen etc

				, leaves, roots	
14	<i>Phanthao goglong</i>	<i>Solanum torvum swartz</i>	Solana ceae	Roots, leaves, fruits	Small pox, boils, tonsillitis, cold, cough, typhoid.
15	<i>Khoma Biphang</i>	<i>Laportea crenulata goud</i>	Urticaceae	Roots	Cold, cough, fever, rheumatism.
16	<i>Shephali</i>	<i>Nyctanthes arbortristis</i>	Oleaceae	Leaves, flowers, fruits	Chest pain, worm killing, stomach diseases

17	<i>Dalim Biphang</i>	<i>Punica granatum Linn</i>	Lythraceae	Leaves, barks, fruits, seeds	Fever, throat problems, worm, weakness etc.
18	<i>Joba phul</i>	<i>Hibiscus rosa-sinensis L.</i>	Malvaceae	Leaves, flowers, roots	Menstrual trouble, liver tonic, cough, cold, etc
19	<i>Oma Mekhla</i>	<i>Litsea Salicifolia Linn</i>	Fabaceae	Fruits, barks, leaves	Body pain, wound, cat bite etc
20	<i>Phathw gwkhla</i>	<i>Corchorus capsularis</i>	Tiliaceae	Leaves	Head ache, worm killing, flatulence, dysentery, skin disease, stomach pain.
21	<i>Mwithru (Mwdwmp h ul)</i>	<i>Carica papaya</i>	Euphorbi a ceae	Whole parts	Stomach pain, flatulent, gastric, constipation.
22	<i>Gongar thaisib</i>	<i>Morus indica</i>	Moraceae	Whole parts	Jaundice, skin disease
23	<i>Adumbra</i>	<i>Ficus glomeratus</i>	Moraceae	Tender shoots, leaves	Decreasing new born mother's milk
24	<i>Mwsa megon</i>	<i>Hibiscus pungens</i>	Malva ceae	Roots, barks	Menstrual irregularity, genetic weak, pain
25	<i>Hukhen Biphang</i>	<i>Flueggea virosa</i>	Euphorbi a ceae	Leaves	Wounds, boils, skin disease, chicken pox etc.
26	<i>Gwgwndi</i>	<i>Calotropis gigantia</i>	Asclepedia ceae	Leaves, flowers	Rheumatic pain, body pain, skin disease, intestinal worms, dysentery etc.

27	<i>Kharo Khandai</i>	<i>Oxylum indicum</i>	Dilleniaceae	Whole parts	Jaundice, stomach trouble, liver trouble, boils, malaria, chronic fever, skin disease.
28	<i>Sojna</i>	<i>Maringa alcofera</i>	Moringaceae	Barks, leaves, fruits	Wounds, skin disease, weakness, tooth trouble.
29	<i>Somfram</i>	<i>Psidium guyava</i>	Myrtaceae	Barks, leaves, stems	Flatulence, dysentery, stomach trouble.
30	<i>Bokphul</i>	<i>Sesbania grandiflora</i>	Fabaceae	Leaves, flowers	Cough, cold, fever.
31	<i>Neem Biphang</i>	<i>Azadirachta indica jass</i>	Meliaceae	Whole parts	Stomach ache, threadworm, body ache, fever, skin disease, chicken pox.
32	<i>Khunthai</i>	<i>Solanum toivum swartz</i>	Solanaceae	Leaves, roots, fruits	Cough, asthma, spleen enlargement.
33	<i>Anda</i>	<i>Jatropha curcus L.</i>	Euphorbiaceae	Leaves, barks, stems	Scabies, eczema, itching, tooth ache etc.
34	<i>Nareng lebu</i>	<i>Citrus paradi</i>	Rutaceae	Fruits, leaves, roots.	Dysentery, stomach trouble, wounds, constipation etc.

Table – 3

Bendwng Harini Muli Biphang (Climber typs medicinal plant)

1	<i>Khiphi bendwng</i>	<i>Paederia foetida L.</i>	Rubiceae	Whole parts	Constipation, fever, cold, dysentery, diarrhoea.
2	<i>Pharoukhia</i>	<i>Hemidesmus indicus</i>	Asclepiadaceae	Leaves, stems	Increasing mother's milk, weakness
3	<i>Mwiphrai</i>	<i>Basella rubra</i>	Basellaceae	Stems, leaves, shoots	Constipation, piles, body ache etc.
4	<i>Dousrem</i>	<i>Vitis rependa</i>	Vitaceae	Leaves, stems, shoots	Indigestion, urinary burning etc.

5	<i>Jathi - Jaluk</i>	Piper nigrum	Pipera ceae	Seeds	Cough, cold, flu, typhoid, pneumonia, fever etc.
6	<i>Harajora</i>	Muchlenbeckia	Polygona ceae	Stems	Bone fracture rejoining, swelling.
7	<i>Oporajita</i>	Clitoria ternatea	Papilion aceae	Whole parts	Body ache, rheumatism, constipation, stomach trouble etc.
8	<i>Bendwng gwmw</i>	Cuscuta reflexa Roxb	cuscutace a e	Whole parts	Jaundice, eye disease, skin disease.
9	<i>Phenel khuga</i>	Stephania glandulifera	Menisper maceae	Leaves	Jaundice, cough, cold, fever, skin, pimples, wounds.
10	<i>Kherela (Udashi)</i>	Momordica charantia	Cucurbita ceae	Leaves, fruits	Worm killing, nose bleeding, diabetes etc.
11	<i>Phathwi</i>	Piper betel	Piperaceae	Leaves, roots	Piles and anus trouble.
12	<i>Mwikhi</i>	Begonia semperflorens	Bignoniaceae	Whole parts	Wounds, boils, stomach pain, dysentery, flatulence etc.
13	<i>Simpfri</i>	Piper longum linn	Piperaceae	Fruits, stems	Jaundice, pneumonia, fever, cough, cold, rheumatism.
14	<i>Daokha Khamphla i</i>	Citrus colocythis	Cucur bitaceae	Roots, leaves, fruits	Skin diseases, rheumatism, joint pain, boils etc.

Table-4
Geder Harini Muli Biphang (Big types medicinal tree)

1	<i>Silikha</i>	Terminalia chebula	Combretaceae	Leaves, fruits	Cough, cold, rheumatism, stomach problems, gastric etc.
2	<i>Baora</i>	Terminalia chebula	Combretaceae	Barks, fruits, leaves	Body swelling, gastric, acidity, flatulence
3	<i>Phakhri</i>	Ficus religiosa	Moraceae	Leaves, barks, fruits	Rheumatism, stomach trouble, boils, sex weakness.
4	<i>Behel</i>	Aegle marmelos cor	Rutaceae	Leaves, fruits	Constipation, liver disorder, flatulent etc.
5	<i>Sumli</i>	Bombax Ceiba	Malvaceae	Roots, flowers, barks	Burning, enlargement of splint, swelling,

					black spot.
6	<i>Thaigir</i>	Dillenia indica	Dilleniaaceae	Fruits, leaves	Boils, cough, flu, liver, weakness, eye disease.
7	<i>Rudrax</i>	Elacocarpus ganitrus	Elaeocarpaceae	Leaves, fruits, barks	Cough, cold, boils, eye disease etc.
8	<i>Thenthlang</i>	Tamarind indica	Fabaceae	Fruits, leaves	Control high B.P. gastric, flatulence.
9	<i>Thaigou</i>	Mangifera indica	Anacardiaceae	Barks, fruits, seeds, leaves	Flatulence, dysentery, indigestion irritation, spleen enlargement.
10	<i>Sonalu Biphang</i>	Cassia fistula	Leguminosae	Fruits, leaves	Burning sensation, mouth disease.
11	<i>Amlai</i>	Phyllanthus emblica	Euphorbiaceae	Fruits, leaves	Diabetes, eye disease constipation, hair falling etc.
12	<i>Thaisuri</i>	Spondias pinnata(L.f.) kurz	Family Anacardiaceae	Leaves, Barks, fruits, shoots	Dysentery, rheumatism, menstrual problems, stomach problem, sore throat

13	<i>Arjun</i>	Terminalia arjuna	Combretaceae	Whole parts	Ulcer, stomach trouble, flatulence, sores, heart problems, asthma, gastric
14	<i>Khwardwin ga</i>	Averrhoa carambola	Oxalidaceae	Leaves, fruits	Jaundice, chicken pox, influenza, ring worms, scabies etc.

Table- 5

Bedor thangra Harini Muli Biphang (Rhizomeous types medicinal plant)

1	<i>Thaso</i>	Colocasia esculenta	Araceae	Whole parts	Cough, cold, anemia, typhoid, milk tonic, urinary burning sensation, cancer etc.
2	<i>Sonferager</i>	Kaempferia galanga	Zingiberaceae	Rhizomes	Flatulence, stomach trouble, acidity, cough, cold, fever.
	<i>Sambr</i>				Cold, cough, flu, fever, rheumatism, insects biting, body ache, head ache,

3	<i>a m guphur</i>	Allium sativum	Liliaceae	Rhizomes, leaves	pneumonia, whooping cough, high B.P. asthma, indigestion, worms killing etc.
4	<i>Sambra m gwja</i>	Allium cepa	Liliaceae	Leaves, rhizomes	Insects biting, sex weakness etc.
5	<i>Khathri gwsww</i>	Curcuma cassia	Zingiberaceae	Rhizomes	Flatulence, diarrhoea, stomach pain, constipation, vomiting.
6	<i>Haijeng</i>	Zingiber officinalis	Zingiberaceae	Rhizomes, leaves	Cough, cold, fever, rheumatism, flatulence, vomiting, body ache, tonsillitis, indigestion etc.
7	<i>Haldwi</i>	Curcuma longa	Zingiberaceae	Rhizomes, leaves	Worms killing, rheumatism, body swelling, stomach pain, white spots, flatulence etc.
8	<i>Bose</i>	Acorus calamus Linn	Araceae	Rhizomes, leaves	Snake bite, skin disease, rumoring, dandruff, brain tonic, infection etc.

Table-6
Gwjou Harini Muli Biphang (High types medicinal plant)

1	<i>Thalir Athia</i>	Musa gigantea duthie	Musaceae	Flowers, roots, fruits	Low blood pressure, weakness, anemia, burning, wounds, piles, urinary problems, kidney stone, dysentery, diarrhoea, menstrual trouble etc.
2	<i>Goi Biphang</i>	Areca catechu	Arecaceae	Leaves, fruits, roots	Indigestion, mouth smelling, asthma, whooping, cough.
3	<i>Oua Biphang</i>	Bambusa tulda roxb	Poaceae	Roots, leaves, tender stems, shoots	Tooth problems, flow of urine, cough, chest pain, fever, blood urine, milk tonic etc.

These collected raw materials of empirical medicines are classified into six categories. There are 52

types of medicinal plants or species which are herb type medicinal plants and 34 species are shrub types, 14 species are climber types, 14 species of big types, 8 species are rhizomeous types and 3 are high types. There are about 125 medicinal plants or species collected from different study areas. The herbal medicine or empirical medicine are prepared from the raw materials of plants parts like leaves, barks, roots, shoots, stems, seeds, flowers and rhizomes by the traditional healers.

The empirical herbal medicines are prepared by the traditional healers or some experienced persons to cure various ailments. These medicines are prepared using different methods or systems like grinding, crushing, extracting, squeezing, boiling, decocting etc. by using different medicinal plants parts. The Bodo *Ojas* traditionally prepared these medicines and used to cure various ailments or diseases from immemorial days. The preparation methods or systems of empirical medicine by traditional healers or practitioner are discussed below in details:

Process of preparation Uses of the Bodo Folk Medicines

- a) **Bori Muli (pills):** Collecting different medicinal plant's leaves, seeds, barks, fruits, stems, shoots, roots, rhizomes are grinded together in a grinder and little water or honey or gur (sugar cane) is mixed and prepared Bori (pills) in equal size of a pea seed. These tablets or pills are given to dry in the sun light and kept in a dry bottle. This way the pills of jaundice, typhoid, pneumonia, cough, cold, body pain etc. are prepared.
- b) **Muli Gundwi (powder):** Plant's parts like barks, leaves, seeds, fruits, stems etc. are collected from nature and are given to dry in the sun light. These dried materials are grinded and sieved with a sieve then prepared a medicinal powder. It is kept in a dry and clean bottle covering the mouth of the bottle lightly. This prepared powder is used in different ailments mixing with water, milk, honey, gur, etc. This way powder of wounds, ulcer, body ache, rheumatism, flatulence, gastric etc. are prepared.
- c) **Runai Muli (Decoction):** Runai Muli or decoction medicine is prepared decocting the raw medicines which are collected from different medicinal plants. The different plant's parts like leaves, barks, stems etc. are boiled with water. The decoction medicinal water is given to dry in to 1:4 portion and filtered with clean cloth. This decocted medicine is kept in clean container or bottle and given to use in various diseases. About 50/60 gm with medicines would be decocted about two glass of water and used in different ailments like jaundice, malaria, typhoid, cough, cold, stomach problems, etc.
- d) **Tonic Muli (Aristam):** Collecting different plants parts like leaves, barks, flowers, stems are taken same portion and mixed with sugar or gur, then it is kept in a earthen pot or bottle of a glass blocking the knob tightly. It is warmed in the sun light up to 30/40 days. The decoction or medicinal powder is mixed with gur and kept up 3/6 months in a earthen pot to prepare tonic or medicine. The medicinal mixture of the pot is filtered and kept in clean container. The traditional healers or experienced persons prepare various types of tonics like brain tonic, liver tonic, skin tonic etc.
- e) **Nanai thao malish (medicated oil):** Collecting different plants such as barks, flowers, seeds, leaves, fruits are grinded together in a grinder. The grinded material is boiled with water. The medicine and water must be in the ratio of 1:3 portion. During the time of boiling oil must be given then dried with fire's flame. These herbal medicines should be filtered with clean cloth and kept in a bottle. Thus, medicinal oil is prepared and used to prevent ailments as rheumatism, body ache, head ache, body swelling, wounds, skin disease etc.
- f) **Dwilao muli (Infusion):** The medicinal powder or grinded medicine is put in boiling water. The

grinded medicines should be more than water. After a while the boiling medicinal water is cooled and filtered with clean cloth. After that it is kept in clean container. Later it is used to treat different diseases. Otherwise, the grinded raw medicine is taken in a glass of water for whole night and the next day the added water is filtered and used for curing disease. The infusion of herbal medicine is used in some common diseases like-flatulence, cough, cold, flu, stomach diseases etc.

- g) **Voron Muli (paste):** Leaves, barks, seeds, fruits, stems, rhizomes etc. of medicinal plants are grinded in a grinder or pestle adding little water. The grinded herbal medicines should be wet. The grinded dry powder medicine is prepared paste adding with water. This paste medicines are used in various common diseases like- head ache, body swelling, bone fracture, wounds, body ache, etc.
- h) **Muli Rwsai (Juice):** Medicinal plants parts like barks, leaves, flowers, fruits, stems, rhizomes are collected from nature. These collected medicinal materials are washed with water and crushed in a grinder. The juice is extracted squeezing about 10/15ml and mixed with water then filtered with clean cloth and prepared medicinal juice. Medicinal juice is used in various diseases as jaundice, malaria, stomach disease, typhoid, cough, cold, fever, skin diseases etc.
- i) **Rubrenai Muli (confection):** Different parts of plants as leaves, stems, shoots, roots, rhizomes etc. are boiled with water and gur. These all ingredients are boiled for a while. Later it is dried in the fire burn then kept in a clean bottle and used in different diseases.

Empirical medicines or herbal remedies are made from raw medicinal herbs. These are collected from our surroundings, such as agricultural fields, river banks, and damp locations, and then manufactured into empirical medicines utilising a variety of procedures. These prepared empirical remedies are utilised in health treatment by Bodo traditional healers, known as *Ojas*. Traditional healers typically utilised empirical medicines to cure natural diseases.

Conclusion

The Bodos have a vibrant culture, customs, ceremonies, rituals, faiths, and traditional medicinal practices. Their activities include a variety of ceremonies and rituals, including as prayer and the sacrifice of chickens, pigeons, and goats. They provide numerous offerings to the gods and goddesses in order to please them. They think that if the deities are satisfied, they would be able to live in peace and without suffering. Traditional remedies are practiced by many traditional healers based on their religious beliefs. Some traditional healers or Ojas practise purely natural medicine, while others practise magico-religious medicine, and yet others do both. In Bodo society, diseases are classified into two groups. The first is natural maladies such as jaundice, typhoid, malaria, cough, cold, flu, rheumatism, and so on, while the second is magical religious ailments. Magico-religious ailments are also known as evil-affected ailments, such as Mwdai ornai (affected by deities), Sokhor (Sokhro) ornai (affected by Sokhor deities), Bar Gagrinnangnai (affected by bad air), Khuga nangnai (curse of anyone), Khethro nangnai (fear and frightened), and so on.

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List of Informants

1. Deben Boro, Age- 63, village- Batakuchi, occupation- cultivator and preacher of Bathou religion, Udalguri district.
2. Nirmol Boro, Age- 70, village- Dhubguri, Tangla, occupation- cultivator, advisor of Bathou religion, Tangla Anchalik
3. Jehiskel Daimari, Age-47, Occupation- Religious Preacher, Advisor of BBC, Udalguri.
4. Carlus Narzari, Age- 48, Occupation- Businessman, religious leader (General Secretary, Udalguri Town Mandali, Catholic Church)
5. Kamakhya Brahma, Age- 52, Occupation- Subject Teacher, Brahma samaj leader
6. Poten Basumatary, Age- 54, Occupation- Clerk in Agriculture Department, President in charge, Bodo Sahitya Sabha, Udalguri district.
7. Rusel Basumatary, Village- Landa Chuburi, Harisingha, Brahma Religious leader.
8. Jawaharlal Brahma, Village- Bwigriguri, Udalguri, Occupation- Udalguri Brahma Dharma Pracharak.