

PEOPLE'S BIODIVERSITY REGISTER

SOUTH PHAILENG

Compiled by
Members of Biodiversity Management Committee, South Phaileng
&
Mizoram State Biodiversity Board
Office of Chief Wildlife Warden
Environment, Forest & Climate Change Department
MINECO, Khatla, Aizawl
Mizoram

PART – I

1. The Biological Diversity Act, 2002 & Rules, 2004

The Biological Diversity Act, 2002 (No. 18 of 2003) was notified by the Government of India on 5th February, 2003. The Act extends to the whole of India and reaffirms the sovereign rights of the country over its biological resources. Subsequently the Government of India published Biological Diversity Rules, 2004 (15th April, 2004). The Rules under section 22 states that 'every local body shall constitute a Biodiversity Management Committee (BMC) within its area of jurisdiction'.

2. People's Biodiversity Registers and role of the Biodiversity Management Committee

The mandate of the Biodiversity Management Committee has been clearly highlighted in the Biological Diversity Rules 2002 as follows:

- The main function of the BMC is to prepare People's Biodiversity Register in consultation with the local people. The register shall contain comprehensive information on availability and knowledge of local biological resources, their medicinal or any other use.
- The other functions of the BMC are to advice on any matter referred to it by the State Biodiversity Board or Authority for granting approval, to maintain data about local vairs and practitioners using the biological resources.
- The Authority shall take steps to specify the form of People's Biodiversity Registers, and the particulars it shall contain and the format for electronic database.
- The Authority and the State Biodiversity Boards shall provide guidance and technical support to the Biodiversity Management Committees for preparing People's Biodiversity Register.
- The People's Biodiversity Registers shall be maintained and validated by the Biodiversity Management Committees.

3. People's Biodiversity Registers and role of National Biodiversity Authority (NBA)

The National Biodiversity Authority shall provide guidance and technical support to the Biodiversity Management Committee (BMC) for preparing People's Biodiversity Register.

People's Biodiversity Registers and the role of State Biodiversity Board (SBB)

The State Biodiversity Board (SBB) would provide necessary training to the technical Support Group (TSG) of the district and enable smooth functioning and aid in networking for creation and maintenance of People's Biodiversity Registers (PBR).

People's Biodiversity Registers and Role of the Technical Support Group (TSG)

The Technical Support Group (TSG) will consist of experts from various disciplines and line departments, universities, research institutes, colleges and schools and non-governmental organizations. The Technical Support Group will provide technical inputs and advice to the BMC's on identification of

plants and animals, monitor and evaluate the PBR exercise, examine confidential information and advice on legal protection, maintain a database of local and external experts on biodiversity.

4. People's Biodiversity Registers (PBR)

Being a mega biodiverse country, India is very rich in biological and cultural diversity. It is also a home of many tribal groups, pursuing different kinds of nature based livelihoods. In addition, a large number of farming, fishing communities, and nomadic group possessed traditional knowledge of varying degrees. The development of modern science and technology in biotechnology and information technologies have increased the value of biodiversity and associated knowledge including traditional knowledge (TK). The growing importance of biodiversity, bio-resources and associated knowledge is fairly well understood. The first step towards conservation is sustainable utilization of biodiversity and its documentation. Biodiversity and associated knowledge is found in different ecosystems under different legal management regimes and hence the results and the manner of documentation will also differ.

The present manual guidelines have been drafted taking into consideration different ecosystems and include the rural, urban and protected areas. The guidelines may be customized and further information may be added to enrich the effort. It is important to keep in mind some of the issues related to PBRs:

- It is to be undertaken in a participatory mode involving varying sections of village society
- While documenting the PBR, knowledge and views of both genders are to be recorded
- Information's provided by the community should be collated, analyzed and crosschecked by the members of the Technical Support group (TSG) before documentation
- PBR is important base document in the legal arena as evidence of prior knowledge and hence careful documentation is necessary
- The document should be endorsed by the BMC and later publicized in the Gram Sabha/Grma Panchayat/Panchayat Samiti. The document can be a very useful tool in the management and sustainable use of bio-resources. The document can also be a very useful teaching tool for teaching environmental studies at schools, colleges and university level.
- The document should be periodically updated with the additional and new information as and when generated.

4.1 The PBR Process

The preparation of People's Biodiversity registers (PBR) involves the active support and cooperation of a large number of people who need to share their common as well as knowledge (traditional knowledge). The first and foremost important task for preparing a PBR is organizing a group meeting to explain the objectives and purpose of the exercise. Different social groups in the village need to be identified for purpose of data collection from those groups. In an urban situation, spots where biodiversity are important need to be identified for the purpose of the study and documentation. The

documentation process includes information gathered from individuals through detailed questionnaire; focused group discussion with person's having knowledge and published secondary information.

4.2 Documentation and Traditional Knowledge (TK) related to biodiversity

Documentation of knowledge of individuals with regard to biodiversity and its uses is an important part of PBR. Every effort should be made to identify the persons with proven knowledge of local biodiversity; special attention should be given to the elderly persons who can also provide information on the biodiversity which was available in the past but no longer seen at present. In some cases focus group discussion may be held for the purpose of documentation.

4.3 PBR Methodology

The PBR is a participatory process requiring intensive and extensive consultation with the people. The objectives and purpose is to be explained in a group meeting in the presence of all sections of people in the Panchayat, members of the BMC, students, knowledgeable individuals and those interested in the effort. Documentation includes photographs (including digital images), drawings, audio and video recordings and other records like printed material.

4.4 Process in PBR Preparation

- Step I** : Formation of Biodiversity Management Committee (BMC)
- Step II** : Sensitization of the community/local people about the study, survey and possible management
- Step III** : Training of members in identification and collection of data on biological resources and traditional knowledge
- Step IV** : Collection of data. Data collections includes review of literature on the natural resources of the districts, Participatory Rural Appraisal (PRAs) at village level, household interviews, individual interviews with village leaders and knowledgeable individuals, household heads, key actors of the panchayat raj institutions and NGOs and direct field observations
- Step V** : Analysis and validation of data in consultation with technical support group and BMC
- Step VI:** Preparation of People's Biodiversity Register (PBR)
- Step VII** : Computerization of information and resources.

General Details of People's Biodiversity Register (PBR) of South Phaileng

Name of the village	:	South Phaileng
Block	:	Hnahthial
District	:	Hnahthial
State	:	Mizoram
Geographical Area of the Panchayat Samity	:	10 Sq.kms
Population under the Panchayat Samity	:	308
Male	:	150
Female	:	158
Habitat and Topography	:	Tropical evergreen forest, Hilly terrain
Climate (Rainfall, Temperature and other weather patterns)	:	12°C-38°C temp; 1033-3000 mm rainfall
Land use (Nine fold classification available with village records)	:	Agriculture/Farming
Date, Month and Year of PBR preparation	:	October – November 2022
Management Regime: Reserve Forests (RF)/ Joint Management (JM)/Protected areas (PA)/ Community Owned and Managed Forests (COM)	:	Community Owned and Managed Forest

Annexure I

Details of the BMC members of the Panchayat (One elected chairperson and six persons nominated by the local body; not less than one third to be women and not less than 18% belonging to SC/ST)

- | | | | | | |
|-----------|------------------------|-------------------|-----------|------------------------|------------------------|
| 1. | Name of the Chairman | : Lalmuankima | 2. | Name | : Jordan Hmangaihzuala |
| | Age | : 38 | | Age | : 36 |
| | Gender | : Male | | Gender | : Male |
| | Address | : South Phaileng | | Address | : South Phaileng |
| | Area of specialization | : Cultivator | | Area of specialization | : Cultivator |
| 3. | Name | : Zodingpuii | 4. | Name | : ZD Lalhmingmawia |
| | Age | : 33 | | Age | : 45 |
| | Gender | : Female | | Gender | : Male |
| | Address | :South Phaileng | | Address | :South Phaileng |
| | Area of specialization | : Cultivator | | Area of specialization | : Cultivator |
| 5. | Name | : Krismasthangi | 6. | Name | : C. Lalhmingliana |
| | Age | : 39 | | Age | : 48 |
| | Gender | : Female | | Gender | : Male |
| | Address | : South Phaileng | | Address | : South Phaileng |
| | Area of specialization | : Cultivator | | Area of specialization | : Cultivator |
| 7. | Name | : C. Lalmachhuana | | | |
| | Age | : 39 | | | |
| | Gender | : Male | | | |
| | Address | : South Phaileng | | | |
| | Area of specialization | : Cultivator | | | |

Annexure II

List of Vaid, hakims and traditional healthcare (human and livestock) practitioners residing and or using biological resources occurring within the jurisdiction of the village.

Name : **NIL**
Age :
Gender :
Address :
Area of specialization :
Location from which the person
accesses biological material :
Perception of the practitioner
on the resource status :

Annexure III

List of individuals perceived by the villagers to possess Traditional knowledge (TK) related to biodiversity in agriculture, fisheries and forestry.

Name : **NIL**
Age :
Gender :
Address :
Area of Specialization :

Annexure

Details of schools, colleges, departments, universities, government institutions, non-governmental organization and individuals involved in the preparation of the PBR

- 1) Contact Person : Dr. Lalneihpuia Chhakchhuak
Name and Address : Technical Assistant
Mizoram State Biodiversity Board
- 2) Contact Person : Derrick Zothanmawia
Name and Address : Computer Assistant
Mizoram State Biodiversity Board

PART - II

AGROBIODIVERSITY

Format 1 : Crop Plants

1 Crop	2 Scientific Name	3 Local Name	4 Variety	5 Landscape/ Habitat	6 Approx. area sown	7 Local Status	
						Past	Present
						Turmeric	<i>Curcuma longa</i>
Mustard	<i>Brassica rapa</i>	Antam	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Para cress	<i>Acmella paniculata</i>	Ankasa	Local	Hilly terrain, Jhum land	-do-	Plenty	Abundant
Deccan hemp	<i>Hibiscus cannabinus</i>	Anthur	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
White or winged yam	<i>Dioscorea alata</i>	Bachhîm	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
Wild coriander	<i>Eryngium foetidum</i>	Bahkhawr	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Perennial herb	<i>Colocasia sp.</i>	Baibing	Local	Hilly terrain, Jhum land	-do-	Inadequate	Inadequate
Yam	<i>Colocasia esculenta</i>	Bal	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Egg Plant	<i>Solanum melongena</i>	Bawkbawn	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Lady's Finger	<i>Abelmoschus esculentus</i>	Bawrh Saiabe	Local	Hilly terrain, Jhum land	-do-	Inadequate	Abundant
Bean	<i>Phaseolus vulgaris</i>	Bean	Local	Hilly terrain, Jhum land	-do-	Inadequate	Abundant
Cow Pea	<i>Vigna unguiculata</i>	Behlawi	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Pigeon pea	<i>Cajanus cajan</i>	Behliang	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
Soyabean	<i>Glycine max</i>	Bekang	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
Winged bean	<i>Psochocarpus tetragonolobus</i>	Bepawr	Local	Hilly terrain, Jhum land	-do-	Inadequate	Inadequate
Hyacinth bean	<i>Lalab pupereus</i>	Bepui	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
Snake gourd	<i>Trichosanthes anguina</i>	Berul	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Climber	<i>Pisum sativum</i>	Bete	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
Rice	<i>Oryza Sativa</i>	Buh	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Bitter Gourd	<i>Momordica charantia</i>	Changkha	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Sesame	<i>Sorghum cernuum</i>	Chhawchhi	Local	Hilly terrain, Jhum land	-do-	Abundant	Reduced
Watermelon	<i>Citrullus lanatus</i>	Dawnfawh	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
Coriander	<i>Coriandrum sativa</i>	Dhania	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Cucumber	<i>Cucumis sativa</i>	Fanghma	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Broad or sword bean	<i>Canavalia ensiformis</i>	Fangra	Local	Hilly terrain, Jhum land	-do-	Inadequate	Inadequate
Chilli	<i>Capsicum annuum</i>	Hmarchapui	Local	Hilly terrain, Jhum land	-do-	Less frequent	Abundant
Birds Eye Chilli	<i>Capsicum frutescens</i>	Hmarchate	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Squash	<i>Sechium edule</i>	Iskut	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Roselle	<i>Hibiscus sabdariffa</i>	Lakher anthur	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Aromatic herb	<i>Elsholtzia communis</i>	Lengser	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
Pumkin	<i>Cucurbita maxima</i>	Maian	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Ash gourd	<i>Benincasa hispida</i>	Maipawl	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
Spiny bitter tomato	<i>Momordica cochincinensis</i>	Maitamtawk	Local	Hilly terrain, Jhum land	-do-	Inadequate	Inadequate
Mula	<i>Raphanus sativas</i>	Mula	Local	Hilly terrain, Jhum land	-do-	Less frequent	Abundant
Tapioca	<i>Manihot esculenta</i>	Pangbal	Local	Hilly terrain, Jhum land	-do-		

Wild celery	<i>Trachyspermum roxburghianum</i>	Pardi	Local	Hilly terrain, Jhum land	-do-	Less frequent	Less frequent
East Indian Glory Bower	<i>Clerodendrum colebrookianum</i>	Phuihnam	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Spring Onion	<i>Allium fistulosum</i>	Purun	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Wild basil	<i>Ocimum americanum</i>	Runhmui	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Bitter Egg Plant	<i>Solanum aethiopicum</i>	Samtawk	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Ginger	<i>Zingiber officinale</i>	Sawhthing	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Tomato	<i>Solanum lycopersicum</i>	Tomato	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Maize	<i>Zea mays</i>	Vaimim	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Stink bean	<i>Parkia speciosa</i>	Zawngtah	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Cabbage	<i>Brassica oleracea var. capitata</i>	Zikhlum	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant

8	9	10	11	12	13	14
Special Features	Cropping Season	Uses	Associated TK	Other Details	Source of Seeds /Plants	Community Knowledge Holder
Rhizome is used as condiment	Mar-April	Edible	Infusion of rhizomes for pregnancy fever, sore gums, stomach problems and dysentery. Ground rhizomes mixed with honey and Gooseberry can be used for any urinary or kidney problems. Decoction of ground rhizomes taken orally for cholera, ground rhizome mixed with crab taken for asthma. Rhizome with calcium carbonate applied on inflammatory gland, rhizome alone applied on cuts and wounds as haemostatic, ringworm and scabies. Juice of the ground rhizome mixed with 1 tea cup of milk taken for bronchitis. Juice of the crushed rhizome mixed with honey taken for chronic cough and jaundice. Rhizomes applied directly on snake bites	-	Local	Mizo
Young leaves are eaten as vegetables	Whole year	Edible	Oils from the seeds are applied for headache, goiter, skin diseases and eye problems. It is also given to pregnant women in order to prevent early sicknesses of the child to be born	-	Local	Mizo
Leaves and stems as vegetables	Mar-April	Edible	Flowers are chewed to relieve toothache and affections of the gum and throat	-	Local	Mizo
Leaves are eaten as vegetable	Mar-April	Edible	Leaves are used diuretic, sedative and refrigerant	-	Local	Mizo
Tuber is anthelmintic, tubers and bubils are used as vegetables	Mar-April	Edible	Tuber is used for treating cancer, piles, and gonorrhoea	-	Local	Mizo
Leaves are used for food seasoning	Mar-April	Edible	Leaves are used for expulsion of threadworms from the body, as a remedy for food poisoning. Roots and leaves are boiled and the water is drunk for malarial fever, diabetes, pneumonia, and constipation	-	Local	Mizo
Spadix are cooked as vegetables	Mar-April	Edible	The plant is freshly cut open and the latex in no maximum amount is applied on snake bites	-	Local	Mizo
Corm, stem and	Mar-April	Edible	Acrid juice is applied to wounds and bee sting	-	Local	Mizo

young are eaten as vegetables, and for fodder							
Unripe fruit as vegetables	Mar-April	Edible	Eating smoked fruits are used to treat typhoid	-	Local	Mizo	
Unripe fruit as vegetables	Mar-May	Edible	Drinking cut fruit soaked in water overnight is used to control diabetes	-	Local	Mizo	
Green immature pods are eaten as vegetables	Whole year	Edible	Used for diarrhea, dysentery, burns, diabetes, rheumatism, sciatica, etc	-	Local	Mizo	
Tender leaves, pods and seeds as vegetable	Whole year	Edible	Seed is useful to strengthen stomach and kills worm in the stomach	-	Local	Mizo	
Pods as vegetable, yellow seeds as pulse	Whole year	Edible	Juice of crushed leaves is used against diarrhoea, stomach-ache	-	Local	Mizo	
Seeds are edible rich in protein, oils and minerals	June-Aug	Edible	Seeds are cooked, fermented and eaten as delicacies (called Bekang , famous Mizo traditional dish). The grains are cooked and the cooked water is taken as a tonic very rich in protein. Taken as a vegetable	-	Local	Mizo	
Young pods, seeds as vegetable	Mar-April	Edible	Juice of crushed leaves is used for diarrhoea, stomach-ache	-	Local	Mizo	
Young pods as vegetable	Mar-April	Edible	Fresh leaves are taken for food allergies especially pork, decoction of seeds is taken as antipyretic, appetizer, antiseptic, antitoxin. Infusion of leaves taken for stomach ache and hemorrhage. Juices of the fruits are dropped into the ear for ear-pain	-	Local	Mizo	
Fruit and young leaves as vegetable	April-May	Edible	Fruits and leaves are considered antidote for snake bite	-	Local	Mizo	
Seeds are eaten as vegetables	Mar-April	Edible	-	-	Local	Mizo	
Seeds are cooked eaten as vegetable	Mar-April	Edible	-	-	Local	Mizo	
Rice grain is the main dish of Mizo society. It is also used for poultry and pig feed	April-May	Edible	Chipstraw is boiled and the water is used for kidney stone and urinary problems. Rice wash water is also used for diarrhoea, dysentery	-	Local	Mizo	
Leaves and fruits are eaten as vegetable	Mar-April	Edible	Leaves and fruits are medicinal used to treat fever, jaundice, diabetes, dysentery, intestinal worms, etc	-	Local	Mizo	
Baked grains are pounded and eaten as curry	Mar-April	Edible	Juice of the leaves applied to the stings of hornets	-	Local	Mizo	
Leaves and flowers are used as condiment	Mar-April	Edible	-		Local	Mizo	
Fruits are edible	April-May	Edible	Seeds are believed to be tonic to the brain, fruits taken as blood purifier, regulation of	-	Local	Mizo	

			urinary tracts, applied at sore eyes and used to allay thirst. Seeds taken as antihelminthic			
Fruit is edible	Mar-May	Edible	Juice of the leaves and stem are used in high blood pressure. Fruits and seeds are also medicinal	-	Local	Mizo
Grains are cooked eaten	Mar-April	Edible	The fruits are used in burning sensations and paste in applied on skin ulcers	-	Local	Mizo
Fruits are condiment and leaves as vegetable	Whole Year	Edible	Juice of the fruits is applied to burns, snake bite and centipede sting	-	Local	Mizo
Fruits, leaves, young shoot and roots are eaten as vegetable	Mar-April	Edible	Leaves are also used as fodder		Local	Mizo
Fruits are condiment and leaves as vegetable	Whole Year	Edible	Juice of the fruits is applied to burns, snake bite and centipede sting	-	Local	Mizo
Leaves are eaten as vegetable and curry	Mar-April	Edible	Decoction of leaves/ dried fruits taken for stomachache	-	Local	Mizo
Leaves and flowers are used for flavouring curry	April-May	Edible	Infusion of aerial parts used for children's diseases called nauhri a combination of fever, cholera, skin diseases and inflammation	-	Local	Mizo
Flowers, fruit, young leaves and stem are eaten as vegetable. Fruits and stem are also used for pig feed.	April-May	Edible	Seeds of the plant are taken orally as haemostasis in case of bleeding nose and for eliminating thread worm	-	Local	Mizo
Fruits and tender leaves are eaten as vegetable and for pig feed	April-May	Edible	Ground flower are taken for cholera and diarrhea, infusion of fruits or crushed fruit taken as haemostatic, diuretic and kidney disorder. Seeds are used to kill intestinal worms, infusion of ground dried roots taken for asthma. Juice of the pounded leaves used for massaging in snake bites. Juice of the pounded roots taken for cough and asthma. Decoction of the fruits taken as a tonic and for treating diabetes, dysentery, epilepsy and kidney problems	-	Local	Mizo
Fruit is cooked and eaten as vegetable	Mar-April	Edible	-	-	Local	Mizo
Young fruit and flowers are eaten as vegetable	Aug-Sept	Edible	Roots, leaves and seeds are medicinal	-	Local	Mizo
Rhizomes are eaten as vegetables, leaves and rhizomes for pig and cattle feed	Mar-April	Edible	Used as famine food, ground tubers applied on different skin diseases	-	Local	Mizo
Leaves and flowers are used as	Whole Year	Edible	The plant is taken as a remedy for food allergies	-	Local	Mizo

condiment						
Leaves and flowers are eaten cooked as vegetables	Whole Year	Edible	Decoction of leaves taken orally against hypertension and to decrease breast milk, ground juice of roots taken orally for uteritis. Paste of ground leaves bandaged upon burns, heals without scar	-	Local	Mizo
Whole plant is eaten as vegetable	April-May	Edible	Eaten raw as a vegetable with salt for its potential in curing heartproblems, relaxation of muscles and lowering blood pressure	-	Local	Mizo
Leaves and flowers are used as condiment	April-May	Edible	Juice of the crushed leaves taken as antitoxin and for stomach ache and itch. Applied on forehead and side of the head for headache. Steaming with the decoction of the whole plant is good for asthma, dizziness and inflammation in the bone. Seeds are taken as diuretic, to relieve stress and liver ailments. Also as a remedy for sore gums, tooth decay, itch, ringworm, kidney problems, lungs and intestinal diseases	-	Local	Mizo
Rhizomes are used as spice and condiment, taken as cure for food poisoning	April-May	Edible	Ginger mixed with honey is taken for cough, common cold and asthma. Juice of the crushed tuber mixed with onion is taken for vomiting. Juice of the crushed tuber mixed with <i>Occimum canum</i> are taken for typhoid. It is also taken as a remedy for tooth decay and sore gums. It also acts as anti toxin in certain insect bites. Juice of the crushed ginger along with onion taken for hiccups and to prevent vomiting. Juice of the ginger alone taken for increasing breast milk and as a tonic	-	Local	Mizo
Fruits are eaten as vegetable	Whole Year	Edible	Fruits taken as vegetable, useful in asthma, bronchitis, indigestion, blood purification, liver and kidney stimulant. Crushed leaves applied on face for removing acne	-	Local	Mizo
Grains are eaten as vegetables and poultry feed	April-May	Edible	Juice of the pounded leaves and roots taken for different urinary problems, pounded dried plant is used as diuretic, decoction of the grains taken for diabetes, pounded grain mixed with ginger taken for food allergies, paste of the pounded grains are applied on skin ulcer, rheumatism, scabies and inflammations	-	Local	Mizo
Fruits are eaten as vegetables	Nov-Feb	Edible	Juice of fruit peels are cooked and drink against kidney disease	-	Local	Mizo
Leaves and head are eaten as vegetable	Aug-Sept	Edible	-	-	Local	Mizo

Format 2 : Fruit plants

1 Plant	2 Scientific name	3 Local name	4 Variety	5 Landscape/habitat	6 Local status	
					Past	Present
					Herb	<i>Musa acuminata</i>
Climber	<i>Citrus lanatus</i>	Dawnfawh	Local	Hilly Terrain	Less frequent	Less frequent
Climber	<i>Hylocereus costaricensis</i>	Dragon fruit	Local	Hilly Terrain	Less frequent	Less frequent
Climber	<i>Cucumis sativas</i>	Fanghma	Local	Hilly Terrain	Abundant	Abundant
Shrub	<i>Prunus domestica</i>	Japan Theite	Local	Hilly Terrain	Abundant	Abundant
Tree	<i>Psidium guajava</i>	Kawlthei	Local	Hilly Terrain	Abundant	Abundant
Herb	<i>Ananus comosus</i>	Lakhuithai	Local	Hilly Terrain	Less frequent	Less frequent
Tree	<i>Artocarpus heterophyllus</i>	Lamkhuang	Local	Hilly Terrain	Less frequent	Less frequent

Shrub	<i>Citrus limon</i>	Nimbu	Local	Hilly Terrain	Inadequate	Inadequate
Climber	<i>Passiflora edulis</i>	Sâpthei	Local	Hilly Terrain	Abundant	Abundant
Climber	<i>Elaeagnus sp.</i>	Sarzuk	Local	Hilly Terrain	Abundant	Abundant
Shrub	<i>Citrus limon</i>	Ser (fang)	Local	Hilly Terrain	Abundant	Less frequent
Shrub	<i>Citrus maxima</i>	Ser\awk	Local	Hilly Terrain	Less frequent	Less frequent
Shrub	<i>Citrus sinensis</i>	Serthlum	Local	Hilly Terrain	Abundant	Abundant
Tree	<i>Phyllanthus emblica</i>	Sunhlu	Local	Hilly Terrain	Abundant	Abundant
Shrub	<i>Averrhoa carambola</i>	Thei Herawt	Local	Hilly Terrain	Less frequent	Less frequent
Climber	<i>Fragaria ananassa</i>	Theichhungsen	Local	Hilly Terrain	Inadequate	Inadequate
Tree	<i>Mangifera indica</i>	Theihai	Local	Hilly Terrain	Abundant	Abundant
Tree	<i>Morus alba</i>	Theihmu	Local	Hilly Terrain	Less frequent	Less frequent
Tree	<i>Caralallia brachiate</i>	Theiria	Local	Hilly Terrain	Inadequate	Inadequate
Shrub	<i>Prunus -</i>	Theite	Local	Hilly Terrain	Abundant	Abundant
Climber	<i>Stelmocrypton khasianum</i>	Theikelki	Local	Hilly Terrain	Inadequate	Inadequate
Tree	<i>Carica papaya</i>	Thingfanghma	Local	Hilly Terrain	Abundant	Abundant
Tree	<i>Garcinia sopsopia</i>	Vawmva	Local	Hilly Terrain	Inadequate	Inadequate

7	8	9	10	11	12
Source of seeds/plants	Season of fruiting	Associated TK	Uses	Other details Market/ Own use	Community Knowledge holder
Local	Mar-Dec	500g of the barks and 1 large tender leaf are crushed and the juice is squeezed out and applied into the ear	Fruit is edible	Market/own use	Mizo
Local	September	Seeds are believed to be tonic to the brain, fruits taken as blood purifier, regulation of urinary tracts, applied at sore eyes and used to allay thirst. Seeds taken as antihelminthic	Fruit is edible	Own use	Mizo
Local	July-Sept	Juice of the pounded plant taken for hypertension, Juice of the pounded roots taken for convulsions. The fruits are taken as a cooling agent for the body	Fruit is edible	Market/own use	Mizo
Local	July-Sept	Pounded fruits, barks and leaves are applied on cellulites. Decoction of the leaves taken for diarrhea, dysentery and stomach ache. Raw leaves are taken orally against motion sickness. Decoction of the bark and root bark are taken as haemostasis and also for the treatment of cholera	Fruit is edible	Market/own use	Mizo
Local	July	Fruit is edible	Fruit is laxative and refrigerant	Own use	Mizo
Local	Aug-Sept	Fruits are used to maintain smoker's health	Fruit is edible	Market/own use	Mizo
Local	July-Aug	Decoction of the roots taken directly for diarrhea, fever and asthma. Fresh latex is applied on itch, cuts, glandular swellings, and acts as anti toxin towards certain insect bites, and applied on boils. Fried seeds taken as tonic and for stomachache	Fruit is edible	Own use	Mizo
Local	August	Juice of the fruit taken with sugar is taken to relieve stress; The fruit is rubbed on ringworms and itch. It is also taken for motion sickness, dizziness due to alcohol, vomiting, sore gums, homeostatic, sore throat, tooth decay and as a diuretic. Decoction of bark for fever and grinded	Fruit is edible	Market/own use	Mizo

		seeds when make it into paste is applied on headache. Juice of the fruits taken for hypertension and diabetes			
Local	April	Fruits taken against jaundice and for the prevention of spasmodic problems, acts as appetizer, prevent depression and act as tonic	Fruit is edible, leaves are also eaten as vegetable	Market/own use	Mizo
Local	October	Decoction of root and boiled leaves is medicinal	Fruit is edible	Own use	Mizo
Local	October	Roots are used in colic, vomiting etc	Fruit is edible, rich in vitamin C	Own use	Mizo
Local	Jan-Feb	Juice of the fruit mixed with honey and Copper Sulphate is taken for diphtheria and asthma. The fruit mixed with sugar applied externally also acts as homeostatic. It is taken as a remedy for sore gums, discoloration of the body and muscle stress. The seeds are taken orally for high blood pressure	Fruit is edible, seeds are used for hypertension	Own use	Mizo
Local	September	Water of boiled leaves used for bathing in fever	Fruit is edible, highly rich in vitamin C	Market/own use	Mizo
Local	October	Juice of the crushed fruit mixed with <i>Citrus aurantifolia</i> taken for dysentery, also applied on ringworm and itch. It is also used as homeostatic, for sore gums and good for wounds. Grinded fried leaves are applied on cuts and wounds. Decoction of seeds used as disinfectant for eyes. Juice of the pounded fruits mixed with honey taken for jaundice. Juice of the pounded roots taken for bronchial asthma	Fruit is edible, highly rich in vitamin C	Market/own use	Mizo
Introduced	November	Fruits are taken orally against jaundice, regulating menstrual cycle, paste of the ground fruits applied on hemorrhoids, infusion of the dried fruit taken for fever and fruits are taken for prevention against scurvy	Fruit is edible	Market/own use	Mizo
Local	October	-	Fruit is edible	Market/own use	Mizo
Local	April-May	Juice of the crushed leaves used as anti toxin, Infusion of bark used for diarrhea, dysentery and uterine hemorrhage. Juice of the crush root bark applied on tooth ache, ashes of the leaves taken for hiccups, decoction of the bark taken for diabetes	Fruit is edible	Market/own use	Mizo
Local	June-Aug	Latex mixed with pork oil is used as astringent, decoction of leaves used for asthma, juice of the crushed ripe fruits taken as tonic, for anxiety, cooling down fever and sore throat. Juice of the pounded bark taken as anthelmintic and laxatives	Fruit is edible. Leaves are also used for feeding silkworm	Market/own use	Mizo
Local	April	Crushed roots used externally for itch, fruits taken raw for stomach ulcer	Fruit is edible	Market/own use	Mizo
Local	April-May	-	Fruit is edible	Market/own use	Mizo
Local		Decoction of leaves/ roots taken orally for jaundice, placental problems and liver diseases	Fruit is edible	Market/own use	Mizo
Local	Jan-August	Ripe fruit is good for digestion. Decoction of unripe fruit is used to cure jaundice, diabetes etc. Juice of boiled leaves is used to treat various type of cancer and stomach problems	Fruit is edible	Market/own use	Mizo
Local	June-Aug	Pounded bark applied on snake bite, fruits taken as laxatives	Fruit is edible	Own use	Mizo

Format 3 : Fodder crop

1 Plant	2 Scientific name	3 Local name	4 Landscape/habitat	5 Local status	
				Past	Present
Herb	<i>Brassica rapa</i>	Antam	Jhum field	Abundant	Abundant
Herb	<i>Colocasia esculenta</i>	Bal/Dawl	Jhum field	Abundant	Abundant
Tree	<i>Trema orientalis</i>	Belphuar	Hilly Terrain	Less Frequent	Less Frequent
Succulent herb	<i>Crassocephalum crepidioides</i>	Buarthau	Hilly terrain, fallow land	Abundant	Abundant
Grass	<i>Oryza sativa</i>	Buh	Jhum field	Abundant	Abundant
Herb	<i>Musa sp.</i>	Changel	Hilly terrain, fallow land	Abundant	Abundant
Grass	<i>Imperata cylindrica</i>	Di	Fallow land	Abundant	Abundant
Grass	<i>Thysanolaena latifolia</i>	Hmunphiah	Cultivated and fallow land	Abundant	Abundant
Climber	<i>Mikania micrantha</i>	Japan-hlo	Hilly terrain, fallow land	Abundant	Abundant
Climber	<i>Ipomoea batatas</i>	Kawlbahra	Cultivated land	Abundant	Abundant
Grass	<i>Saccharum longisetosum</i>	Luang	Cultivated and fallow land	Abundant	Abundant
Climber	<i>Cucurbita maxima</i>	Mai	Hilly terrain and jhum land	Abundant	Abundant
Climber	<i>Benincasa hispida</i>	Maipawl	Hilly terrain, jhum land	Abundant	Abundant
Shrub	<i>Manihot esculenta</i>	Pangbal	Hilly terrain, jhum land	Abundant	Abundant
Tree	<i>Morus alba</i>	Theihmu	Hilly terrain, cultivated land	Inadequate	Inadequate
Grass	<i>Zea mays</i>	Vaimim	Hilly terrain and jhum land	Abundant	Abundant
Herb	<i>Bidens pilosa</i>	Vawkpuithal	Hilly terrain, cultivated fallow land	Abundant	Abundant

6 Source of seeds/plants	7 Associated TK	8 Part Used	9 Other details	10 Community/ Knowledge holder
Wild/Local	Leaves are used for pig and poultry feed	Leaves	-	Mizo
Wild/Local	Whole plant is used for pig feed	Whole plant	-	Mizo
Wild/Local	Fruits and leaves are eaten by animals. Wood is used for making gun powder, charcoal	Leaves	-	Mizo
Wild/Local	Leaves are used for pig and poultry feed	Leaves	-	Mizo
Wild/Local	Grains are used for pig and poultry feed	Grains	-	Mizo
Wild/Local	Stems are used for piug feed, and leaves are used for serving meals when feast is prepared	Stems	-	Mizo
Wild/Local	Leaves are used for cattle fodder, pig feed	Leaves	-	Mizo
Wild/Local	Flower panicles are used for making brooms, leaves are used for cattle fodder	Panicles & Leaves	-	Mizo
Wild/Local	Juice of crushed leaves are used for fever, stomach-ache, diarrhoea, dysentery, fresh cuts.	Leaves	-	Mizo
Wild/Local	Cooked leaves are used against diarrhoea, dysentery, stomach problems, diabetes, etc	Leaves	-	Mizo
Wild/Local	Young leaves are used for cattle fodder	Leaves	-	Mizo
Wild/Local	Fruit, young leaves are eaten as vegetables, and pig feed	Fruits	-	Mizo
Wild/Local	Juice of the fruit is used to cure cholera, diarrhoea, dysentery, fever, asthma, vomiting and kidney disease. Infusion of leaves and fruit are use externally in snake bite	Fruits	-	Mizo
Wild/Local	Rhizomes are eaten as vegetables, leaves and rhizomes for pig and cattle feed	Rhizomes and leaves	-	Mizo

Wild/Local	Leaves are used for cattle, pig and silkworm feed	Leaves	-	Mizo
Wild/Local	Grains are used for feeding poultry and pig, and for vegetables	Grains	-	Mizo
Wild/Local	Juice of leaves are used for treating eye affections, skin affections	Leaves	-	Mizo

Format 4 : Weeds

1	2	3	4	5	6
Plant	Scientific name	Local name	Affected Crop	Impact	Landscape/habitat
Herb	<i>Etingera linguiformis</i>	Aichhia	All the jhum crops	Growth is effected which leads to decrease in crop production	Hilly terrain, cultivated and fallow land
Herb	<i>Acmella paniculata</i>	Ankasate	-do-	-do-	-do-
Herb	-	Arhmarcha	-do-	-do-	-do-
Herb	<i>Vernonia cinerea</i>	Buar	-do-	-do-	-do-
Herb	<i>Crassocephalum crepidioides</i>	Buarthau	-do-	-do-	-do-
Herb	<i>Blumea lanceolaria</i>	Buar-ze	-do-	-do-	-do-
Erect Herb	<i>Conzya stricta</i>	Buar-zen	-do-	-do-	-do-
Herb	<i>Lobelia nummularia</i>	Choâk-a-thi	-do-	-do-	-do-
Grass	<i>Impereta cylindrical</i>	Di	-do-	-do-	-do-
Shrub	<i>Mimosa pudica</i>	Hlo-nuar	-do-	-do-	-do-
Erect shrub	<i>Inula capppa</i>	Hmeithai-sarawh-tul	-do-	-do-	-do-
Herb	<i>Hypoestes phyllostachya</i>	Hnahde	-do-	-do-	-do-
Herb	<i>Stachphrynium placentarium</i>	Hnahthial	-do-	-do-	-do-
Herb	-	Hrakawng	-do-	-do-	-do-
Climber	<i>Mucuna bracteata</i>	Hruiduk	-do-	-do-	-do-
Climber	<i>Mikania micrantha</i>	Japan-hlo	-do-	-do-	-do-
Climber	<i>Smilax perfoliata</i>	Kaiha	-do-	-do-	-do-
Fern	<i>Nephrolepis cordifolia</i>	Katchat	-do-	-do-	-do-
Climber	<i>Justicia adhatoda</i>	Kawldai	-do-	-do-	-do-
Herb	<i>Cassia tora</i>	Kelba-an	-do-	-do-	-do-
Climber	<i>Hedyotis capitellata</i>	Kel-hnam-tur	-do-	-do-	-do-
Climbing shrub	<i>Pericampylus glaucus</i>	Khauchhim	-do-	-do-	-do-
Herb	<i>Centella asiatica</i>	Lambak	-do-	-do-	-do-
Herb	<i>Saccharum longisetosum</i>	Luang	-do-	-do-	-do-
Shrub	<i>Ziziphus oenopia</i>	Nghar-dai	-do-	-do-	-do-
Climber	-	Ram-pan-hnah	-do-	-do-	-do-
Climber	<i>Byttneria pilosa</i>	Sazuk-nghawng-hlap	-do-	-do-	-do-
Under shrub	<i>Urena lobeta</i>	Se-hnap	-do-	-do-	-do-
Herb	<i>Begonia sp.</i>	Se-khup-thur	-do-	-do-	-do-
Under shrub	<i>Triumfetta pilosa</i>	Se-mei-bawm	-do-	-do-	-do-
Shrub	<i>Rubus birmanicus</i>	Siali-nu-chhu	-do-	-do-	-do-
Shrub	<i>Persicaria chinensis</i>	Ta-ham	-do-	-do-	-do-

Herb	<i>Lindernia ruellioides</i>	Tha-suih	-do-	-do-	-do-	
Climber	<i>Merremia vitifolia</i>	Thian-nu	-do-	-do-	-do-	
Climber	<i>Merremia umbellata</i>	Thian-pa	-do-	-do-	-do-	
Climber	<i>Callamus acanthospathus</i>	Thil-te	-do-	-do-	-do-	
Herb	<i>Carrex baccans</i>	Thip	-do-	-do-	-do-	
Shrub	<i>Chromolaena odorata</i>	Tlansam	-do-	-do-	-do-	
Grass	<i>Eulalia trispicata</i>	=hang	-do-	-do-	-do-	
Herb	<i>Houttuynia cordata</i>	Uithinthang	-do-	-do-	-do-	
Herb	<i>Ageratum houstonianum</i>	Vailenhlo	-do-	-do-	-do-	
Herb	<i>Ageratum conyzoides</i>	Vailenhlo	-do-	-do-	-do-	
Herb	<i>Bidens pilosa</i>	Vawkpuithal	-do-	-do-	-do-	
7		8	9	10	11	12
Local Status		Uses if any	Management options	Associated TK	Other details	Community/ Knowledge holder
Past	Present					
Abundant	Abundant	Some weeds have medicinal properties and were used for treating fresh cuts, and certain illness. While other weeds like <i>Imperata cylindrical</i> , <i>Mikania micrantha</i> , etc are used for pig and cattle fodder.	Weeding is done by using hands/knives. Herbicides are used in some parts of jhum land.	-	-	Mizo
Abundant	Abundant			-	-	Mizo
Abundant	Abundant			-	-	Mizo
Abundant	Abundant			-	-	Mizo
Abundant	Abundant			-	-	Mizo
Abundant	Abundant			-	-	Mizo
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Abundant	Abundant			-	-	Mizo
Abundant	Abundant			-	-	Mizo
Abundant	Abundant			-	-	Mizo

Format 5 : Pests of Crops

1	2	3	4	5	6
Plant	Insect/Animal	Scientific Name	Local Name	Habitat	Time/Season of attack
Jhum crops	Insect	<i>Caelifera sp.</i>	Khau	Jhum field	October
Brinjal/bitter tomato	Insect	<i>Epicauta hirticornis</i>	Kutdurh	Jhum field	Nov-Jan
Jhum crops	Reptile	<i>Eutropis carinata</i>	Laitel	Jhum field	May-June
Rice	Bird	<i>Lonchura sp.</i>	Pit	Jhum field	March-April
Rice	Bird	<i>Gallus gallus</i>	Ram-ar	Jhum field	March-April
Jhum crops	Animal	<i>Trichogomphus martabani</i>	Rawmung	Jhum field	September
Pumpkin/ash gourd	Animal	<i>Atherurus macrourus</i>	Sakuh	Jhum field	Sept-Nov
Rice	Animal	<i>Sus scrofa</i>	Sanghal	Jhum field	Sept-Nov
Rice	Animal	<i>Rattus rattus</i>	Sazu	Jhum field	Sept-Nov
Maize	Animal	<i>Tamiops macclellandi</i>	Thehlei	Jhum field	July-August
Orange	Insect	<i>Eusthenes sp.</i>	Thlangdar	Forest	November-December
Chilli, mustars seed	Bird	<i>Pycnonotus cafer</i>	Tlaiberh	Forest & Jhum field	June-November
Jhum crops	Bird	-	Va\hu	Jhum field	November
Jhum crops	Bird	<i>Psittacula sp.</i>	Vaki	Jhum field	November
Rice	Bird	<i>Carpodacus erythrinus</i>	Vasuih	Jhum field	September
Jhum crops	Worm	-	Vual	Jhum field	Whole year

7	8	9	10
Management Mechanism	Associated TK	Other Details	Community/ Knowledge holder
Mostly, the local communities do not used insecticides or pesticides to control pest attacking crops. They do not follow any specific mechanisms to manage these pests. However, they control pests with their own skills and knowledge.	-	-	Mizo
	-	-	Mizo
	-	-	Mizo
	-	-	Mizo
	-	-	Mizo
	-	-	Mizo
	-	-	Mizo
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	-	-	Mizo
	-	-	Mizo

Format 6 : Market for domesticated animals - NIL

Format 7 : Peoplescape

1	2	3	4	5	6
Community & Population	Families & Major Occupation	Sub-occupation	Depending Landscape	Major resources accessed and seasons of access	Landscape Management Practices
Mizo-308	55families & Farmer/cultivator	Carpentry Govt. jobs	Forest	Forest products including timber, firewood, raw materials for constructions and furniture, wild vegetables and medicinal plants etc are the major resources obtained and season of access may vary from their availability.	-

7	8	9	10	11
Resource Management Practices	Cast/ Tribe	Social Condition	Nature of inhabitants	No of Households
There is no specific mechanism followed for the resource management.	Mizo	Lower & Middle class	Assam type, Pucca-Assam type and RCC Building	55

Format 8 : Landscape

1			2	3	4	5	6
Major Landscapes			Sub-land scape	Features and approx. area	Ownership	General Flora	General Fauna
Agri. Land	Pond	Fallow Land					
900 Ha	5 Ha	95 Ha	-	Hill slope/Hilly Terrain	Mizo (Local Communi- ty)	<i>Acmella paniculate, Ageratum houstonianum, Ananus comosus, Artocarpus chama, Bidens pilosa, Cajanus cajan, Castanopsistribuloides, Celtis australis, Centella asiatica, Citrus limon, Chromolaena odorata Colocasia esculenta, Curcuma longa, Eulalia trispicata, Imperata cylindrica, Ipomoea batatas, Mesua ferrea, Mikania micrantha, Mimosa pudica, Musa sp., Phyllanthus emblica, Rubus birmanicus, Saccharum longisetosum, Vernonia cinereal, etc etc...</i>	<i>Artogalidia trivirgata, Artonyx collaris, Atherurus macrourus, Berylmys mackenziei, Bufo stomaticus Callosciurus pygerythrus, Canis aureus, Capricornis sumatraensis, Hoplobatrachus crassus Macaca fascicularis Manis pentadactyla Martes flavigula, Melursus ursinus, Muntiacas vaginalis, Prionailurus bengalensis, Spilornis cheel, Sus scrofa, Tupai bengaleri, Trachypithecus pileatus, etc etc...</i>

7	8	9	10	11	12
User Groups	Management Practices	General Uses	Associated TK	Other details	Community accessed
Local peole (Mizo)	No specific management practice is followed by the community or BMC. Members of the village councils have followed and practice land management systems adopted by them with their own skills and knowledge.	For cultivation of agricultural crops	-	-	South Phaileng community

Format 9 : Waterscape

1	2	3	4	5	6
Waterscape Element type	Sub-type	Features and approx. area	Ownership	General Flora	General fauna
Tuichang, Mat	-	Not measured	Mizo, Local people	-	Prawn, Crab and indigenous fishes like <i>Garrasp.</i> (Nghalim), <i>Neolissochilus</i> sp.(Nghahrah), <i>Garra lissorhynchus</i> (Nghazawngek), <i>Macrogathus</i> sp.(Nghalerh), <i>Barilius barila</i> (Lengphar), <i>Devario devario</i> (Nghadawl), <i>Anguilla bengalensis</i> (Ngharul), <i>Botia</i> sp.(Nghasanghal), Nghatun, Dawn\ial, Nghameidum, Thaichhawni Nu, Sumsi, Satel, Nghakhing, Nghavawk, Nghafunglawr, Sarba,

7	8	9	10	11	12	13
Major Uses	User Groups	Management Practices	General Uses	Associated TK	Other details	Community accessed
Domestic uses like cooking, washing etc.	Local people	No specific management were practiced but the Village Council and YMA and NGOs in the community preserved and protected their water sources (rivers) with their own skills and knowledge	Domestic uses	-	-	South Phaileng community

Format 10 : Soil type

1	2	3	4
Soil Type	Color & Texture	Features	Soil Management
Red soil and loamy soil (Leisen, Sawntlung lei leh Lei me	Red and sandy, in some places reddish brown and dark brown coloured soils are also found	-	Soil fertility is maintained and preserved by practicing terrace system for cultivation of agricultural crops. The community does not practice any other systematic mechanism for the management of soils in the village. Generally, they also practice using pig, cow dung and chicken manure as fertilizers for their crops.

5	6	7	8
Plants/Crop Suitable	Flora and Fauna	Associated TK	Other Information
Nearly all kinds of agricultural crops and jhum crops are cultivated.	<p>Flora:<i>Acmella paniculata, Ageratina adenophora, Alseodaphne petiolaris, Ananus comosus Bauhinia variegata, Bidens pilosa, Brassica rapa, Cajanus cajan, Callophyllum polyanthum, Citrus limon, Colocasia esculenta, Commelina benghalensis, Croton tiglium, Drimycarpus racemosus, etc</i></p> <p>Fauna:<i>Artogalidia trivirgata, Trachypithecus pileatus, Aonyx cinerea, Nyctiebus bengalensis Stump-tailed Macaque, Macaca fascicularis, Callosciurus pygerythrus, Catopuma temmincki Neofelis nebulosa, Trachypithecus pileatus, Trachypithecus phayrei, Arctonyx collaris etc</i></p>	-	-

DOMESTICATED BIODIVERSITY
Format 11 : Fruit Trees

1	2	3	4	5	6		7
Plant type	Local name	Scientific name	Variety	Landscape Habitat	Local Status		Source of Plants/Seeds
					Past	Present	
Tree	Butter-thei	<i>Persea americana</i>	Introduced	Hilly terrain	Less Frequent	Less Frequent	Introduced
Tree	Japan-Theite	<i>Prunus domestica</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Kawlsunhlu	<i>Phyllanthus acidus</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Kawlthei	<i>Psidium guajava</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Khawmhma	<i>Rhus semialata</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Lamkhuang	<i>Artocarpus heterophyllus</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Pangkai	<i>Baccaurea ramiflora</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Pear	<i>Pyrus communis</i>	Local	Hilly terrain	Inadequate	Inadequate	Locally available
Tree	Sertawk	<i>Citrus maxima</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Serpui	<i>Citrus medica</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Serthlum	<i>Citrus reticulata</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Sunhlu	<i>Phyllanthus emblica</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Tatkawng	<i>Artocarpus chama</i>	Local	Hilly terrain	Less Frequent	Less Frequent	Locally available
Tree	Tawitaw	<i>Spondias pinnata</i>	Local	Hilly terrain	Less Frequent	Less Frequent	Locally available
Tree	Tengtere	<i>Tamarindus indica</i>	Local	Hilly terrain	Inadequate	Inadequate	Locally available
Tree	Thei Herawt	<i>Averrhoa carambola</i>	Local	Hilly terrain	Less Frequent	Less Frequent	Introduced
Tree	Theihai	<i>Mangifera indica</i>	Local	Hilly terrain	Abundant	Abundant	Locally available

Tree	Theihmu	<i>Morus alba</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Theipalingkawh	<i>Bruinsmia polysperma</i>	Local	Hilly terrain	Inadequate	Inadequate	Locally available
Tree	Theipui	<i>Ficus racemosa</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Theiria	<i>Caralallia brachiata</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Theitat	<i>Artocarpus lacucha</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Theitehmul	<i>Prunus persica</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Theitit	<i>Ficus postrata</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Thingfanghma	<i>Carica papaya</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Tuairam	<i>Garunga floribunda</i>	Local	Hilly terrain	Less Frequent	Less Frequent	Locally available
Tree	Vawmva	<i>Garcinia sopsopia</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Vuakdup	<i>Willughbeia edulis</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Zawngtah	<i>Parkia timoriana</i>	Local	Hilly terrain	Abundant	Abundant	Locally available
Tree	Zo theifeimung	<i>Dimocarpus longan</i>	Local	Hilly terrain	Inadequate	Inadequate	Locally available

8	9	10	11	12
Season of Fruiting	Uses (Usage)	Associated TK	Other details	Community/ Knowledge Holder
Oct-Feb	Leaves, flowers, fruits and seeds are used in medicine	Infusion of pounded leaves is useful for stomach ulcer	Own use/Market	Mizo
May-July	Fruit is edible	Fruit is laxative in management of non-communicable diseases and bone health	Own use/Market	Mizo
Mar-June	Ripe fruit is edible	The root is an active purgative, an infusion of the root is taken to alleviate asthma. An extract from the root is used to cure skin diseases especially to bring relief from itching. A leaf decoction is applied to urticaria. An infusion of the leaves is used as a dieting aid for people who are dieting and wish to remain slim. The bark is heated with coconut oil and spread on eruptions on feet and hands. A decoction of the bark is used to treat bronchial catarrh. The fruit is used as a laxative. They are also taken as a liver tonic to enrich the blood. The juice of the fruit is instilled in the eyes to treat eyetrouble	Own use/Market	Mizo
Sept-Nov	Pounded fruits, barks and leaves are applied on cellulites	Decoction of the leaves taken for diarrhea, dysentery and stomachache. Raw leaves are taken orally against motion sickness. Decoction of the bark and root bark are taken as haemostasis and also for the treatment of cholera	Own use/Market	Mizo
Dec-Jan	Decoction of fruit used for colic, diarrhoea, dysentery	Wood used for fence post & gun powder	Own use/Market	Mizo
Mar-May	Fruit is edible. Hardwood, leaves and fruits are used for medicinal purposes	Decoction of the roots taken directly for diarrhea, fever and asthma. Fresh latex is applied on itch, cuts, glandular swellings, and acts as anti toxin towards certain insect bites, and applied on boils. Fried seeds taken as tonic and for stomachache	Own use/Market	Mizo
June-Aug	Bark is used for constipation and leaves for toothache	Decoction of the bark is drunk orally against food allergies towards fish	Own use/Market	Mizo
Jun-Sept	Fruits are edible, rich in vitamin C	Roots are used in colic, vomiting. Juice of the fruit mixed with honey and Copper Sulphate is taken for diphtheria and asthma. The fruit mixed with sugar applied externally also acts as	Own use/Market	Mizo

		homeostatic. It is taken as a remedy for sore gums, discoloration of the body and muscle stress. The seeds are taken orally for high blood pressure		
Nov-March	Fruit is medicinal	Seeds are used for hypertension and diabetes	Own use/Market	Mizo
Jun-Sept	Fruits are edible, rich source of vitamin C	Decoction of leaves used for bathing in fever, decoction of bark taken as antihelminthic.	Own use/Market	Mizo
Oct-Feb	Fruits are edible and rich source of vitamin C	Juice of the crushed fruit mixed with <i>Citrus aurantifolia</i> taken for dysentery, also applied on ringworm and itch. It is also used as homeostatic, for sore gums and good for wounds. Grinded dried leaves are applied on cuts and wounds. Decoction of seeds used as disinfectant for eyes. Juice of the pounded fruits mixed with honey taken for jaundice. Juice of the pounded roots taken for bronchial asthma	Own use/Market	Mizo
Oct-Feb	Fruit is highly rich in vitamin C. Juice of the inner coat of bark taken orally for diarrhea, paste of ground bark applied externally on pimples and sores	Bark is used for poisoning fish. Juice of the crushed bark is used for lung diseases, tarantula bite, dysentery and diarrhoea. Bark is boiled and water is used for washing rash or sores. Pounded fruits are soaked in water and are taken for expelling the retained placenta. Fruits are boiled in water and drunk for diabetes.	Own use/Market	Mizo
Mar-June	Wood is used for building, furniture, plywood, leaves are lopped for cattle fodder	Bark is used in diarrhoea, milky juice is applied on inflammatory diseases of gland	Own use/Market	Mizo
Dec-Jan	Fruit is edible	Ashes of the dried bark good for stomach problems, also mixed with honey can cure stomach ache. Juices of the leaves are used for treating boils, gout, scabies, eye diseases, skin diseases due to hot weather and used for treatment of hot-urine. Seeds are taken for dysentery, diarrhea and used as anti-toxin in snake bites and certain insect bites. Paste of the ripe fruits applied on cuts as haemostasis. Juice of the leaves mixed with salt is dropped into the ear for otitis media. Infusion of seeds taken for leucorrhoea	Own use/Market	Mizo
Feb-April	Wood used for furniture, tool handles, rice pounders, firewood, charcoal etc. young leaves and pods are used as vegetables	Seeds are considered antidote for snake bites. Fruits are taken orally against jaundice, regulating menstrual cycle, paste of the ground fruits applied on hemorrhoids, infusion of the dried fruit taken for fever and fruits are taken for prevention against scurvy	Own use/Market	Mizo
Nov-Feb	Fruits are edible, used as acid in dyeing and for removing iron mould or stains on linen	Leaves, roots and fruits are used as cooling medicines, fruits are used for treating liver diseases, urinary complaints and diabetes. Decoction of the bark taken or drunk for heart diseases	Own use/Market	Mizo
May-Aug	Wood is used for furniture, boat building, planking, tea boxes, packing cases etc. Fruits are edible and is used for making pickles	Juice of the crushed leaves used as anti toxin, Infusion of bark used for diarrhea, dysentery and uterine hemorrhage. Juice of the crushed root bark applied on tooth ache, ashes of the leaves taken for hiccups, decoction of the bark taken for diabetes	Own use/Market	Mizo
April-May	Fruits are edible and leaves are used for feeding silkworm	Latex mixed with pork oil is used as astringent, decoction of leaves used for asthma, juice of the crushed ripe fruits taken as tonic, for anxiety, cooling down fever and sore throat. Juice of the pounded bark taken as anthelmintic and laxatives	Own use/Market	Mizo
Dec-Feb	Fruits are edible	Juice of fruits and leaves are applied on sharp pain caused by nettles or by poisonous hairs	Own	Mizo

		of caterpillars.	use/Market	
Whole year	Bark fibre is used for making ropes. Fruits are edible. Leaves are used for cattle fodder and polishing wood	Young fruits are pounded with tender shoots of <i>Acacia pennata</i> and eaten. White latex is applied on boils. Roots, bark and fruits are used in medicine	Own use/Market	Mizo
Dec-April	Fruit is edible. Leaves are lopped for cattle fodder	Crushed roots used externally for itch, fruits taken raw for stomach ulcer	Own use/Market	Mizo
May-July	Fruit is edible, wood is used for firewood	Seeds are taken as laxatives, paste of the ground bark applied on cuts and wounds, infusion of the barks applied for cleaning pimples and sores	Own use/Market	Mizo
Oct-Dec	Fruit is edible and leaves are lopped for cattle fodder	Decoction of leaves taken for dysentery	Own use/Market	Mizo
June - July	Fruit is edible. Decoction of leaves in combination of <i>Byttneria pilosa</i> , <i>Phyllanthus fraternus</i> and bark of <i>Callicarpa arborea</i> taken internally against jaundice and hepatitis, decoction of bark given to diabetes patient	Juice of the root is given in snake bite and white latex is also applied in snake bites. Ground young fruits taken for dysentery, latex applied on boils and cuts. Decoction of the ground root bark taken for dysentery and diarrhea	Own use/Market	Mizo
May-Aug	Ripe fruit is good for digestion	Decoction of unripe fruit is used to cure jaundice, diabetes etc. juice of boiled leaves is used to treat various type of cancer and stomach problems	Own use/Market	Mizo
Aug-Nov	Fruit is edible	Juice of the crushed leaves taken for asthma	Own use/Market	Mizo
June-Aug	Fruits are edible	Seeds are prescribed for killing intestinal worms. Pounded bark applied on snake bite, fruits taken as laxatives	Own use/Market	Mizo
April-May	Milky juice is used as milk in a tea	Decoction of leaves taken for diarrhea and dysentery	Own use/Market	Mizo
Nov-Feb	Unmatured pods and tender leaves are eaten as vegetable	Young leaves seeds are useful against food allergy, colic, diarrhoea and dysentery. Bark and fruits are prescribed to check excessive bleeding during menstruation. Juice of the green rind of the pod is applied to fresh cuts, scabies and itching. Drinking juice of the green rind of pod is also used to treat kidney problems	Own use/Market	Mizo
July-Sept	Ripe fruit is edible	They give a relaxing effect to the nerves and are proven to enhance the nerve function, lower irritability and reduce fatigue. They treat neurasthenic neurosis and insomnia and are also capable to deal with neurasthenic and sleeping disorder. They improve wound healing capability and improve blood circulation, fruits taken against cold and flu, improves skin condition, The seeds of the fruit are proven to treat snake bites. Crushed seeds used for washing hairs as a shampoo	Own use/Market	Mizo

Format 12 : Medicinal Plants

1	2	3	4	5	6
Plant type	Local Name	Scientific Name	Variety	Landscape/habitat	Source of Plant/Seeds
Herb	Aichhia	<i>Amomum linguiforme</i>	Local	Wild	Tuber
Herb	Aidu	<i>Amomum dealbatum</i>	Local	Wild	Tuber
Herb	Aieng	<i>Curcuma longa</i>	Local	Cultivated	Tuber
Herb	Ailaidum	<i>Curcuma caesia</i>	Local	Cultivated	Tuber
Herb	Antam	<i>Brassica alba</i>	Local	Cultivated	Seeds
Herb	Anchiri	<i>Homalomena aromaticum</i>	Local	Wild	Seeds
Herb	Anhling	<i>Solanum nigrum</i>	Local	Wild/Cultivated	Seeds
Tree	Archangkawm	<i>Oroxylum indicum</i>	Local	Wild	Seeds
Tree	Ardahte	<i>Achidendron bigeminum</i>	Local	Wild	Seeds
Tree	Arsa rimnam	<i>Alangium chinense</i>	Local	Wild	Seeds
Succulent	Awle lei	<i>Aloe vera</i>	Local	Cultivated	Seeds
Climber	Bachhim	<i>Dioscorea alata</i>	Local	Wild	Seeds
Herb	Bahkhawr	<i>Eryngium foetidum</i>	Local	Wild/Cultivated	Seeds
Herb	Baibing	<i>Alocasia fornicata</i>	Local	Wild/Cultivated	Seeds
Shrub	Bawrh saiabe	<i>Abelmoschus esculentus</i>	Local	Cultivated	Seeds
Shrub	Behliang	<i>Cajanus cajan</i>	Local	Cultivated	Seeds
Tree	Belthei	<i>Aegle marmelos</i>	Local	Wild	Seeds
Tree	Bil	<i>Bursera serrata</i>	Local	Wild	Seeds
Sub-shrub	Buarze	<i>Blumea lanceolaria</i>	Local	Wild	Seeds/Plantlet
Shrub	Builukham pa/nu	<i>Osbeckia crinite/chinensis</i>	Local	Wild	Seeds
Tree	Chhawntual	<i>Aporosa actandra</i>	Local	Wild	Seeds
Herb	Choak-a thi	<i>Lobelia angulata</i>	Local	Wild	Seeds
Climber	Fangra	<i>Canavalia ensiformis</i>	Local	Wild/Cultivated	Seeds
Grass	Fu	<i>Sachharum officinarum</i>	Local	Cultivated	Seeds
Erect-Herb	Ganja	<i>Cannabis sativa</i>	Local	Wild/Cultivated	Seeds
Climber	Hlonuar	<i>Mimosa pudica</i>	Local	Wild	Seeds
Tree	Hnahkiah	<i>Callicarpa arborea</i>	Local	Wild	Seeds/Plantlet
Tree	Hriangzau	<i>Betula cylindrostachya</i>	Local	Wild	Seeds
Climber	Hruipawl	<i>Ampelocissus latifolia</i>	Local	Wild	Seeds
Climber	Hruivankai	<i>Tinospora sinensis</i>	Local	Wild	Seeds
Climber	Japan-hlo	<i>Mikania micrantha</i>	Local	Wild	Seeds
Tree	Kawhtebel	<i>Trevesia palmata</i>	Local	Cultivated	Seeds
Herb	Kawldai	<i>Adhatoda vasica</i>	Local	Wild	Seeds
Herb	Kelba-an	<i>Cassia tora</i>	Local	Wild	Seeds
Climber	Kelhnamtur	<i>Hedyotis scandens</i>	Local	Wild	Seeds
Shrub	Khanghu	<i>Acacia pennata</i>	Local	Wild/Cultivated	Seeds/Plantlets
Tree	Khawitur	<i>Hydnocarpus kurzii</i>	Local	Wild	Seeds

Tree	Khawmhma	<i>Rhus chinensis</i>	Local	Wild	Seeds
Herb	Khuangthli	<i>Bischofia javanica</i>	Local	Wild	Seeds
Herb	Lakhuihthei	<i>Ananas comosus</i>	Local	Cultivated	Seeds
Herb	Lambak	<i>Centella asiatica</i>	Local	Wild	Seeds
Tree	Lamkhuang	<i>Artocarpus heterophyllus</i>	Local	Cultivated	Seeds
Climber	Maipawl	<i>Benincasa cerifera</i>	Local	Cultivated	Seeds
Tree	Makpazangkang	<i>Cassia nodosa</i>	Local	Wild	Seeds
Tree	Neem	<i>Azadirachta indica</i>	Local	Cultivated	Seeds
Shrub	Nimbu	<i>Citrus limon</i>	Local	Cultivated	Seeds
Tree	Pangkai	<i>Baccaurea ramiflora</i>	Local	Wild	Seeds
Tree	Phaktel	<i>Bridelia monoica</i>	Local	Wild	Seeds
Climber	Sazuk nghawng hlap	<i>Byttneria pilosa</i>	Local	Wild	Seeds
Herb	Sekhupthur	<i>Begonia sp.</i>	Local	Wild	Seeds
Tree	Tatkawng	<i>Artocarpus chama</i>	Local	Wild	Seeds
Shrub	Tawkte	<i>Solanum anguivi</i>	Local	Wild	Seeds
Tree	Thakthing	<i>Cinnamomum zeylanicum</i>	Local	Wild	Seeds
Tree	Thakthingsuak	<i>Cinnamomum obtusifolium</i>	Local	Wild	Seeds
Shrub	Theiherawt	<i>Averrhoa carambola</i>	Local	Wild	Seeds
Tree	Theitat	<i>Artocarpus lakhoocha</i>	Local	Wild	Seeds
Tree	Thingfanghma	<i>Carica papaya</i>	Local	Cultivated	Seeds
Tree	Thingpui	<i>Camellia sinensis</i>	Local	Wild	Seeds
Tree	Thingri	<i>Albizia odoratissima</i>	Local	Wild	Seeds
Tree	Thingsia	<i>Castanopsis tribuloides</i>	Local	Wild	Seeds
Shrub	Thuamriat	<i>Alstonia scholaris</i>	Local	Wild	Seeds
Sub-Shrub	Tlamsam	<i>Chromolena odorata</i>	Local	Wild	Seeds/Plantlet
Herb	Tuaitit	<i>Antidesma bunuis</i>	Local	Wild	Seeds
Herb	Tumbu	<i>Musa sp.</i>	Local	Wild	Seeds
Climber	Vako	<i>Thumbergia alata</i>	Local	Wild	Seeds
Tree	Vang	<i>Albizia chinensis</i>	Local	Wild	Seeds
Herb	Vawkpuithal	<i>Bidens pilosa</i>	Local	Wild	Seeds
Climber	Zawngluang	<i>Byttneria aspera</i>	Local	Wild	Seeds
Herb	Zo purun	<i>Allium hookeri</i>	Local	Cultivated	Tuber

7		8	9	10	11	12
Local Status		Uses (Usage)	Part Used	Associated TK	Other details market/ own use	Community/ Knowledge Holder
Past	Present					
Less Frequent	Less Frequent	Medicinal	Rhizome	Ground rhizome taken for stomach ache and applied on rheumatism.	Own use	Mizo
Abundant	Abundant	Medicinal	Rhizome, stem bark	Decoction of rhizomes mixed with oil taken for muscle stress, dysentery and diarrhea. Scraped stem-bark bandaged on boils and applied on wounds.	Own use	Mizo
Abundant	Abundant	Medicinal	Rhizome	Juice of rhizome is used for stomach ulcer, jaundice, diarrhoea, dysentery, cholera, asthma, food poisoning, and also used as a tonic for blood purifier.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Rhizome	Rhizome is used for stomach ache, diarrhoea, dysentery, jaundice, asthma, measles, food allergy or food poisoning.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves and seeds	Oils from the seeds are applied for headache, goiter, skin diseases and eye problems. It is also given to pregnant women in order to prevent early sicknesses of the child to be born.	Own use	Mizo
Abundant	Abundant	Medicinal	Stalks, rhizomes	Stalks are used as vegetables, cooked stalk are eaten to increase breast milk. Rhizomes are used in manufacturing perfumes.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves, berries	Leaves are boiled in water and taken against urinary problems and kidney stones. Juice of green berries is applied to boils, ringworm etc	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves, bark, fruit	Decoction of root and bark is used in fevers, colic, stomach ulcer, indigestion, dysentery, diarrhoea etc. Poultice of the bark is applied to rheumatism, sprains, inflammations and skin diseases. Decoction of leaves is used in flatulence, ulcer, etc. decoction of fruit is used to treat diseases of liver, hepatitis etc.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves & seeds	Poultice of leaves and seeds taken directly for antidiabetic	Own use	Mizo
Abundant	Abundant	Medicinal	Roots & stem	Decoction of the roots and stem are taken as blood tonic and as a carminative, taken for rheumatism, paste of roots and stem applied for snake bite and wounds.	Own use	Mizo
Less Frequent	Abundant	Medicinal	Leaf pulp	Leaf pulp is used for liver complaints, spleen enlargement, jaundice, asthma, kidney stones, ulcers, fresh cuts and wounds, burns, skin diseases.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Tuber, Bulbil	Tubers and bulbil are used as vegetable and also used to treat cancer	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves and roots	Expulsion of threadworms from the body, as a remedy for food poisoning. Roots and leaves are boiled for treating malarial fever, diabetes, pneumonia, constipation.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Latex	The plant is freshly cut open and the latex in no maximum amount is applied on snake bites.	Own use	Mizo
Abundant	Abundant	Medicinal	Fruits	The mature raw fruits are soaked in a glass of water for overnight and the water is drunk in the morning. Fruit are consumed directly or boiled in water and taken to ease constipation. For adults one cup (200 ml) of water a day for diabetes for one month and for constipation whenever it is convenient. For children half the dosage of adults.	Own use	Mizo

Abundant	Abundant	Medicinal	Fruit	Decoctions of fruits are taken as anthelmenthic, against gastritis, leaf paste applied on leprosy, decoction of leaves used as a mouthwash in mouth ulcers, paste applied on benign tumors, taken for bronchitis, helps prevent vomiting, heart diseases, against food allergy and arthritis.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Fruit, bark	Fruit is useful in diabetes, digestion, dysentery and diarrhoea. Root bark is used for poisoning of fish.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Leaves	The crushed leaves are used for poulticing joint pains	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Leaves	Decoction of leaves are used in ulcer, asthma, sores, dandruff etc.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves	1kg of the leaves and 5kg of the barks are boiled in water for 14hrs until a sticky fluid is obtained. The sticky fluid is collected for consumption	Own use	Mizo
Abundant	Abundant	Medicinal	Bark, leaves	Bark and leaves decoction are used in stomach ulcer, diarrhoea and dysentery	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves, fruits	Juice of crushed leaves and fruits are used against diarrhoea, sore throat, tonsillitis, stomach ulcer and toothache.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Fruits	The fruits are used in burning sensations and paste in applied on skin ulcers.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Stem juice	Juice of the stem is used as a remedy for jaundice, blood purifier, lungs, diuretic etc.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Leaves	Leaves are smoked to relief stress anxiety, used as pain relief, increases appetite, a few amount of leaves are consumed in case of diarrhoea and constipation.	Own use	Mizo
Abundant	Abundant	Medicinal	Roots	Roots decoction used in piles and jaundice, diseases of liver and kidney etc	Own use	Mizo
Abundant	Abundant	Medicinal	Bark and leaves	Decoction of bark and leaves used for cholera, diabetes, internal bleeding, stomach ulcer etc. Leaves are used for fermenting cooked soya bean (Bekang), a famous Mizo dish.	Own use	Mizo
Rare	Rare	Medicinal	Leaves	Decoction of leaves taken internally for infections of the urinary tract that affect the kidney, bladder, ureters, and urethra. It is also used as a diuretic to increase urine output.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves and roots	Juices of the crushed roots taken for dysuria, the leaves are chewed for tooth ache	Own use	Mizo
Abundant	Abundant	Medicinal	Rhizome	Juice of pounded rhizome is used in indigestion, stomach problems, dysuria, dysentery.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves	Leaf juice applied on fresh wounds, stomach pain and ulcer.	Own use	Mizo
Abundant	Abundant	Medicinal	Roots, leaves	Roots and leaves are used to treat stomach problems.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves and roots	Juice of the crushed leaves mixed with honey taken as homeostatic. Infusion of leaves taken for diuretic, dysentery and diphtheria. Decoction of roots taken for asthma, bronchitis, a few drops for eye diseases, taken orally for fever and applied on centipede bite. Juice of the crushed leaves applied/bandaged upon cuts, wounds and used for the treatment of whooping cough	Own use	Mizo

				andbronchitis. Juice of the crushed leaves mixed with sugar taken forjaundice. Decoction of the leaves taken for regulating menstrualcycle,gonorrhoea and rheumatism.		
Abundant	Abundant	Medicinal	Leaves, roots and fruits	Infusion of the leaves taken for intestinal problems in children,poundedleaves and fruits applied on itching, ringworm, eczema,scabies andinflammations on the skin. Poultice of leaves arebandaged upon boils.	Own use	Mizo
Abundant	Abundant	Medicinal	Roots&leaves	Decoction of roots/leaves is medicinal. The plant is also used as fish poison	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves	Grinded leaves mixed with sugar applied for bleeding gums. Young shoots are eaten as vegetables.	Own use	Mizo
Rare	Rare	Medicinal	Seeds	Seeds yields chaulumugra oil which is used in rheumatism, leprosy, psoriasis and other skin diseases.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves&fruits	Decoction of fruit and leaves are used in various diseases.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Fruits and leaves	Fruits and decoction of tender leaves taken for typhoid. Poundedfruits andleaves taken for asthma. Decoction of leaves taken forkidney problems.Juice of the pounded leaves used for massagingunconscious patients from head to toe. Ground tender leaves aretaken as laxatives.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Leaves&bark	Tender leaves chewed for sore throat, infusion of tender leavestaken for diphtheria and pharyngitis, Decoction of bark taken forcholera.	Own use	Mizo
Abundant	Abundant	Medicinal	Whole plant	Plant is used in diabetes, jaundice, pile, dysentery, diarrhoea, hypertension etc.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Root, latex & seed	Diarrhoea, fever, asthma, skinproblems, swellings, anti toxin,stomach ache.	Own use	Mizo
Abundant	Abundant	Medicinal	Fruit&leaves	Juice of fruit is used for diarrhoea, cholera, diabetes, vomiting, kidney problems	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Leaves, fruits and bark	Crushed leaves bandaged on herpes zoster, used as anti-inflammatory and also for leprosy. Fruits are crushed and the juiceis applied in the abdomenwhich acts as diuretic, and helps indysentery. Juice of the crushed bark taken for jaundice.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Fruits, leaves, bark	Aroma of the flower is inhaled for dizziness, latex is taken directly for stomach problem, and oils from the seeds are applied on the skin for itch, scabies, and cellulitis and taken internally against intestinal worms, decoction of bark for drunk against malarial fever, arthritis and used as a mouth gargle for tooth decay. Crushed leaves are applied directly to wounds. Fruits are crushed and infused and against any urinary problems. Juice of the crushed leaves is taken for regulating menstrual cycle, drunk for diarrhea and cholera	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Roots&fruits	Roots are used in colic, vomitting, flatulence. Fruits are used in asthma, cough, diarrhoea, fever, blood purifier, skin diseases, common cold. Juice are mixed with egg for fatigue, etc.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Bark	Decoction of the bark is drunk orally against food allergies towardsfish.	Own use	Mizo

Less Frequent	Less Frequent	Medicinal	Root	Infusion of crushed roots taken for jaundice, decoction of roots used for massaging in rheumatism and body pains. Decoction of roots used as a mouth wash in tooth ache.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves	Poultice of leaves applied on boils and in insect bites (spiders and centipedes).	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Leaves and stem	Stem and leaves are eaten against diarrhoea and dysentery, juice of the stem or stalk is also applied to rash.	Own use	Mizo
Abundant	Abundant	Medicinal	Bark	Juice of the inner coat of bark taken orally for diarrhea, paste of ground bark applied externally on pimples and sores.	Own use	Mizo
Abundant	Abundant	Medicinal	Fruit	Unripe fruit are eaten as vegetable. Roots and fruit are used in high blood pressure, asthma, dysuria, fever, colic. Crushed fruit is used in burns, boils etc	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Root, bark and oil	Root bark are used for treating dysentery, profuse sweating and ashomeostatic, fever and cough. Also good for motion sickness. Oils are applied for tooth decay and used for treating typhoid.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Bark, root	Paste of bark applied as anti toxin, antipyretic, decoction of bark used as a mouth gargle in the treatment of tonsillitis, used for massaging muscle stress, for eye problems and decoction of roots taken for common cold.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Fruits	Fruits are taken orally against jaundice, regulating menstrual cycle, paste of the ground fruits applied on hemorrhoids, infusion of the dried fruit taken for fever and fruits are taken for prevention against scurvy.	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Seed and bark	Seeds are taken as laxatives, paste of the ground bark applied on cuts and wounds, infusion of the barks applied for cleaning pimples and sores.	Own use	Mizo
Abundant	Abundant	Medicinal	Fruit&leaves	Fruit is edible and used for constipation, stomach troubles, juice of boiled leaves is used in treating stomach ulcer, cancer and other stomach related problems	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves	Leaves are used as beverage, astringent, stimulant and diuretic. Decoction of leaves used for dressing burns and skin ulcers.	Own use	Mizo
Abundant	Abundant	Medicinal	Bark, leaves	Poultice of leaves applied directly on skin ulcers, decoction of bark taken for bronchitis, cough and diabetes.	Own use	Mizo
Abundant	Abundant	Medicinal	Bark, stem	Juice of bark and stem is used for infection, wounds and cuts etc	Own use	Mizo
Abundant	Abundant	Medicinal	Bark and juice	Bark is useful in treatment of high blood pressure, asthma, typhoid, malaria, diarrhoea, dysentery. Milky juice is applied in fresh cuts, sores, ringworm, wart, etc.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves	Juice of leaves is applied to fresh cuts	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Leaves	Juice of crushed leaves used as anti toxin, infusion of tender leaves taken for syphilis	Own use	Mizo
Abundant	Abundant	Medicinal	Buds	Plantain is cooked with water and is drink for treating deficiency of white blood	Own use	Mizo
Less Frequent	Less Frequent	Medicinal	Leaves	Juice of the cut stem applied on eye diseases, decoction of leaves taken for stomach ache, paste of the ground leaves applied on fire burns, pounded roots bandaged upon fractured bones and sprains,	Own use	Mizo

				Leaves are taken orally for asthma		
Abundant	Abundant	Medicinal	Bark	Paste of the ground bark mixed with honey are applied on burns, decoction of bark is used for dressing cuts and wounds, scabies anditch.	Own use	Mizo
Abundant	Abundant	Medicinal	Leaves	Infusion of tender leaves taken orally for diarrhea and dysentery.	Own use	Mizo
Abundant	Abundant	Medicinal	Stem	Stem juice is used for mouth sore, stomach ulcer, etc.	Own use	Mizo
Abundant	Abundant	Medicinal	Whole	Eaten raw as a vegetable with salt for its potential in curing heartproblems, relaxation of muscles and lowering blood pressure	Own use	Mizo

Format 13 : Ornamental Plants

1	2	3	4	5
Plant type	Local Name	Scientific Name	Variety	Source of Plants/Seeds
Tree	April pâr	<i>Delonix regia</i>	Local variety	Locally Available
Shrub	April pârte	<i>Caesalpinia pulcherimma</i>	Local variety	Locally Available
Herb	Ar-tukkhuan	<i>Mirabilis jalapa</i>	Local variety	Locally Available
Tree	Chawnpui	<i>Lagerstroemia speciosa</i>	Local variety	Locally Available
Shrub	Christmas pâr	<i>Poinsettia pulcherrima</i>	Local variety	Locally Available
Herb	Chuailopâr	<i>Gomphrena globosa</i>	Local variety	Locally Available
Herb	Dahlia	<i>Dahlia pinnata</i>	Local variety	Locally Available
Annual Herb	Derhken	<i>Tagetes erecta</i>	Local variety	Locally Available
Grass	Di pâr	<i>Gladiolus dalenii/natalensis</i>	Local variety	Locally Available
Perennial Herb	Dingdî	<i>Asclepias curassavica</i>	Local variety	Locally Available
Evergreen Tree	Fâr	<i>Pinus sp.</i>	Local variety	Locally Available
Tree	Fartuah	<i>Erythrina stricta</i>	Local variety	Locally Available
Succulent Herb	Hling lukhum	<i>Euphorbia milii</i>	Introduced	Locally Available
Annual Slender Herb	Hnahsinpâr	<i>Cosmos bipinnatus</i>	Local variety	Locally Available
Herb	Kumtluang	<i>Catharanthus roseus</i>	Local variety	Locally Available
Perennial Herb	Kungpuimuthi	<i>Canna indica</i>	Local variety	Locally Available
Tuber	Lilypar	<i>Lilium sp.</i>	Local variety	Locally Available
Herb	Mawza pâr (Salvia)	<i>Salvia splendens</i>	Introduced	Locally Available
Shrub or Small Tree	Midum pangpâr	<i>Hibiscus rosa-sinensis</i>	Local variety	Locally Available
Shrub	Mualhawihêtê	<i>Ixora coccinea</i>	Local variety	Locally Available
Epiphyte	Nauban	<i>Orchid</i>	Local variety	Locally Available
Herb	Nghasih pâr	<i>Cleoserrata speciosa</i>	Local variety	Locally Available
Herb	Nuaithang	<i>Impatiens balsamina</i>	Local variety	Locally Available
Shrub	Rose pâr	<i>Rosa indica</i>	Local variety	Locally Available
Herb	Sap pangpâr	<i>Zinnia sp.</i>	Local variety	Locally Available
Thorny shrub	Saron pâr	<i>Bougainvillea spectabilis</i>	Local variety	Locally Available
Deciduous shrub	Uating wayvet	<i>Lagerstroemia indica</i>	Local variety	Locally Available
Tree	Vaube	<i>Bauhinia variegata</i>	Local variety	Locally Available
Annual Herb	Zamzo	<i>Celosia argentea</i>	Local variety	Locally Available

Format 14 : Timber plants

1	2	3	4	5		6	7
Plant Type	Local Name	Scientific Name	Habitat	Local Status		Wild/home-garden	Other uses
				Past	Present		
Tree	Anku	<i>Celtis australis</i>	Wild	Abundant	Abundant	Wild	Wood tough, used for building. Tool handles, firewood etc
Tree	Ardah-tê	<i>Achidendron bigeminum</i>	Wild	Abundant	Abundant	Wild	Wood is hard and used for firewood
Tree	Batling	<i>Wedlandia bundleioides</i>	Wild	Abundant	Abundant	Wild	Wood is used for gunpowder, charcoal, firewood etc
Tree	Belphuar	<i>Trema orientalis</i>	Wild	Abundant	Abundant	Wild	Wood is used for gunpowder, charcoal, firewood etc
Tree	Berawchal	<i>Canarium bengalense</i>	Wild	Insufficient	Insufficient	Wild	Wood heartwood, reddish brown, used for firewood etc
Tree	Bûl	<i>Alseodaphne petiolaris</i>	Wild	Abundant	Abundant	Wild	Wood is used for building, furniture, firewood etc
Tree	Bùng	<i>Ficus benghalensis</i>	Wild	Less Frequent	Less Frequent	Wild	Wood is used for fuelwood, well curbs etc
Tree	Changkhen	<i>Heteropanax fragans</i>	Wild	Abundant	Abundant	Wild	Wood is used for firewood
Tree	Char	<i>Terminalia myriocarpa</i>	Wild	Abundant	Abundant	Wild	Wood is used for furniture, house building, firewood etc
Tree	Chawngtlai	<i>Wightia speciosissima</i>	Wild	Less Frequent	Less Frequent	Wild	-
Tree	Chawmzil	<i>Ligustrum robustum</i>	Wild	Abundant	Abundant	Wild	Wood is used for firewood and charcoal etc.
Tree	Chhawntual	<i>Aporosa octandra</i>	Wild	Abundant	Abundant	Wild	Wood is used for firewood and charcoal etc.
Tree	Fah	<i>Lithocarpus dealbatus</i>	Wild	Abundant	Abundant	Wild	Wood used for rice pestle, firewood and charcoal etc.
Tree	Fartuah	<i>Erythrina variegata</i>	Wild	Abundant	Abundant	Wild	Wood is used for drums, toys etc. and bark fibre for cordage
Tree	Herhsê	<i>Mesua ferrea</i>	Wild	Insufficient	Insufficient	Wild	A very hard wood used for bridges, railway sleepers, tool handles, firewood, rice pestle, charcoal etc
Tree	Hnahkhar	<i>Mallotus paniculatus</i>	Wild	Abundant	Abundant	Wild	Wood is used for firewood
Tree	Hmâwng	<i>Ficus sp.</i>	Wild	Abundant	Abundant	Wild	Wood is used for fuel and charcoal etc
Tree	Hnûm	<i>Engelhardtia spicata</i>	Wild	Abundant	Abundant	Wild	Wood is used for house construction, tea boxes, packing etc
Tree	Hulhu	<i>Aganope thyrsoflora</i>	Wild	Abundant	Abundant	Wild	-
Tree	Khaupui	<i>Sterculia villosa</i>	Wild	Abundant	Abundant	Wild	Wood very soft is used for drums and paper pulp
Tree	Khiang	<i>Schima wallichii</i>	Wild	Abundant	Abundant	Wild	Wood durable is used in planking, building, plywood, firewood
Tree	Khiangzo	<i>Schima khasiana</i>	Wild	Abundant	Abundant	Wild	Wood is used for house construction and firewood
Tree	Khuangthli	<i>Bischofia javanica</i>	Wild	Abundant	Abundant	Wild	Wood used for house building, furniture, firewood etc
Tree	Lenhmui	<i>Syzygium cumini</i>	Wild	Abundant	Abundant	Wild	Wood is moderately hard, used for plywood, furniture, tool handles, panels, posts and firewood etc
Tree	Ngâu	<i>Magnolia oblonga</i>	Wild	Abundant	Abundant	Wild	Wood hard and durable used in furniture, building, planking
Tree	Nghalchhun	<i>Eriobotrya bengalensis</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood, charcoal etc
Tree	Pâng	<i>Bombax insigne</i>	Wild	Abundant	Abundant	Wild	Wood used for packing cases, matchboxes and splint
Tree	Pangkai	<i>Baccaurea ramiflora</i>	Wild	Abundant	Abundant	Wild	-
Tree	Pasaltakaza	<i>Helicia robusta</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood
Tree	Phân	<i>Ulmus lanceifolia</i>	Wild	Abundant	Abundant	Wild	Wood durable used for posts, gunstocks, tool handles etc
Tree	Phuanberh	<i>Macropanax dispermus</i>	Wild	Abundant	Abundant	Wild	Wood is soft and can be used for firewood
Tree	Rihnim	<i>Ficus religiosa</i>	Wild	Abundant	Abundant	Wild	Wood durable underwater, used for fuel and charcoal etc

Tree	Sahatah	<i>Aglaia spectabilis</i>	Wild	Abundant	Abundant	Wild	Wood hard used for furniture, building, doors and windows
Tree	Saperbul	<i>Cinnamomum glaucescens</i>	Wild	Abundant	Abundant	Wild	Wood is durable, used for furniture, boat building, fuelwood
Tree	Sehawr	<i>Castanopsis indica</i>	Wild	Abundant	Abundant	Wild	Wood hard used for furniture, building, firewood etc
Tree	Sernam	<i>Litsea cubeba</i>	Wild	Abundant	Abundant	Wild	Wood used for gunpowder, charcoal, firewood etc
Tree	Sialhma	<i>Helicia exceisa</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood
Tree	Sihneh	<i>Eurya japonica</i>	Wild	Abundant	Abundant	Wild	-
Tree	Taitaw	<i>Spondias pinnata</i>	Wild	Abundant	Abundant	Wild	Wood used for drums, firewood etc
Tree	Tatkawng	<i>Artocarpus chama</i>	Wild	Abundant	Abundant	Wild	Wood durable used for building, furniture, plywood etc
Tree	Teak	<i>Tectona grandis</i>	Wild	Rare	Rare	Wild	Wood is extremely durable, used for buildings, bridges, furniture, plywood, constructions etc
Tree	Tei	<i>Toona ciliata</i>	Wild	Abundant	Abundant	Wild	Wood used for furniture, house building, ceiling, floors etc
Tree	Theipui	<i>Ficus semicoradata</i>	Wild	Abundant	Abundant	Wild	Wood used for mortars, firewood etc
Tree	Thelret	<i>Ficus elastica</i>	Wild	Insufficient	Insufficient	Wild	Wood used for furniture, industry, and can be used as firewood
Tree	Thil	<i>Lithocarpus polystachus</i>	Wild	Abundant	Abundant	Wild	Wood used for building, firewood etc
Tree	Thingdawl	<i>Tetrameles nudiflora</i>	Wild	Abundant	Abundant	Wild	Wood is used for flooring, walling, matches, plywood etc
Tree	Thingpuithing	<i>Lithocarpus elegans/obscurus</i>	Wild	Abundant	Abundant	Wild	Wood is used for building, firewood, charcoal, etc
Tree	Thingsia	<i>Castanopsis tribuloides</i>	Wild	Abundant	Abundant	Wild	Wood used for house building, furniture, boats etc
Tree	Thingvawkpui	<i>Balakata baccata</i>	Wild	Abundant	Abundant	Wild	Wood used for plywood, packing cases, firewood etc
Tree	Thlanvawng	<i>Gmelia arborea</i>	Wild	Abundant	Abundant	Wild	Wood used for planking, furniture, house posts etc
Tree	Thlengreng	<i>Vitex quinata</i>	Wild	Abundant	Abundant	Wild	Wood is used for house building, firewood etc
Tree	Umkhal	<i>Elaeocarpus tectorius</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood
Tree	Vang	<i>Albizia chinensis</i>	Wild	Abundant	Abundant	Wild	Wood used for making drum, firewood and charcoal etc
Tree	Vaube	<i>Bauhinia variegata</i>	Wild	Abundant	Abundant	Wild	Wood is used for tool handles, firewood, charcoal etc
Tree	Vawmbal	<i>Drimycarpus racemosa</i>	Wild	Abundant	Abundant	Wild	Wood is used for building, boats, firewood etc
Tree	Vawngthla	<i>Premna milleflora</i>	Wild	Abundant	Abundant	Wild	Durable wood used for house posts etc
Tree	Zairum	<i>Anogeissus acuminata</i>	Wild	Abundant	Abundant	Wild	Wood used for house posts, tool handles, fuel and charcoal etc
Tree	Zathu	<i>Polyalthia jenkinsii</i>	Wild	Abundant	Abundant	Wild	Wood is used for house posts, firewood etc
Tree	Zawng taitaw	<i>Lannea coromanselica</i>	Wild	Abundant	Abundant	Wild	-
Tree	Zihngthal	<i>Stereospermum chelonoides</i>	Wild	Abundant	Abundant	Wild	Wood used for house construction, cabinet making, furniture
Tree	Zuang	<i>Duabanga grandiflora</i>	Wild	Abundant	Abundant	Wild	Wood used for building, plywood, firewood etc
8				9			10
Associated TK				Other details			Community/ knowledge holder
Fruits taken for amenorrhoea and colic				Leaves and fruits are used in medicine			Mizo
Poultice of leaves and seeds taken directly for antidiabetic				Tender leaves chewed for toothache as convenient by the patient			Mizo

Leaves and flowers cooked and eat as vegetables for appetizers	Wood pole is used for fencing post	Mizo
Bark yield a strong fibre and leaves are lopped for cattle fodder	It is a light demanding tree, fast growing and short lived tree	Mizo
The lac is applied externally to snake bite and ringworm	-	Mizo
-	Ripe fruit is eaten by birds and animals	Mizo
Bark and aerial roots are used for making coarse ropes	Leaves are good for cattle fodder	Mizo
Dried root and bark used for detoxification, blood activation and detumescence, and pain easing	-	Mizo
-	A fast growing tree, leaves are used for fodder	Mizo
-	-	
-	Leaves are lopped for cattle fodder	Mizo
Half dried wood when put on fire produces froth from the other end which is used as a lotion to remove ringworm and vitilgo	Leaves are lopped for cattle fodder	Mizo
Juice of the ground bark mixed with honey taken for dysentery. Juice of the crushed leaves applied on tooth ache. Decoction of bark taken internally for stomach ulcer, paste of bark applied as haemostasis in cuts and wounds and , decoction of bark taken in liver ailments, anthelminthic, bronchitis, and for regulating menstrual cycle in females.	Decoction of leaves taken as diuretic and for increasing breast milk, juice of bark mixed with <i>Alstonia scholaris</i> taken orally for hypertension	Mizo
Tender pods are edible, seeds edible roasted or boiling, bark and leaves are also used in medicine	It is a fast growing tree and cultivated as ornamental and hedge plant	Mizo
Bark, unripe fruit, flowers and seed oil are medicinal	Seed oil used for burning, lubricating and soap making	Mizo
Latex applied on sores	Leaves are used for fermenting soyabean	Mizo
Leave and twigs are lopped for cattle fodder	Bark, fruit and leaves are used in medicine	Mizo
Bark is medicinal and also used for poisoning fish. Leaves are lopped for cattle fodder	It is a light demander	Mizo
Powdered fruit is used in scorpion sting, bites of centipede, juice of the bark for chronic ulcer and fresh cuts. Leaves are lopped for cattle fodder	Tender leaves are cooked eaten. It is moderate light demander and moderately fast growing tree	Mizo
Decoction of barks taken orally for cholera, dysentery, diarrhea and tonsillitis. Juice of the crushed bark drunk against thread worm in the intestine	Used for making ropes	Mizo
Tender leaves chewed for sore throat, infusion of tender leavestaken for diphtheria and pharyngitis, Decoction of bark taken forcholera.	Bark, stem and leaves are also medicinal. Leaves are lopped for cattle fodder	Mizo
Decoction of leaves taken for pneumonia and bronchitis	The leaves have a characteristic smell and contain camphor and essential oils	Mizo
Seed is very useful for treating diabetes and the bark for fever, jaundice, urinary problems, sore throat, bronchitis, asthma, ulcers and chronic dysentery etc	Fruits are eaten by man, birds and wild animals	Mizo
Infusion of leaves taken for stomach ache and kidney problems. Juices of the crushed leaves for intestinal worms. Crushed fruits and bark are taken for leprosy. Decoction of bark taken for cough, dried roots mixed with cheese applied directly to wounds	-	Mizo
Leaves are lopped for cattle fodder	-	Mizo
-	-	Mizo
Leaves are lopped for cattle fodder	-	Mizo
Leaves are used for cattle fodder	-	Mizo

Decoction of leaves or bark used for curing placental problems. Ground bark/ root bark mixed with ground bark of <i>Callicarpa arborea</i> , <i>Schima walichii</i> and <i>Aporosa octandra</i> mixed with sugar are boiled and taken for stomach ulcer	-	Mizo
Tender leaves are cooked and eaten without its water as vegetables	Leaves are lopped for cattle fodder	Mizo
Juice of the leaves used for flatulent colic, juice of bark used for liver diseases	-	Mizo
-	-	Mizo
Cooked leaves are eaten as vegetable	-	Mizo
-	-	Mizo
Decoction of barks taken for diabetes	-	Mizo
Decoction of barks and seeds taken for having anti-inflammatory and immunomodulatory property	-	Mizo
-	-	Mizo
Decoction of bark is used in treating diarrhoea, dysentery and rheumatism	Juice of crushed bark is also applied to fresh cuts	Mizo
Bark is used in diarrhoea, milky juice is applied on inflammatory diseases of glands and sometimes used as milk in tea	Juice of the inner coat of bark taken orally for diarrhea, paste of ground bark applied externally on pimples and sores.	Mizo
Decoction of bark taken for stomach-ache. Seeds are woven around the neck to prevent vomiting	-	Mizo
Bark is useful in fever, diarrhoea, itching and flowers in menstrual disorders	Leaves are lopped for cattle fodder	Mizo
-	-	Mizo
-	It yields para rubber, the finest and the most durable caoutchouc known	Mizo
Leaves are used as soap for washing <i>Mizo pawnpui</i> (Blanket)	It is a fast growing, good coppice and favoured for birds nesting. Bark can be used for poisoning fish, juice of crushed bark and leaves are used to tick bite	Mizo
Leaves are used against cancer	Leaves are used as tea beverage	
Saplings used as pedant for scorching off the bristles of the pig killed	-	Mizo
Juice of the stem is recommended for mouth infection in children	Young stem is cut to produce juice which is used as mouth wash to cure mouth and tongue ulcer, taken orally for pneumonia	Mizo
Bark fibre which is called <i>Hruikhau</i> is used for making into rope and <i>Hnam hrui</i> . Leaves are used for fermenting cooked soyabean and sometimes for wrapping food in	-	Mizo
Juice of the ground root bark taken for fever and for regulating digestions and for increasing breast milk; Juice of the crushed leaves taken for cough, latex applied on itch, decoction of leaves taken for skin ulcers, gonorrhoea and urinary tract infection.	A big plate (<i>Thlengpui</i>) was made from the wood to serve a meal for a particular family in the Pre-Christian Mizo society.	Mizo
<i>Vitex</i> species are used as anti-inflammatory, antibacterial, antifungal, antimicrobial, antioxidant, and anti-cancer etc	-	Mizo
-	-	Mizo
Bark used to poison fish. Leaves are lopped for cattle fodder	It is a moderate light demander and fast growing tree	Mizo
Leaves, tender fruits and flower buds eaten as vegetable	It is a moderate light demander and wind firm tree	Mizo
Thick paste of the plant is applied on broken bone. Juice of the plant is also applied on sore of baby's navel	Plant is laxative and cooling used for cold, sinusitis and menstruation problems	Mizo

Tender leaves are boiled with meats and eaten as vegetables	-	Mizo
To 500g each of the barks and leaves, 3litres of water is added and boiled for 2-3 hours. The water is filtered out and collected in a bottle and drink against stomach ulcer	-	Mizo
-	-	Mizo
The bark is considered astringent and stomachic; used as a lotion in impetigenous eruptions, leprous and obstinate ulcers; cures sprains, bruises, skin eruptions, heart diseases, dysentery and mouth sores. Decoction of the bark is used for toothache. Its bark along with the bark of <i>Aegle mermelos</i> , <i>Artocarpus heterophyllus</i> and <i>Sygygium cumini</i> is useful in impotency. Scrapped bark is chewed for 2-3 days to cure glossitis. Boiled leaves are applied as a fomentation for local swelling and pains		Mizo
Decoction of barks taken as anthelmintic, infusion of leaves taken as antifebrile, taken for malarial treatment, young shoots chewed and swallowed against stomach ache.	A large deciduous tree, branches spreading, bark yellowish-grey.	Mizo
Paste of the leaves applied on inflammations.	Bark is bruised, boiled with soil impregnated with urine to produce a bluish dye	Mizo

Format 15 : Domesticated Animals

1	2	3	4	5	6	
Animal type	Local name	Scientific name	Breed	Features	Method of keeping	
Poultry	Ar	<i>Gallus domesticus</i>	Local	-	Poultry house made up of bamboo, poles and GI sheets near the house	
Poultry	Broiler-âr	<i>Gallus gallus domesticus</i>	Broiler	-	Poultry house/shed	
Cattle	Bawng	<i>Bos taurus</i>	Local	-	Cattle shed	
Dog	Ui	<i>Cannis familiaris</i>	Local	-	Inside the house along with the owner's family	
Pig	Vawk	<i>Artiodactyla suidae</i>	Local	-	Pig shed built separately near the owner's house	
Cat	Zawhte	<i>Felis catus</i>	Local	-	Inside the house along with the owner's family	
7		8	9	10	11	12
Local Status		Uses	Associated TK	Commercial Rearing	Other details	Community/ Knowledge holder
Past	Present					
Abundant	Abundant	These domestic animals were mostly reared for their meat. Dogs are used as a house keeper. Poultry farming is common, for bulk production of eggs and meat. Cattle for milk.	Chickens are used for sacrifice in the olden days	Commercial and own use	Dung is used as fertilizers for cultivated crops	Mizo
Abundant	Abundant		-	Commercial and own use	Dung is used as fertilizers for cultivated crops	Mizo
Abundant	Abundant		A cow tail is cooked and eaten against low libido	Commercial and own use	Dung is used as fertilizers for cultivated crops	Mizo
Abundant	Abundant		Fresh blood used for inflammatory disease of gland	-	-	Mizo
Abundant	Abundant		Pigs are also used for performing	Commercial and	Dung is used as fertilizers for	Mizo

			rituals and sacrifice in the olden days	own use	cultivated crops	
Abundant	Abundant		-	-	-	Mizo

Format 16 : Culture Fisheries

1	2	3	4	5	6	7	
Fish type	Local Name	Scientific Name	Variety	Features	Waterscape	Local status	
						Past	Present
Carp	Common carp	<i>Cyprinus carpio</i>		-	-do-	Less Frequent	Abundant
Carp	Grass carp	<i>Ctenopharyngodon idella</i>		-	-do-	Less Frequent	Abundant
Carp	Silver carp	<i>Hypophthalmichthys molitrix</i>		-	-do-	Less Frequent	Abundant
8	9	10	11	12			
Uses	Associated TK	Commercial rearing	Other details	Community/Knowledge holder			
Edible	-	Commercial	-	Mizo			
Edible	-	Commercial	-	Mizo			
Edible	-	Commercial	-	Mizo			

Format 17 : Markets/Fairs of domesticated animals, medicinal plants and other products – NIL

WILD BIODIVERSITY

Format 18 : Trees, Shrubs, Herbs, Tubers, Grasses, Climbers

1	2	3	4	5	6	
Plant type	Local Name	Scientific Name	Habit	Habitat	Local status	
					Past	Present
Herb	Aidu	<i>Amomum dealbatum</i>	Perennial herb	Wild	Abundant	Abundant
Herb	Anhling	<i>Solanum americanum</i>	Herb	Wild	Abundant	Abundant
Climber	Bachhim	<i>Dioscorea alata</i>	Climber	Wild	Abundant	Abundant
Shrub	Buarze	<i>Blumea lanceolaria</i>	Sub-shrub	Wild	Abundant	Abundant
Fern	Chakawk	<i>Diplazium esculentum</i>	Large terrestrial fern	Wild	Abundant	Abundant
Herb	Changel	<i>Musa acuminata</i>	Perennial Herb	Wild	Abundant	Abundant
Tree	Chawmzil	<i>Ligustrum robustum</i>	Evergreen tree	Wild	Abundant	Abundant
Grass	Di	<i>Impereta cylindrical</i>	Tall grass	Wild	Abundant	Abundant
Shrub	Hlo-nuar	<i>Mimosa pudica</i>	Herb	Wild	Abundant	Abundant
Shrub	Hmeithai-sarawh-tul	<i>Inula capppa</i>	Erect shrub	Wild	Abundant	Abundant
Herb	Hnahthial	<i>Stachphrynium placentarium</i>	Perennial herb	Wild	Abundant	Abundant
Climber	Hruiduk	<i>Mucuna bracteata</i>	Climber	Wild	Abundant	Abundant
Climber	Hruipui	<i>Calamus flagellum</i>	Cane	Wild	Abundant	Abundant
Climber	Japan-hlo	<i>Mikania micrantha</i>	A yellow parasitic climber	Wild	Abundant	Abundant
Climber	Kaiha	<i>Smilax perfoliata</i>	Large climber	Wild	Abundant	Abundant
Fern	Katchat	<i>Nephrolepis cordifolia</i>	Terrestrial/Epiphytic fern	Wild	Abundant	Abundant

Climber	Kawihru	<i>Entada phaseoloides</i>	Large climber	Wild	Abundant	Abundant
Climber	Kawldai	<i>Justicia adhatoda</i>	Evergreen shrub	Wild	Abundant	Abundant
Climber	Kel-hnam-tur	<i>Hedyotis capitellata</i>	A slender woody much-branched climbing shrub	Wild	Abundant	Abundant
Climber	Khangpawl	<i>Acacia pruinescens</i>	Large climber with recurved prickles	Wild	Abundant	Abundant
Climber	Khangsen	<i>Acacia megaladena</i>	Climber	Wild	Abundant	Abundant
Shrub	Khauchhim	<i>Pericampylus glaucus</i>	Climbing shrub	Wild	Abundant	Abundant
Tree	Khawmhma	<i>Rhus chinensis</i>	A deciduous, spreading, often multi-branched tree	Wild	Abundant	Abundant
Herb	Lambak	<i>Centella asiatica</i>	Herb	Wild	Abundant	Abundant
Grass	Luang	<i>Saccharum longisetosum</i>	Tall grass	Wild	Abundant	Abundant
Tree	Nauthak	<i>Litsea monopetala</i>	Small tree	Wild	Abundant	Abundant
Tree	Pangkai	<i>Baccaurea ramiflora</i>	Tall tree	Wild	Less Frequent	Less Frequent
Bamboo	Phulrua	<i>Dendrocalamus hamiltonii</i>	Larged tufted bamboo	Cultivated	Rare	Abundant
Shrub	Ram lakhuih	<i>Pandanus fascicularis</i>	Small dioecious tree	Wild	Less Frequent	Less Frequent
Bamboo	Rawnal	<i>Dendrocalamus longispatus</i>	Long sheath bamboo	Cultivated	Rare	Abundant
Bamboo	Rawthing	<i>Bambusa longispiculata</i>	Evergreen	Cultivated	Rare	Abundant
Shrub	Se-mei-bawm	<i>Triumfetta pilosa</i>	Under shrub	Wild	Abundant	Abundant
Tree	Sernam	<i>Litsea cubeba</i>	Small tree	Wild	Abundant	Abundant
Shrub	Siali-nu-chhu	<i>Rubus birmanicus</i>	Large shrub	Wild	Abundant	Abundant
Shrub	Ta-ham	<i>Persicaria chinensis</i>	Herb found very common in wet areas	Wild	Abundant	Abundant
Shrub	Thakpui	<i>Dendrocnide sinuate</i>	Large evergreen shrub	Wild	Abundant	Abundant
Grass	=hang	<i>Eulalia trispicata</i>	Grass	Wild	Abundant	Abundant
Herb	Tha-suih	<i>Lindernia ruellioides</i>	Erect herb	Wild	Abundant	Abundant
Climber	Thian-nu	<i>Merremia vitifolia</i>	Perennial twiner branches hirsute	Wild	Abundant	Abundant
Climber	Thian-pa	<i>Merremia umbellate</i>	Perennial vine	Wild	Abundant	Abundant
Tree	Thingsia	<i>Castanopsis tribuloides</i>	A tree 8-10 m tall	Wild	Abundant	Abundant
Grass	Thip	<i>Carrex baccans</i>	Perennial/rhizomatous geophyte	Wild	Abundant	Abundant
Shrub	Tlangsam	<i>Chromolaena odorata</i>	Invasive herb	Wild	Abundant	Abundant
Herb	Uithinthang	<i>Houttuynia cordata</i>	Herb	Wild	Abundant	Abundant
Herb	Vailenhlo	<i>Ageratum houstonianum</i>	Perennial herb	Wild	Abundant	Abundant
Herb	Vawkpuithal	<i>Bidens pilosa</i>	A herb with quadrangular stem, hairless, green to purplish in colour.	Wild	Abundant	Abundant
Herb	Vawmkur	<i>Cyanotis cristata</i>	Annual herb; fibrous root	Wild	Abundant	Abundant
Tree	Zairum	<i>Anogeissus acuminata</i>	Big tree	Wild	Abundant	Abundant

7	8	9	10	11
Commercial/ own use	Part collected	Associated TK	Other details	Community Knowledge Holder
Own use	Young shoots, buds	Stem is used for tying purposes, leaves are also use for fermenting cooked soyabean	Plant is used for a cure of the enlargement of the liver, young shoots and buds are eaten cooked or fired as vegetables	Mizo

Own use	Leaves, berries	Leaves are boiled in water and taken against urinary problems and kidney stones. Juice of green berries is applied to boils, ringworm etc	This plant is also eaten as vegetables	Mizo
Own use	Tuber, Bulbil	Tubers and bulbil are use as vegetable and also used to treat cancer	-	Mizo
Own use	Leaves	Decoction of leaves are used in ulcer, asthma, sores, dandruff etc.	-	Mizo
Own use	Fronds	-	Young fronds are eaten as vegetables	Mizo
Own use	Leaves, stem, fruits	Purification of water, stomach ache, anti toxin, indigestion, burns, cuts and wounds, convulsions, jaundice, bronchitis.	It is also used as a pig feed	Mizo
Own use	Leaves	Leaves are lopped for cattle fodder	In some places, planted as a hedge plants	Mizo
Own use	Leaves	It is used for making roof in the olden days	Leaves are also used as cattle fodder	Mizo
Own use	Roots	Roots decoction used in piles and jaundice, diseases of liver and kidney etc	-	Mizo
Own use	-	-	-	Mizo
Own use	Leaves	Leaves are used for packing and wrapping foodstuff like cooked rice, raw sugar and other edible items including fresh vegetables	-	Mizo
Own use	-	The plant is used as a cover crop in Rubber and Oil palm plantation	-	Mizo
Own use	Cane, leaves	Cane is used for making furniture and basket, leaves for thatching	-	Mizo
Own use	Leaves	Leaf juice applied on fresh wounds, stomach pain and ulcer	It is also used for pig feed	Mizo
Own use	Stem	Pieces of stem are used for cleaning teeth	-	Mizo
Own use	Whole plant	Whole plant is used as a laying sheet (<i>Ar-tui-bawm</i>) for hen	-	Mizo
Own use	Leaves, seeds	Seeds are used for washing hairs and splitted stem for tying purposes. It is also used for playing games by Mizo boys and girls. Pounded seeds mixed with water is used for expelling leeches from cattle nostrils	Tender leaves are cooked as vegetable. Seeds are roasted and eaten	Mizo
Own use	Leaves and roots	Juice of the crushed leaves mixed with honey taken ashomeostatic. Infusion of leaves taken for diuretic, dysentery and diphtheria. Decoction of rootstaken for asthma, bronchitis, a few drops for eye diseases, taken orally for fever and applied on centipede bite. Juice of the crushed leaves applied/bandaged upon cuts, wounds and used for the treatment of whooping cough and bronchitis. Juice of the crushed leaves mixed with sugar taken for jaundice. Decoction of the leaves taken for regulating menstrual cycle, gonorrhoea and rheumatism.	-	Mizo
Own use	Roots&leaves	Decoction of roots/leaves is medicinal. The plant is also used as fish poison	-	Mizo
Own use	Leaves	Plants are described for asthma, bronchitis and pneumonia. Leaves are also used in scabies and snake bite	Tender leaves are acid and eaten as vegetable	Mizo
Own use	Bark	Bark is used as fish poison and medicine	-	Mizo
Own use	-	-	-	Mizo
Own use	Leaves&fruits	Decoction of fruit and leaves are used in various diseases.	This plant is used for making gunpowder. Wood is ideal for cooking beef.	Mizo
Own use	Whole plant	Plant is used in diabetes, jaundice, pile, dysentery, diarrhoea, hypertension etc.	It is also used as blood purifier	Mizo

Own use	Leaves	Leaves are lopped for cattle fodder	-	Mizo
Own use	Roots	Pounded roots of the plant, <i>Vitex peduncularis</i> , leaves of <i>Piper bettle</i> , clones of <i>Allium sativa</i> and grain of <i>Gulmori</i> and a small amount of sugar are mixed together and made into pills, which is taken orally against jaundice associated with hepatitis	-	Mizo
Own use	Bark	Decoction of the bark is drunk orally against food allergies towards fish	-	Mizo
Own use	Culms, shoots	Culms are used for temporary building, mats, baskets, agarbati sticks, paper, fuel, gutters, water vessel etc	Young shoots are cooked and eaten as vegetable	Mizo
Own use	Culms, shoots	Culms are used for making paper pulp, baskets, building etc	Young shoots are cooked and eaten as vegetable	Mizo
Own use	Leaves	Juice of the leaves applied externally on leprosy, small pox, syphilis, body pain, and heart disorder, brain trouble	-	
Own use	Culms, shoots	Culms are used for building purposes	Young shoots are cooked and eaten as vegetable	Mizo
Own use	-	-	-	Mizo
Own use	Berries	Decoction of berries taken as a remedy for sciatica and high blood pressure.	Wood is used for making gunpowder, charcoal, firewood etc	Mizo
Own use	Berries	Berries are edible, eaten as fruits	-	Mizo
Own use	Whole plant	Stalk used for rubbing warts, leaves chewed for hyper sensitive teeth	-	Mizo
Own use	Roots	Decoction of roots is used in diseases of liver, jaundice, fever, chicken pox, skin itching	Juice of the crushed roots with crabs taken orally for diarrhea and dysentery, Soup of the roots, crabs and spadix of <i>Musa</i> sps. Drunk against liver ailments and given to drug addict and alcoholics as a relief, juice of the crushed roots applied on skin burns	Mizo
Own use	-	-	-	Mizo
Own use	Whole plant	Whole plant is used as poultice for cramps, rheumatism, sciatica, wounds etc	-	Mizo
Own use	Whole plant	Decoction of the plant taken for strangury, urinary disorder and infusion of leaves taken for diuretic	-	Mizo
Own use	Leaves	Applied on skin burns	-	Mizo
Own use	Bark, stem	Juice of bark and stem is used for infection, wounds and cuts etc	Young stem is cut to produce juice which is used as mouth wash to cure mouth and tongue ulcer, taken orally for pneumonia	Mizo
Own use	-	-	-	Mizo
Own use	Leaves	Juice of leaves is applied to fresh cuts	Decoction of leaves taken for stomach ulcer and dysentery	Mizo
Own use	Whole plant	Whole plant is used in medicine, used for treating cancer, liver	Smelling of the plant is done for curing	Mizo

		problems etc	sinusitis, roots are diuretic	
Own use	Leaves	Infusion of tender leaves taken orally for diarrhea and dysentery	-	Mizo
Own use				Mizo
Own use	Whole plant	Poultice of the plants bandaged upon the affected area to have a quick relief from swellings and snake bites	-	Mizo
Own use	Bark, leaves	To 500g each of the barks and leaves, 3litres of water is added and boiled for 2-3 hours. The water is filtered out and collected in a bottle and drink against stomach ulcer	Wood used for house posts, tool handles, fuel and charcoal etc	Mizo

Format 19 : Wild Plant Species of Importance

1	2	3	4	5
Local Name	Scientific Name	Variety	Importance (Economic, Social & Cultural)	Status
Anchiri	<i>Homalomena aromatica</i>	Wild	Rhizome and petiole are medicinal, it is also used for making fragrance	Abundant
Builukham	<i>Osbeckia sp.</i>	Wild	Leaves are use for cuts, diarrhoea and dysentery. Whole plant is used for hypertension	Abundant
Changel	<i>Musa acuminata</i>	Wild	Leaves are used to serve meals when feasting, wrapping foodstuff and fresh vegetables. Stem is used for pig feed	Abundant
Hmunphiah	<i>Thysanolaena latifolia</i>	Wild	A grass broom used for cleaning household	Abundant
Hnahthial	<i>Stachphrynium placentarium</i>	Wild	Leaves are used for packing and wrapping foodstuff like cooked rice, raw sugar and other edible items including fresh vegetables	Abundant
Hruivankai	<i>Tinospora sinensis</i>	Wild	Juice of the pounded rhizome is used in indigestion, stomach trouble, dysuria, dysentery	Abundant
Khaupui	<i>Sterculia villosa</i>	Wild	Bark yields a strong fibre. Decoction of bark is used against cholera, dysentery, diarrhoea and tonsillitis	Abundant
Ngiau	<i>Magnolia oblonga</i>	Wild	Wood is hard and durable used in furniture, building, planking	Abundant
Phaktel	<i>Bridelia montana</i>	Wild	Wood is used for post, tool handles, house construction, firewood etc. Roots and bark are medicine	Abundant
Ram lakhuih	<i>Pandanus fascicularis</i>	Wild	Juice of the leaves applied externally on leprosy, small pox, syphilis, body pain, and heart disorder, brain trouble	Less Frequent
Rulei	<i>Millettia pachyacarpa</i>	Wild	Roots and pods are used to poison fish. Juice of crushed roots is applied on mange of pigs	Abundant
Saithei	<i>Gynocardia odorata</i>	Wild	Decoction of root bark taken for diabetes, fruits applied in skin ulcer, taken for fever, bronchitis and piles disorders.	Abundant
Sunhlu	<i>Phyllanthus emblica</i>	Wild	Fruit is highly rich in vitamin C. Bark is used for poisoning fish. Juice of the crushed bark is used for lung diseases, tarantula bite, dysentery and diarrhoea. Bark is boiled and water is used for washing rash or sores. Pounded fruits are soaked in water and are taken for expelling the retained placenta. Fruits are boiled in water and drunk for diabetes.	Abundant
Thakpui	<i>Dendrocnide sinuate</i>	Wild	Juice of the crushed roots with crabs taken orally for diarrhea and dysentery, Soup of the roots, crabs and spadix of Musa sps. Drunk against liver ailments and given to drug addict and alcoholics as a relief, juice of the crushed roots applied on skin burns	Abundant
=helret	<i>Ficus elastic</i>	Wild	It yields Indian rubber of commerce. Leaves are used for cattle fodder	Insufficient
Zairum	<i>Anogeissus acuminata</i>	Wild	Decoction of the plant taken for strangury, urinary disorder and infusion of leaves taken for diuretic. Wood used for house posts, tool handles, fuel and charcoal etc	Abundant

Zihnghal	<i>Stereospermum chelonoides</i>	Wild	Decoction of barks taken as anthelmintic, infusion of leaves taken as antifebrile, taken for malarial treatment, young shoots chewed and swallowed against stomach ache. Wood used for house construction, cabinet making, furniture	Abundant
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Format 20 : Aquatic Biodiversity :

1 Local Name	2 Scientific Name	3 Variety	4 Features	5 Habitat	6 Local Status	
					Past	Present
Chakai	<i>Potamonautes</i> sp.	Local	-	Rivers and Streams	Abundant	Abundant
Chengkawl	<i>Bithynia tentaculata</i>	Local	-	Rivers and Streams	Abundant	Abundant
Dawn\ial	<i>Acanthocobitis botia</i>	Local	-	Rivers and Streams	Abundant	Abundant
Dawn\ial	<i>Nemacheilus savona</i>	Local	-	Rivers and Streams	Abundant	Abundant
Dawn\ial	<i>Nemacheilus scaturigina</i>	Local	-	Rivers and Streams	Abundant	Abundant
Dawn\ial	<i>Schistura</i> sp/ <i>Acanthocobitis botia</i>	Local	-	Rivers and Streams	Abundant	Abundant
Hmursawp	<i>Garra</i> cf. <i>gotyla</i>	Local	-	Rivers and Streams	Abundant	Abundant
Kaikuang	<i>Macrobrachium rosenbergii</i>	Local	-	Rivers and Streams	Abundant	Abundant
Lengphar	<i>Barilius barila</i>	Local	-	Rivers and Streams	Abundant	Abundant
Makur	<i>Clarius magur</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghaberberk	<i>Pseudolaguvia</i> sp.	Local	-	Rivers and Streams	Abundant	Abundant
Nghachik	<i>Lepidocephalichthys guntea</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghadarthlalang	<i>Parambasis serrata</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghadawl	<i>Devario devario</i> and <i>Devario aequipinnatus</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghadungtial	<i>Laubuka parafasciata</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghafunglawr	<i>Xenentodon cancila</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghafunglawr	<i>Dermogenys pusilla</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghahrah	<i>Neolissochilus hexagonolepsis</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghakhing	<i>Channa marulius</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghalerh	<i>Macragnathus</i> sp.	Local	-	Rivers and Streams	Abundant	Abundant
Nghalim	<i>Garra manipurensis</i> and <i>Garra tyao</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghameidum	<i>Pethia</i> sp.	Local	-	Rivers and Streams	Abundant	Abundant
Ngharul	<i>Anguilla bengalensis</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghasanghal	<i>Botia</i> sp.	Local	-	Rivers and Streams	Abundant	Abundant
Nghavang	<i>Semiplotus modestus</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghazawngek	<i>Garra lissorhynchus</i>	Local	-	Rivers and Streams	Abundant	Abundant
Sarba	<i>Glyptothorax</i> sp.	Local	-	Rivers and Streams	Abundant	Abundant
Satel	<i>Melanochelys tricarinata</i>	Local	-	Rivers and Streams	Abundant	Abundant
Sumsi	<i>Lissemys punctate</i>	Local	-	Rivers and Streams	Abundant	Abundant
Tui Satel	<i>Batagur dhongoka</i>	Local	-	Rivers and Streams	Abundant	Abundant
Tuikip	<i>Oyster</i>	Local	-	Rivers and Streams	Abundant	Abundant
Uchang	<i>Euphyctis cyanophlyctis</i>	Local	-	Rivers and Streams	Abundant	Abundant

Format 21 : Wild Aquatic Plant Species of Importance - NIL

Format 22 : Wild Plants of Medicinal Importance

1 Plant (tree, shrub, herb)	2 Local Name	3 Scientific Name	4 Variety	5 Landscape /Habitat	6 Local Status	
					Past	Present
Herb	Aichhia	<i>Amomum linguiforme</i>	Local	Wild	Less Frequent	Less Frequent
Herb	Aidu	<i>Amomum dealbatum</i>	Local	Wild	Abundant	Abundant
Herb	Aieng	<i>Curcuma longa</i>	Local	Cultivated	Abundant	Abundant
Herb	Ailaidum	<i>Curcuma caesia</i>	Local	Cultivated	Less Frequent	Less Frequent
Herb	Antam	<i>Brassica alba</i>	Local	Cultivated	Abundant	Abundant
Herb	Anchiri	<i>Homalomena aromaticum</i>	Local	Wild	Abundant	Abundant
Herb	Anhling	<i>Solanum nigrum</i>	Local	Wild/Cultivated	Abundant	Abundant
Tree	Archangkawm	<i>Oroxylum indicum</i>	Local	Wild	Abundant	Abundant
Tree	Arsa rimnam	<i>Alangium chinense</i>	Local	Wild	Abundant	Abundant
Succulent	Awle lei	<i>Aloe vera</i>	Local	Cultivated	Less Frequent	Abundant
Climber	Bachhim	<i>Dioscorea alata</i>	Local	Wild	Less Frequent	Less Frequent
Herb	Bahkhawr	<i>Eryngium foetidum</i>	Local	Wild/Cultivated	Abundant	Abundant
Herb	Baibing	<i>Alocasia fornicata</i>	Local	Wild/Cultivated	Less Frequent	Less Frequent
Herb	Bakkhate	<i>Glinus oppositifolius</i>	Local	Wild/Cultivated	Less Frequent	Less Frequent
Tree	Batling	<i>Canthium dicoccum</i>	Local	Wild	Abundant	Abundant
Shrub	Bawrhaisiabe	<i>Abelmoschus esculentus</i>	Local	Cultivated	Abundant	Abundant
Shrub	Behliang	<i>Cajanus cajan</i>	Local	Cultivated	Abundant	Abundant
Tree	Belthei	<i>Aegle marmelos</i>	Local	Wild	Less Frequent	Less Frequent
Tree	Bil	<i>Bursera serrata</i>	Local	Wild	Less Frequent	Less Frequent
Sub-shrub	Buarze	<i>Blumea lanceolaria</i>	Local	Wild	Less Frequent	Less Frequent
Shrub	Builukham pa/nu	<i>Osbeckia crinite/chinensis</i>	Local	Wild	Abundant	Abundant
Tree	Chhawntual	<i>Aporosa actandra</i>	Local	Wild	Abundant	Abundant
Herb	Choak-a thi	<i>Lobelia angulata</i>	Local	Wild	Abundant	Abundant
Climber	Fangra	<i>Canavalia ensiformis</i>	Local	Wild/Cultivated	Less Frequent	Less Frequent
Grass	Fu	<i>Sachharum officinarum</i>	Local	Cultivated	Less Frequent	Less Frequent
Erect-Herb	Ganja	<i>Cannabis sativa</i>	Local	Wild/Cultivated	Less Frequent	Less Frequent
Climber	Hlonuar	<i>Mimosa pudica</i>	Local	Wild	Abundant	Abundant
Tree	Hnahkiah	<i>Callicarpa arborea</i>	Local	Wild	Abundant	Abundant
Tree	Hriangzau	<i>Betula cylindrostachya</i>	Local	Wild	Rare	Rare
Climber	Hruipawl	<i>Ampelocissus latifolia</i>	Local	Wild	Abundant	Abundant
Climber	Hruivankai	<i>Tinospora sinensis</i>	Local	Wild	Abundant	Abundant
Climber	Japan-hlo	<i>Mikania micrantha</i>	Local	Wild	Abundant	Abundant
Tree	Kawhtebel	<i>Trevesia palmata</i>	Local	Cultivated	Abundant	Abundant
Herb	Kawldai	<i>Adhatoda vasica</i>	Local	Wild	Abundant	Abundant

Herb	Kelba-an	<i>Cassia tora</i>	Local	Wild	Abundant	Abundant
Climber	Kelhnamtur	<i>Hedyotis scandens</i>	Local	Wild	Abundant	Abundant
Shrub	Khanghu	<i>Acacia pennata</i>	Local	Wild/Cultivated	Abundant	Abundant
Tree	Khawitur	<i>Hydnocarpus kurzii</i>	Local	Wild	Rare	Rare
Tree	Khawmhma	<i>Rhus chinensis</i>	Local	Wild	Abundant	Abundant
Herb	Khuangthli	<i>Bischofia javanica</i>	Local	Wild	Less Frequent	Less Frequent
Herb	Lakhuihthei	<i>Ananas comosus</i>	Local	Cultivated	Less Frequent	Less Frequent
Herb	Lambak	<i>Centella asiatica</i>	Local	Wild	Abundant	Abundant
Tree	Lamkhuang	<i>Artocarpus heterophyllus</i>	Local	Cultivated	Less Frequent	Less Frequent
Climber	Maipawl	<i>Benincasa cerifera</i>	Local	Cultivated	Abundant	Abundant
Tree	Makpazangkang	<i>Cassia nodosa</i>	Local	Wild	Less Frequent	Less Frequent
Shrub	Nimbu	<i>Citrus limon</i>	Local	Cultivated	Less Frequent	Less Frequent
Tree	Pangkai	<i>Baccaurea ramiflora</i>	Local	Wild	Less Frequent	Less Frequent
Tree	Phaktel	<i>Bridelia monoica</i>	Local	Wild	Less Frequent	Less Frequent
Climber	Sazuk nghawng hlap	<i>Byttneria pilosa</i>	Local	Wild	Abundant	Abundant
Herb	Sekhupthur	<i>Begonia sp.</i>	Local	Wild	Less Frequent	Less Frequent
Tree	Tatkawng	<i>Artocarpus chama</i>	Local	Wild	Abundant	Abundant
Shrub	Tawkte	<i>Solanum anguivi</i>	Local	Wild	Abundant	Abundant
Herb	Telhawng	<i>Amorphophallus campanulatus</i>	Local	Wild	Less Frequent	Less Frequent
Tree	Thakthing	<i>Cinnamomum zeylanicum</i>	Local	Wild	Less Frequent	Less Frequent
Tree	Thakthingsuak	<i>Cinnamomum obtusifolium</i>	Local	Wild	Less Frequent	Less Frequent
Shrub	Theiherawt	<i>Averrhoa carambola</i>	Local	Wild	Less Frequent	Less Frequent
Tree	Theitat	<i>Artocarpus lakhoocha</i>	Local	Wild	Less Frequent	Less Frequent
Tree	Thingfanghma	<i>Carica papaya</i>	Local	Cultivated	Abundant	Abundant
Tree	Thingpui	<i>Camellia sinensis</i>	Local	Wild	Abundant	Abundant
Tree	Thingri	<i>Albizia odoratissima</i>	Local	Wild	Abundant	Abundant
Tree	Thingsia	<i>Castanopsis tribuloides</i>	Local	Wild	Abundant	Abundant
Shrub	Thuamriat	<i>Alstonia scholaris</i>	Local	Wild	Abundant	Abundant
Sub-Shrub	Tlamsam	<i>Chromolena odorata</i>	Local	Wild	Abundant	Abundant
Herb	Tuaitit	<i>Antidesma bunuis</i>	Local	Wild	Less Frequent	Less Frequent
Herb	Tumbu	<i>Musa sp.</i>	Local	Wild	Abundant	Abundant
Climber	Vako	<i>Thumbergia alata</i>	Local	Wild	Less Frequent	Less Frequent
Tree	Vang	<i>Albizia chinensis</i>	Local	Wild	Abundant	Abundant
Herb	Vawkpuithal	<i>Bidens pilosa</i>	Local	Wild	Abundant	Abundant
Climber	Zawngluang	<i>Byttneria aspera</i>	Local	Wild	Abundant	Abundant
Herb	Zo purun	<i>Allium hookeri</i>	Local	Cultivated	Abundant	Abundant

7	8	9	10	11
Associated TK	Uses (Usage)	Part used	Other details Market/ own use	Community/ Knowledge Holder
Ground rhizome taken for stomach ache and applied on rheumatism.	Medicinal	Rhizome	Own use	Mizo
Decoction of rhizomes mixed with oil taken for muscle stress, dysentery and diarrhea. Scraped stem-bark bandaged on boils and applied on wounds.	Medicinal	Rhizome, stem bark	Own use	Mizo
Juice of rhizome is used for stomach ulcer, jaundice, diarrhoea, dysentery, cholera, asthma, food poisoning, and also used as a tonic for blood purifier.	Medicinal	Rhizome	Own use	Mizo
Rhizome is used for stomach ache, diarrhoea, dysentery, jaundice, asthma, measles, food allergy or food poisoning.	Medicinal	Rhizome	Own use	Mizo
Oils from the seeds are applied for headache, goiter, skin diseases and eye problems. It is also given to pregnant women in order to prevent early sicknesses of the child to be born.	Medicinal	Leaves and seeds	Own use	Mizo
Stalks are used as vegetables, cooked stalk are eaten to increase breast milk. Rhizomes are used in manufacturing perfumes.	Medicinal	Stalks, rhizomes	Own use	Mizo
Leaves are boiled in water and taken against urinary problems and kidney stones. Juice of green berries is applied to boils, ringworm etc	Medicinal	Leaves, berries	Own use	Mizo
Decoction of root and bark is used in fevers, colic, stomach ulcer, indigestion, dysentery, diarrhoea etc. Poultice of the bark is applied to rheumatism, sprains, inflammations and skin diseases. Decoction of leaves is used in flatulence, ulcer, etc. decoction of fruit is used to treat diseases of liver, hepatitis etc.	Medicinal	Leaves, bark, fruit	Own use	Mizo
Decoction of the roots and stem are taken as blood tonic and ascarminative, taken for rheumatism, paste of roots and stem applied for snake bite and wounds.	Medicinal	Roots & stem	Own use	Mizo
Leaf pulp is used for liver complaints, spleen enlargement, jaundice, asthma, kidney stones, ulcers, fresh cuts and wounds, burns, skin diseases.	Medicinal	Leaf pulp	Own use	Mizo
Tubers and bulbil are used as vegetable and also used to treat cancer	Medicinal	Tuber, Bulbil	Own use	Mizo
Expulsion of threadworms from the body, as a remedy for food poisoning. Roots and leaves are boiled for treating malarial fever, diabetes, pneumonia, constipation.	Medicinal	Leaves and roots	Own use	Mizo
The plant is freshly cut open and the latex in no maximum amount is applied on snake bites.	Medicinal	Latex	Own use	Mizo
Whole plant is medicinal	Medicinal	Leaves	Own use	Mizo
Leaves and flowers cooked and eaten as vegetables for appetizers.	Medicinal	Leaves and flowers	Own use	Mizo
The mature raw fruits are soaked in a glass of water for overnight and the water is drunk in the morning. Fruit are consumed directly or boiled in water and taken to ease constipation. For adults one cup (200 ml) of water a day for diabetes for one month and for constipation whenever it is convenient. For children half the dosage of adults.	Medicinal	Fruits	Own use	Mizo
Decoctions of fruits are taken as anthelmintic, against gastritis, leaf paste applied on leprosy, decoction of leaves used as a mouthwash in mouth ulcers, paste applied on benign tumors, taken for bronchitis, helps prevent vomiting, heart diseases, against food allergy and arthritis.	Medicinal	Fruit	Own use	Mizo
Fruit is useful in diabetes, digestion, dysentery and diarrhoea. Root bark is used for poisoning of fish.	Medicinal	Fruit, bark	Own use	Mizo
The crushed leaves are used for poulticing joint pains	Medicinal	Leaves	Own use	Mizo

Decoction of leaves are used in ulcer, asthma, sores, dandruff etc.	Medicinal	Leaves	Own use	Mizo
1kg of the leaves and 5kg of the barks are boiled in water for 14hrs until a sticky fluid is obtained. The sticky fluid is collected for consumption	Medicinal	Leaves	Own use	Mizo
Bark and leaves decoction are used in stomach ulcer, diarrhoea and dysentery	Medicinal	Bark, leaves	Own use	Mizo
Juice of crushed leaves and fruits are used against diarrhoea, sore throat, tonsillitis, stomach ulcer and toothache.	Medicinal	Leaves, fruits	Own use	Mizo
The fruits are used in burning sensations and paste in applied on skin ulcers.	Medicinal	Fruits	Own use	Mizo
Juice of the stem is used as a remedy for jaundice, blood purifier, lungs, diuretic etc.	Medicinal	Stem juice	Own use	Mizo
Leaves are smoked to relief stress anxiety, used as pain relief, increases appetite, a few amount of leaves are consumed in case of diarrhoea and constipation.	Medicinal	Leaves	Own use	Mizo
Roots decoction used in piles and jaundice, diseases of liver and kidney etc	Medicinal	Roots	Own use	Mizo
Decoction of bark and leaves used for cholera, diabetes, internal bleeding, stomach ulcer etc. Leaves are used for fermenting cooked soya bean (Bekang), a famous Mizo dish.	Medicinal	Bark and leaves	Own use	Mizo
Decoction of leaves taken internally for infections of the urinary tract that affect the kidney, bladder, ureters, and urethra. It is also used as a diuretic to increase urine output.	Medicinal	Leaves	Own use	Mizo
Juices of the crushed roots taken for dysuria, the leaves are chewed for tooth ache	Medicinal	Leaves and roots	Own use	Mizo
Juice of pounded rhizome is used in indigestion, stomach problems, dysuria, dysentery.	Medicinal	Rhizome	Own use	Mizo
Leaf juice applied on fresh wounds, stomach pain and ulcer.	Medicinal	Leaves	Own use	Mizo
Roots and leaves are used to treat stomach problems.	Medicinal	Roots, leaves	Own use	Mizo
Juice of the crushed leaves mixed with honey taken as homeostatic. Infusion of leaves taken for diuretic, dysentery and diphtheria. Decoction of root taken for asthma, bronchitis, a few drops for eye diseases, taken orally for fever and applied on centipede bite. Juice of the crushed leaves applied/bandaged upon cuts, wounds and used for the treatment of whooping cough and bronchitis. Juice of the crushed leaves mixed with sugar taken for jaundice. Decoction of the leaves taken for regulating menstrual cycle, gonorrhoea and rheumatism.	Medicinal	Leaves and roots	Own use	Mizo
Infusion of the leaves taken for intestinal problems in children, pounded leaves and fruits applied on itching, ringworm, eczema, scabies and inflammations on the skin. Poultice of leaves are bandaged upon boils.	Medicinal	Leaves, roots and fruits	Own use	Mizo
Decoction of roots/leaves is medicinal. The plant is also used as fish poison	Medicinal	Roots & leaves	Own use	Mizo
Grinded leaves mixed with sugar applied for bleeding gums. Young shoots are eaten as vegetables.	Medicinal	Leaves	Own use	Mizo
Seeds yields chalumugra oil which is used in rheumatism, leprosy, psoriasis and other skin diseases.	Medicinal	Seeds	Own use	Mizo
Decoction of fruit and leaves are used in various diseases.	Medicinal	Leaves & fruits	Own use	Mizo
Fruits and decoction of tender leaves taken for typhoid. Pounded fruits and leaves taken for asthma. Decoction of leaves taken for kidney problems. Juice of the pounded leaves used for massaging unconscious patients from head to toe. Ground tender leaves are taken as laxatives.	Medicinal	Fruits and leaves	Own use	Mizo
Tender leaves chewed for sore throat, infusion of tender leaves taken for diphtheria and pharyngitis, Decoction of bark taken for cholera.	Medicinal	Leaves & bark	Own use	Mizo
Plant is used in diabetes, jaundice, pile, dysentery, diarrhoea, hypertension etc.	Medicinal	Whole plant	Own use	Mizo
Diarrhoea, fever, asthma, skin problems, swellings, anti toxin, stomach ache.	Medicinal	Root, latex & seed	Own use	Mizo

Juice of fruit is used for diarrhoea, cholera, diabetes, vomiting, kidney problems	Medicinal	Fruit&leaves	Own use	Mizo
Crushed leaves bandaged on herpes zoster, used as anti-inflammatory and also for leprosy. Fruits are crushed and the juice is applied in the abdomen which acts as diuretic, and helps indigestion. Juice of the crushed bark taken for jaundice.	Medicinal	Leaves, fruits and bark	Own use	Mizo
Roots are used in colic, vomiting, flatulence. Fruits are used in asthma, cough, diarrhoea, fever, blood purifier, skin diseases, common cold. Juice are mixed with egg for fatigue, etc.	Medicinal	Roots&fruits	Own use	Mizo
Decoction of the bark is drunk orally against food allergies towards fish.	Medicinal	Bark	Own use	Mizo
Infusion of crushed roots taken for jaundice, decoction of roots used for massaging in rheumatism and body pains. Decoction of roots used as a mouth wash in tooth ache.	Medicinal	Root	Own use	Mizo
Poultice of leaves applied on boils and in insect bites (spiders and centipedes).	Medicinal	Leaves	Own use	Mizo
Stem and leaves are eaten against diarrhoea and dysentery, juice of the stem or stalk is also applied to rash.	Medicinal	Leaves and stem	Own use	Mizo
Juice of the inner coat of bark taken orally for diarrhea, paste of ground bark applied externally on pimples and sores.	Medicinal	Bark	Own use	Mizo
Unripe fruit are eaten as vegetable. Roots and fruit are used in high blood pressure, asthma, dysuria, fever, colic. Crushed fruit is used in burns, boils etc	Medicinal	Fruit	Own use	Mizo
The tuber after boiling and draining the excess liquid consumed as vegetable for toning up the body, lung problem and to stop shaking of hands at old age.	Medicinal	Tuber	Own use	Mizo
Root bark are used for treating dysentery, profuse sweating and as homeostatic, fever and cough. Also good for motion sickness. Oils are applied for tooth decay and used for treating typhoid.	Medicinal	Root, bark and oil	Own use	Mizo
Paste of bark applied as anti toxin, antipyretic, decoction of bark used as a mouth gargle in the treatment of tonsillitis, used for massaging muscle stress, for eye problems and decoction of roots taken for common cold.	Medicinal	Bark, root	Own use	Mizo
Fruits are taken orally against jaundice, regulating menstrual cycle, paste of the ground fruits applied on hemorrhoids, infusion of the dried fruit taken for fever and fruits are taken for prevention against scurvy.	Medicinal	Fruits	Own use	Mizo
Seeds are taken as laxatives, paste of the ground bark applied on cuts and wounds, infusion of the barks applied for cleaning pimples and sores.	Medicinal	Seed and bark	Own use	Mizo
Fruit is edible and used for constipation, stomach troubles, juice of boiled leaves is used in treating stomach ulcer, cancer and other stomach related problems	Medicinal	Fruit&leaves	Own use	Mizo
Leaves are used as beverage, astringent, stimulant and diuretic. Decoction of leaves used for dressing burns and skin ulcers.	Medicinal	Leaves	Own use	Mizo
Poultice of leaves applied directly on skin ulcers, decoction of bark taken for bronchitis, cough and diabetes.	Medicinal	Bark, leaves	Own use	Mizo
Juice of bark and stem is used for infection, wounds and cuts etc	Medicinal	Bark, stem	Own use	Mizo
Bark is useful in treatment of high blood pressure, asthma, typhoid, malaria, diarrhoea, dysentery. Milky juice is applied in fresh cuts, sores, ringworm, wart, etc.	Medicinal	Bark and juice	Own use	Mizo
Juice of leaves is applied to fresh cuts	Medicinal	Leaves	Own use	Mizo
Juice of crushed leaves used as anti toxin, infusion of tender leaves taken for syphilis	Medicinal	Leaves	Own use	Mizo
Plantain is cooked with water and is drink for treating deficiency of white blood	Medicinal	Buds	Own use	Mizo
Decoction of leaf is used against diabetes, new cuts, stomach problems, cancer, etc.	Medicinal	Leaves	Own use	Mizo

Paste of the ground bark mixed with honey are applied on burns, decoction of bark is used for dressing cuts and wounds, scabies and itch.	Medicinal	Bark	Own use	Mizo
Infusion of tender leaves taken orally for diarrhea and dysentery.	Medicinal	Leaves	Own use	Mizo
Stem juice is used for mouth sore, stomach ulcer, etc.	Medicinal	Stem	Own use	Mizo
Eaten raw as a vegetable with salt for its potential in curing heart problems, relaxation of muscles and lowering blood pressure	Medicinal	Whole	Own use	Mizo

Format 23 : Wild relatives of Crops

1 Local Name	2 Scientific Name	3 Associated crops	4 Landscape/ Habitat	5 Local status		6 Uses (Usage)
				Past	Present	
Aidu	<i>Amomum dealbatum</i>	All jhum crops	Wild	Abundant	Abundant	Young shoots and buds are eaten cooked or fried as vegetables
Anhling	<i>Solamum americanum</i>	All jhum crops	Wild	Abundant	Abundant	Leaves are cooked eaten as vegetables
Ankasate	<i>Acmella paniculata</i>	All jhum crops	Wild	Abundant	Abundant	Leaves with stem are eaten cooked as vegetable
Ankhpui	<i>Marsdenia maculata</i>	All jhum crops	Wild	Abundant	Abundant	Young stem and leaves are cooked eaten as vegetables
Ankhate	<i>Marsdenia formosana</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetables
Archangkawm	<i>Oroxylum indicum</i>	All jhum crops	Wild	Abundant	Abundant	Juice of the ground roots taken for diarrhea and dysentery, poultice of bark used in rheumatic pain, decoction of fruits used for sore throat, hemorrhoids, bronchitis and cough. Decoction of roots taken for aengina, jaundice, fever, anthelmenthic, vomiting, asthma, inflammations and dysentery. Infusion of root bark used for treatment of arthritis. Tender pods used for pile disorder, laxative and goitre
Baibing	<i>Alocasia fornicate</i>	All jhum crops	Wild	Less frequent	Less frequent	Spadix and stem are eaten cooked as vegetables
Batling	<i>Canthium dicoccum</i>	All jhum crops	Wild	Abundant	Abundant	Underdeveloped shoots are used as vegetable
Chakawk	<i>Diplazium esculentum</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetables
Changpawl	<i>Musa thomsonii</i>	All jhum crops	Wild	Abundant	Abundant	Flower buds are eaten cooked as vegetable, stems are used for pig feed and leaves for cattle fodder
Changpui	<i>Musa sikkimensis</i>	All jhum crops	Wild	Abundant	Abundant	Flower buds are eaten cooked as vegetable, stems are used for pig feed and leaves for cattle fodder
Changthir	<i>Musa balbisiana</i>	All jhum crops	Wild	Abundant	Abundant	Flower buds are eaten cooked as vegetable, stems are used for pig feed and leaves for cattle fodder
Changvandawt	<i>Musa ornata</i>	All jhum crops	Wild	Abundant	Abundant	Flower buds are eaten cooked as vegetable, stems are used for pig's feed and leaves for cattle fodder
Chingit	<i>Zanthoxylum rhetsa</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetables
Kawhtebel	<i>Trevesia palmata</i>	All jhum crops	Wild	Abundant	Abundant	The shoots, flower buds and young fruits are eaten as vegetables
Khanghu	<i>Acacia pennata</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetables
Lairawk	<i>Musa ochracea</i>	All jhum crops	Wild	Abundant	Abundant	Flower buds are eaten cooked as vegetable, stems are used for pig feed and leaves for cattle fodder
Nauawimu	<i>Solena amplexicaulis</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetables

Pelh	<i>Gnetum gnemon</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves, flowers and fruits are eaten cooked or fried as vegetable. Seeds are also roasted and eaten
Phuihnam	<i>Clerodendrum colebrookianum</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetables
Reng an	<i>Senna occidentalis</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetables
Saisu	<i>Ensete glaucum</i>	All jhum crops	Wild	Abundant	Abundant	Succulent leaf sheaths, young flowers and bracts of spadix are eaten cooked as vegetable
Sihneh	<i>Eurya cerasifolia</i>	All jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked with rice or meals
Tawkpui	<i>Solanum torvum</i>	All jhum crops	Wild	Abundant	Abundant	Fruits are eaten cooked or fried as vegetables
Telhawng	<i>Amorphophallus sp.</i>	All jhum crops	Wild	Abundant	Abundant	Corm and young leaf stalk and shoots are eaten cooked as vegetables
Thangtung	<i>Arenga pinnata</i>	All jhum crops	Wild	Abundant	Abundant	Young underdeveloped leaf shoot is used as vegetable
Thilte	<i>Calamus erectus</i>	All jhum crops	Wild	Abundant	Abundant	Leaves are used for thatching
Thingthupui	<i>Calamus tenuis</i>	All jhum crops	Wild	Abundant	Abundant	Underdeveloped shoots are used as vegetable
Tuaitit	<i>Antidesma bunuis</i>	All jhum crops	Wild	Abundant	Abundant	Young leaves and stem are eaten cooked as vegetables
Tum	<i>Caryota urens</i>	All jhum crops	Wild	Abundant	Abundant	Wood is employed for many domestic purposes
Tumbu	<i>Musa sp.</i>	All jhum crops	Wild	Abundant	Abundant	Young bud is eaten cooked as vegetable
Uithinthang	<i>Houttuynia cordata</i>	All jhum crops	Wild	Abundant	Abundant	Whole plant is eaten raw or cooked as vegetable

7	8	9	10
Part Used	Associated TK	Other details	Community/ knowledge holder
Shoots, buds	Stem is used for tying purposes, leaves are also use for fermenting cooked soyabean	-	Mizo
Leaves, berries	Leaves are boiled in water and taken against urinary problems and kidney stones. Juice of green berries is applied to boils, ringworm etc	-	Mizo
Stem, leaves	Flowers are chewed to relieve toothache and affections of the gums and throat	-	Mizo
Stem, leaves	Stem and leaves used as a vegetable for controlling diabetes and high blood pressure	-	Mizo
Leaves	-	-	Mizo
Roots, bark, leaves	Decoction of root and bark is used in fevers, colic, stomach ulcer, indigestion, dysentery, diarrhoea etc. Poultice of the bark is applied to rheumatism, spraints, inflammations and skin diseases. Decoction of leaves os used in flatulence, ulcer, etc. decoction of fruit is used to treat diseases of liver, hepatitis etc.	-	Mizo
Latex, spadix, stem	The plant is freshly cut open and the latex in no maximum amountis applied on snake bites.	-	Mizo
Leaves, flowers	Leaves and flowers cooked and eat as vegetables for appetizers.	-	Mizo
Leaves	-	-	Mizo
Stem, buds, leaves	Juice of stem is used for snake bites, diarrhoea, dysentery and pounded seeds for diabetes	-	Mizo
Leaves, fruit	Young leaves are eaten as vegetable, but several changes of water is needed while cooking. Decoction of fruit is used against stomach-ache, dysentery	-	Mizo
Seeds	-	-	Mizo

Leaves	-	-	Mizo
Leaves	-	-	Mizo
Roots, leaves, fruits	Roots and leaves are used to treat stomach problems. Infusion of basal portion of petiole taken orally for stomachache and colic	-	Mizo
Leaves	Grinded leaves mixed with sugar applied for bleeding gums. Young shoots are eaten as vegetables.	-	Mizo
Fruits, shoots, leaves	Decoction of leaves is given to women after childbirth	-	Mizo
Leaves, fruits, roots	Fruit is used as soap for washing clothes, fibrous fruit as brush for pots, plates etc. Decoction of roots is recommended for treating malaria, diabetes and seeds as purgative	-	Mizo
Leaves, flowers, fruit and seeds	Fibres of inner bark are good for nets and ropes	-	Mizo
Leaves, flowers	Decoction of leaves is used to reduce high blood pressure and decrease breast feeding mother's milk, also used to heal acute mastitis	-	Mizo
Leaves, flowers	-	-	Mizo
Whole plant	-	-	Mizo
Leaves, stem	Leaves are eaten as vegetable. Wood is used for firewood and charcoal	-	Mizo
Fruit	Fruit is medicinal used to treat hypertension and diabetes	-	Mizo
Corm, young leaf, shoot	The corm with <i>Chingal</i> (Lye) is boiled to remove irritants. So, the boiled corm is mixed with <i>Saum</i> (fermented pork fat), <i>Chingal</i> (Lye) and salt and then eaten as curry (Mizo traditional dish)	-	Mizo
Whole plant	Fibres are used for fiddle strings, traps etc. the down beneath the leaf stalks on the trunk is used for tinder and is known as 'Meibu.' Midrib of the leaflets is good for sweeping like a broom	-	Mizo
Leaves, shoots	Shoots are eaten cooked as vegetables, fruits are also edible	-	Mizo
Tender shoots, leaves	Poultice of shoots and leaves applied on bruise, decoction of shoots and leaves taken for dysentery.	-	Mizo
Leaves	Juice of crushed leaves used as anti toxin, infusion of tender leaves taken for syphilis	-	Mizo
Shoot, leaves	It is used for making baskets, mats, furniture, chairs etc and fruit is edible	-	Mizo
Bud, stem, leaves	Leaves are used for feasts instead of rice plates. Stems are used for pig feed. Leaves are also used for cattle fodder	-	Mizo
Whole plant	Whole plant is used in medicine, used for treating cancer etc	-	Mizo

Format 24 : Ornamental Plants

1	2	3	4	5	6	7	8
Local Name	Scientific Name	Variety	Habitat	Commercial/ Non commercial uses	Associated TK	Other details	Community/ Knowledge Holder
April pâr	<i>Delonix regia</i>	Local variety	Home garden	Non commercial	-	-	Mizo
April pârte	<i>Caesalpinia pulcherrima</i>	Introduced	Home garden	Non commercial	-	-	Mizo
Ar-tukkhuan	<i>Mirabilis jalapa</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Chawnpui	<i>Lagerstroemia speciosa</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Christmas pâr	<i>Poinsettia pulcherrima</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Chualopâr	<i>Gomphrena globosa</i>	Local variety	Home garden	Non commercial	-	-	Mizo

Dahlia	<i>Dahlia pinnata</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Daisy	<i>Bellis perennis</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Derhken	<i>Tagetes erecta</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Di pâr	<i>Gladiolus dalenii/natalensis</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Dingdi	<i>Asclepias curassavica</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Far	<i>Pinus sp.</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Fartuah	<i>Erythrina stricta</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Geranium	<i>Pelargonium sp.</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Hling lukhum	<i>Euphorbia milii</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Hnahsinpâr	<i>Cosmos bipinnatus</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Jasmine	<i>Jasminum sp.</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Kumtluang	<i>Catharanthus roseus</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Kungpuimuthi	<i>Canna indica</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Lilypar	<i>Lilium sp.</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Mâkpazangkang	<i>Cassia javanica spp nodosa</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Mawza pâr	<i>Salvia splendens</i>	Introduced	Home garden	Non commercial	-	-	Mizo
Midum pangpâr	<i>Hibiscus rosa-sinensis</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Mualhawihtê	<i>Ixora coccinea</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Nauban	<i>Orchid</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Nghasih pâr	<i>Cleoserrata speciosa</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Nuaithang	<i>Impatiens balsamina</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Rose pâr	<i>Rosa indica</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Sap pangpâr	<i>Zinnia sp.</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Saron pâr	<i>Bougainvillea spectabilis</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Vaube	<i>Bauhinia variegata</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Zamzo	<i>Celosia argentea</i>	Local variety	Home garden	Non commercial	-	-	Mizo
Zan Lalnu pâr	<i>Cestrum nocturnum</i>	Local variety	Home garden	Non commercial	-	-	Mizo

Format 25 : Fumigate / Chewing Plants

1 Plant (Herb, shrub,tree)	2 Local Name	3 Scientific Name	4 Variety	5 Habitat	6 Local Status		7 Uses (Usage)
					Past	Present	
					Herb	Ankasa	
Herb	Ankasate	<i>Acmella paniculata</i>	Local	Wild	Abundant	Abundant	Leaves and flowers are eaten cooked as vegetables
Tree	Hmawng	<i>Ficus sp.</i>	Local	Wild	Abundant	Abundant	Fruits and young leaves are edible
Climber	Hnahthak	<i>Piper diffusum</i>	Local	Wild	Abundant	Abundant	Fruit is used as spice. Leaves are used for catching fish
Climber	Khangpawl	<i>Acacia pruinescens</i>	Local	Wild	Abundant	Abundant	Tender leaves are acidic and eaten as vegetable
Climber	Khangsen	<i>Acacia megaladen</i>	Local	Wild	Abundant	Abundant	-
Tree	Khawkherh	<i>Juglans regia</i>	Local	Wild	Insufficient	Insufficient	Leaves are used for cattle fodder

Tree	Khiangzo	<i>Schima khasiana</i>	Local	Wild	Abundant	Abundant	-
Palm	Kuhva	<i>Areca catechu</i>	Local	Wild	Insufficient	Insufficient	Nuts are chewed with pan leaves and lime
Climber	Panhnah	<i>Piper beetle</i>	Local	Wild	Insufficient	Insufficient	Leaves are chewed with betelnut and lime paste
Climbing shrub	Rulei	<i>Diospyros pilosiuscula</i>	Local	Wild	Abundant	Abundant	Roots and pods are used to poison fish
Tree	Thehret	<i>Ficus elastic</i>	Local	Wild	Insufficient	Insufficient	Leaves are good fodder, Leaf scales are edible

8	9	10	11
Part used	Associated TK	Other details (mode of use)	Community Knowledge Holder
Leaves, flowers	Plant is used for poisoning fish	-	Mizo
Leaves, flowers, stem	Plant is used for poisoning fish	Infusion of the whole plant used as anthelmintic, crushed flowers applied on toothache and also used as stimulant	Mizo
Whole plant	Infusion of the bark taken for diabetes, nerve disorder, diarrhea, dysentery, latex applied for toothache, bruise and rheumatism, paste of the roots applied on scalp for hair growth	Diabetes, nerve prolems, stomach problems, tootache, bruise, rheumatism, hair growth	Mizo
Fruit and leaves	-	-	Mizo
Whole plant	Plant is prescribed for asthma, bronchitis and pneumonia	Leaves are also used in scabies and snake bites	Mizo
Bark, leaves, roots	Paste of leaves is applied to bleeding gums, taken orally for stomach problems. Paste of roots are applied for snake bites and taken orally for sore tongue	Bark is used to poison fish	Mizo
Nuts, shoots, seeds	-	Seeds are used for expelling intestinal worm from the body	Mizo
Leaves	20 leaves of <i>Piper beetle</i> , 100g of root stock, 100g of the other leaves are grinded thoroughly and the juice is squeezed out which is taken directly. This mixture should be made freshly for each administration against asthma	-	Mizo
Roots, pods	Pounded leaves used as a skin lotion for wounds, swellings and sprains. Poulitice made of roots used as anti spasmodic, decoction of roots used for dressing scabies and itches. Pounded roots put inside the mouth for tooth ache	Internal and external application	Mizo
Latex, fruits and leaves	Latex (Rubber) is chewable, it yields Indian Rubber of commerce	Fruit eaten by man and animals, birds etc	Mizo

Format 26 : Timber Plants

1	2	3	4		5
Local Name	Scientific Name	Habitat	Local Status		Other uses (if any)
			Past	Present	
Anku	<i>Celtis australis</i>	Wild	Abundant	Abundant	Wood tough, used for building. Tool handles, firewood etc
Ardah	<i>Albizia lucida</i>	Wild	Abundant	Abundant	Wood is hard and used for firewood
Batling	<i>Wedlandia bundleioides</i>	Wild	Abundant	Abundant	Wood is used for gunpowder, charcoal, firewood etc
Belphuar	<i>Trema orientalis</i>	Wild	Abundant	Abundant	Wood is used for gunpowder, charcoal, firewood etc

Bul	<i>Alseodaphne petiolaris</i>	Wild	Abundant	Abundant	Wood is used for building, furniture, firewood etc
Búng	<i>Ficus benghalensis</i>	Wild	Less Frequent	Less Frequent	Wood is used for fuelwood, well curbs etc
Char	<i>Terminalia myriocarpa</i>	Wild	Abundant	Abundant	Wood is used for furniture, house building, firewood etc
Chawmzil	<i>Ligustrum robustum</i>	Wild	Abundant	Abundant	Wood is used for firewood and charcoal etc.
Chhawntual	<i>Aporosa octandra</i>	Wild	Abundant	Abundant	Wood is used for firewood and charcoal etc.
Fah	<i>Lithocarpus dealbatus</i>	Wild	Abundant	Abundant	Wood used for rice pestle, firewood and charcoal etc.
Fartuah	<i>Erythrina variegata</i>	Wild	Abundant	Abundant	Wood is used for drums, toys etc. and bark fibre for cordage
Herhse	<i>Mesua ferrea</i>	Wild	Insufficient	Insufficient	A very hard wood used for bridges, railway sleepers, tool handles, firewood, rice pestle, charcoal etc
Hmawng	<i>Ficus sp.</i>	Wild	Abundant	Abundant	Wood is used for fuel and charcoal etc
Hnùm	<i>Engelhardtia spicata</i>	Wild	Abundant	Abundant	Wood is used for house construction, tea boxes, packing etc
Hulhu	<i>Aganope thyrsoflora</i>	Wild	Abundant	Abundant	-
Khiang	<i>Schima wallichii</i>	Wild	Abundant	Abundant	Wood durable is used in planking, building, plywood, firewood
Khuangthli	<i>Bischofia javanica</i>	Wild	Abundant	Abundant	Wood used for house building, furniture, firewood etc
Lenhmui	<i>Syzygium cumini</i>	Wild	Abundant	Abundant	Wood is moderately hard, used for plywood, furniture, tool handles, panels, posts and firewood etc
Ngiau	<i>Magnolia oblonga</i>	Wild	Abundant	Abundant	Wood hard and durable used in furniture, building, planking
Pang	<i>Bombax insigne</i>	Wild	Abundant	Abundant	Wood used for packing cases, matchboxes and splint
Pangkai	<i>Baccaurea ramiflora</i>	Wild	Abundant	Abundant	-
Phan	<i>Ulmus lanceifolia</i>	Wild	Abundant	Abundant	Wood durable used for posts, gunstocks, tool handles etc
Phuanberh	<i>Macropanax undulatus</i>	Wild	Abundant	Abundant	Wood is soft and can be used for firewood
Rihnim	<i>Ficus religiosa</i>	Wild	Abundant	Abundant	Wood durable underwater, used for fuel and charcoal etc
Sahatah	<i>Aglaiia spectabilis</i>	Wild	Abundant	Abundant	Wood hard used for furniture, building, doors and windows
Saperbul	<i>Cinnamomum glaucescens</i>	Wild	Abundant	Abundant	Wood is durable, used for furniture, boat building, fuelwood
Sehawr	<i>Castanopsis indica</i>	Wild	Abundant	Abundant	Wood hard used for furniture, building, firewood etc
Sernam	<i>Litsea cubeba</i>	Wild	Abundant	Abundant	Wood used for gunpowder, charcoal, firewood etc
Sialhma		Wild	Abundant	Abundant	-
Sihneh	<i>Eurya japonica</i>	Wild	Abundant	Abundant	-
Taitaw	<i>Spondias pinnata</i>	Wild	Abundant	Abundant	Wood used for drums, firewood etc
Tatkawng	<i>Artocarpus chama</i>	Wild	Abundant	Abundant	Wood durable used for building, furniture, plywood etc
Teak	<i>Tectona grandis</i>	Wild	Rare	Rare	Wood is extremely durable, used for buildings, bridges, furniture, plywood, constructions etc
Tei	<i>Toona ciliata</i>	Wild	Abundant	Abundant	Wood used for furniture, house building, ceiling, floors etc
Theipui	<i>Ficus semicoradata</i>	Wild	Abundant	Abundant	Wood used for mortars, firewood etc
Theiret	<i>Ficus elastica</i>	Wild	Insufficient	Insufficient	Wood used for furniture, industry, and can be used as firewood
Thingdawl	<i>Tetrameles nudiflora</i>	Wild	Abundant	Abundant	Wood is used for flooring, walling, matches, plywood etc
Thingpuithing	<i>Lithocarpus elegans/obscurus</i>	Wild	Abundant	Abundant	Wood is used for building, firewood, charcoal, etc
Thingsia	<i>Castanopsis tribuloides</i>	Wild	Abundant	Abundant	Wood used for house building, furniture, boats etc
Thingvawkpui	<i>Balakata baccata</i>	Wild	Abundant	Abundant	Wood used for plywood, packing cases, firewood etc
Thlanvawng	<i>Gmelia arborea</i>	Wild	Abundant	Abundant	Wood used for planking, furniture, house posts etc
Umkhal	<i>Elaeocarpus tectorius</i>	Wild	Abundant	Abundant	Wood used for firewood

Vang	<i>Albizia chinensis</i>	Wild	Abundant	Abundant	Wood used for making drum, firewood and charcoal etc
Vaube	<i>Bauhinia variegata</i>	Wild	Abundant	Abundant	Wood is used for tool handles, firewood, charcoal etc
Vawmbal	<i>Drimycarpus racemosa</i>	Wild	Abundant	Abundant	Wood is used for building, boats, firewood etc
Vawngthla	<i>Premna milleflora</i>	Wild	Abundant	Abundant	Durable wood used for house posts etc
Zairum	<i>Anogeissus acuminata</i>	Wild	Abundant	Abundant	Wood used for house posts, tool handles, fuel and charcoal etc
Zathu	<i>Polyalthia jenkinsii</i>	Wild	Abundant	Abundant	Wood is used for house posts, firewood etc
Zihngal	<i>Stereospermum chelonoides</i>	Wild	Abundant	Abundant	Wood used for house construction, cabinet making, furniture
Zuang	<i>Duabanga grandiflora</i>	Wild	Abundant	Abundant	Wood used for building, plywood, firewood etc

6	7	8
Associated TK	Other details	Community/ Knowledge Holder
Fruits taken for amenorrhea and colic	-	
Poultice of leaves and seeds taken directly for antidiabetic	Tender leaves chewed for toothache as convenient by the patient	Mizo
Leaves and flowers cooked and eat as vegetables for appetizers	Wood pole is used for fencing post	Mizo
Bark yield a strong fibre and leaves are lopped for cattle fodder	It is a light demanding tree, fast growing and short lived tree	Mizo
-	Ripe fruit is eaten by birds and animals	Mizo
Bark and aerial roots are used for making coarse ropes	Leaves are good for cattle fodder	Mizo
-	A fast growing tree, leaves are used for fodder	Mizo
-	Leaves are lopped for cattle fodder	Mizo
Half dried wood when put on fire produces froth from the other end which is used as a lotion to remove ringworm and vitilgo	Leaves are lopped for cattle fodder	Mizo
Juice of the ground bark mixed with honey taken for dysentery. Juice of the crushed leaves applied on tooth ache. Decoction of bark taken internally for stomach ulcer, paste of bark applied as haemostasis in cuts and wounds and , decoction of bark taken in liver ailments, anthelminthic, bronchitis, and for regulating menstrual cycle in females.	Decoction of leaves taken as diuretic and for increasing breast milk, juice of bark mixed with <i>Alstonia scholaris</i> taken orally for hypertension	Mizo
Tender pods are edible, seeds edible roasted or boiling, bark and leaves are also used in medicine	It is a fast growing tree and cultivated as ornamental and hedge plant	Mizo
Bark, unripe fruit, flowers and seed oil are medicinal	Seed oil used for burning, lubricating and soap making	Mizo
Leave and twigs are lopped for cattle fodder	Bark, fruit and leaves are used in medicine	Mizo
Bark is medicinal and also used for poisoning fish. Leaves are lopped for cattle fodder	It is a light demander	Mizo
Powdered fruit is used in scorpion sting, bites of centipede, juice of the bark for chronic ulcer and fresh cuts. Leaves are lopped for cattle fodder	Tender leaves are cooked eaten. It is moderate light demander and moderately fast growing tree	Mizo
Tender leaves chewed for sore throat, infusion of tender leavestaken for diphtheria and pharyngitis, Decoction of bark taken for cholera.	Bark, stem and leaves are also medicinal. Leaves are lopped for cattle fodder	Mizo
Seed is very useful for treating diabetes and the bark for fever, jaundice, urinary problems, sore throat, bronchitis, asthma, ulcers and chronic dysentery etc	Fruits are eaten by man, birds and wild animals	Mizo
Infusion of leaves taken for stomach ache and kidney problems. Juices of the	-	Mizo

crushed leaves for intestinal worms. Crushed fruits and bark are taken for leprosy. Decoction of bark taken for cough, dried roots mixed with cheese applied directly to wounds		
Leaves are lopped for cattle fodder	-	Mizo
Leaves are lopped for cattle fodder	-	Mizo
Leaves are used for cattle fodder	-	Mizo
Tender leaves are cooked and eaten without its water as vegetables	Leaves are lopped for cattle fodder	Mizo
Juice of the leaves used for flatulent colic, juice of bark used for liver diseases	-	Mizo
-	-	Mizo
Cooked leaves are eaten as vegetable	-	Mizo
-	-	Mizo
Decoction of barks taken for diabetes	-	Mizo
Decoction of barks and seeds taken for having anti-inflammatory and immunomodulatory property	-	Mizo
-	-	Mizo
Decoction of bark is used in treating diarrhoea, dysentery and rheumatism	Juice of crushed bark is also applied to fresh cuts	Mizo
Bark is used in diarrhoea, milky juice is applied on inflammatory diseases of glands and sometimes used as milk in tea	Juice of the inner coat of bark taken orally for diarrhea, paste of ground bark applied externally on pimples and sores.	Mizo
Decoction of bark taken for stomach-ache. Seeds are woven around the neck to prevent vomiting	-	Mizo
Bark is useful in fever, diarrhoea, itching and flowers in menstrual disorders	Leaves are lopped for cattle fodder	Mizo
-	-	Mizo
-	It yields para rubber, the finest and the most durable caoutchouc known	Mizo
Leaves are used as soap for washing <i>Mizo pawnpu</i> (Blanket)	It is a fast growing, good coppice and favoured for birds nesting. Bark can be used for poisoning fish, juice of crushed bark and leaves are used to tick bite	Mizo
Saplings used as pedant for scorching off the bristles of the pig killed	-	Mizo
Juice of the stem is recommended for mouth infection in children	Young stem is cut to produce juice which is used as mouth wash to cure mouth and tongue ulcer, taken orally for pneumonia	Mizo
Bark fibre which is called <i>Hruikhau</i> is used for making into rope and <i>Hnam hrui</i> . Leaves are used for fermenting cooked soyabean and sometimes for wrapping food in	-	Mizo
Juice of the ground root bark taken for fever and for regulating digestions and for increasing breast milk; Juice of the crushed leaves taken for cough, latex applied on itch, decoction of leaves taken for skin ulcers, gonorrhoea and urinary tract infection.	A big plate (<i>Thlengpui</i>) was made from the wood to serve a meal for a particular family in the Pre-Christian Mizo society.	Mizo
-	-	Mizo
Bark used to poison fish. Leaves are lopped for cattle fodder	It is a moderate light demander and fast growing tree	Mizo
Leaves, tender fruits and flower buds eaten as vegetable	It is a moderate light demander and wind firm tree	Mizo
Thick paste of the plant is applied on broken bone. Juice of the plant is also	Plant is laxative and cooling used for cold, sinusitis and menstruation	Mizo

applied on sore of baby's navel	problems	
Tender leaves are boiled with meats and eaten as vegetables	-	Mizo
To 500g each of the barks and leaves, 3litres of water is added and boiled for 2-3 hours. The water is filtered out and collected in a bottle and drink against stomach ulcer	-	Mizo
-	-	Mizo
Decoction of barks taken as anthelmintic, infusion of leaves taken as antifebrile, taken for malarial treatment, young shoots chewed and swallowed against stomach ache.	A large deciduous tree, branches spreading, bark yellowish-grey.	Mizo
Paste of the leaves applied on inflammations.	Bark is bruised, boiled with soil impregnated with urine to produce a bluish dye	Mizo

Format 27 : Wild Animals (Mammals, Birds, Reptiles, Amphibia, Insects, Others)

1	2	3	4	5	6
Animal type	Local Name	Scientific Name	Habitat	Description	Season when seen
Mammal	Awrrang	<i>Ratufa bicolor</i>	Forest	-	Not Recorded
Mammal	Biang	<i>Belomys pearsonii</i>	Forest	-	-do-
Mammal	Chepa	<i>Tupaia bengaleri</i>	Forest	-	-do-
Mammal	Hleikapsen	<i>Callosciurus erythraeus</i>	Forest	-	-do-
Mammal	Hleilubial	<i>Callosciurus pygerythrus</i>	Forest	-	-do-
Mammal	Hleimeipar	<i>Dremomys lokriah</i>	Forest	-	-do-
Mammal	Hleimualrang	<i>Tamiops maccllellandi</i>	Forest	-	-do-
Mammal	Hleizawng	<i>Callosciurus pygerythrus</i>	Forest	-	-do-
Mammal	Keisen	<i>Catopuma temmincki</i>	Forest	-	-do-
Mammal	Kelral	<i>Neofelis nebulosa</i>	Forest	-	-do-
Mammal	Kuhpui	<i>Hystrix brachyura</i>	Forest	-	-do-
Mammal	Kuhsi	<i>Atherurus macrourus</i>	Forest	-	-do-
Mammal	Ngau	<i>Trachypithecus pileatus</i>	Forest	-	-do-
Mammal	Ngau buang	<i>Trachypithecus pileatus</i>	Forest	-	-do-
Mammal	Ngau hang (Tarmit bun)	<i>Trachypithecus phayrei</i>	Forest	-	-do-
Mammal	Ngharbawr	<i>Prionailurus viverrinus</i>	Forest	-	-do-
Mammal	Phai-uak (Sa uak)	-	Forest	-	-do-
Mammal	Phivawk	<i>Arctonyx collaris</i>	Forest	-	-do-
Mammal	Safia	<i>Martes flavigula</i>	Forest	-	-do-
Mammal	Sahmaitha	<i>Melogale moschata/personata</i>	Forest	-	-do-
Mammal	Sahram	<i>Aonyx cinerea</i>	Forest	-	-do-
Mammal	Sahuai	<i>Nyctiebus bengalensis</i>	Forest	-	-do-
Mammal	Sakhi	<i>Muntiacus vaginalis</i>	Forest	-	-do-
Mammal	Samang (Mangte)	<i>Helarctos malayanus Sus scrofa</i>	Forest	-	-do-
Mammal	SanghalSanghar	<i>Prionailurus bengalensis</i>	Forest	-	-do-

Mammal	Saphu	<i>Manis pentadactyla</i>	Forest	-	-do-
Mammal	Sarivaithun	<i>Herpetes javanicus</i>	Forest	-	-do-
Mammal	Savawm	<i>Melursus ursinus</i>	Forest	-	-do-
Mammal	Saza	<i>Capricornis sumatraensis</i>	Forest	-	-do-
Mammal	Sazaw (Zawreng)	<i>Paradoxurus hermaphroditus</i>	Forest	-	-do-
Mammal	Sihal	<i>Canis aureus</i>	Forest	-	-do-
Mammal	Tampui	<i>Leopoldamis edwardsi</i>	Forest	-	-do-
Mammal	Tlumpui	<i>Viverra zibetha</i>	Forest	-	-do-
Mammal	Tlumther	<i>Viverricula indica</i>	Forest	-	-do-
Mammal	Vahluk	<i>Petaurista petaurista</i>	Forest	-	-do-
Mammal	Zamphu	<i>Arctictis binturong</i>	Forest	-	-do-
Mammal	Zawbuang	<i>Paguma larvata</i>	Forest	-	-do-
Mammal	Zawhang	<i>Arctogalidia trivirgata</i>	Forest	-	-do-
Mammal	Zawng hmaisien/mawt/hmaitai	<i>Stump-tailed macaque</i>	Forest	-	-do-
Mammal	Zawng meisei/hmeltha	<i>Macaca fascicularis</i>	Forest	-	-do-
Mammal	Zuhrei	<i>Berylmys mackenziei</i>	Forest	-	-do-
Bird	Bawng	<i>Pericrocotus brevirostris</i>	Forest	-	-do-
Bird	Bullut	<i>Ducula badia</i>	Forest	-	-do-
Bird	Chhawlhring	<i>Chloropsis aurifrons</i>	Forest	-	-do-
Bird	Chhemhur	<i>Lanius sp.</i>	Forest	-	-do-
Bird	Chhimbuk	<i>Bubo bengalensis</i>	Forest	-	-do-
Bird	Chhuangtuar	<i>Upupa epops</i>	Forest	-	-do-
Bird	Chingpirinu	<i>Strix leptogrammica</i>	Forest	-	-do-
Bird	Chinrang	<i>Enicurus scouleri</i>	Forest	-	-do-
Bird	Chip te	<i>Anthus hodgsoni</i>	Forest	-	-do-
Bird	Daikat	<i>Orthotomus sutorius</i>	Forest	-	-do-
Bird	Dawithiama arpa	<i>Aethopyga sp.</i>	Forest	-	-do-
Bird	Dawntliang	<i>Cissa chinensis</i>	Forest	-	-do-
Bird	Hrangkir	<i>Athene brama</i>	Forest	-	-do-
Bird	Irliak	<i>Coracina macei</i>	Forest	-	-do-
Bird	Kaikuangral	<i>Alcedo atthis</i>	Forest	-	-do-
Bird	Kawlrut	<i>Hemixos flavala</i>	Forest	-	-do-
Bird	Kireuh	<i>Arachnothera longirostra</i>	Forest	-	-do-
Bird	Koro	<i>Garrulax leucolophus</i>	Forest	-	-do-
Bird	Lailen	<i>Motacilla flava</i>	Forest	-	-do-
Bird	Lalruanga sehnawt	<i>Centropus sinensis</i>	Forest	-	-do-
Bird	Luangtubeuh	<i>Picumnus innominatus</i>	Forest	-	-do-
Bird	Lungdup	<i>Ictinaetus malayensis</i>	Forest	-	-do-
Bird	Mitval	<i>Zosterops palpebrosa</i>	Forest	-	-do-
Bird	Mu arla	<i>Lophotriorchis kienerii</i>	Forest	-	-do-
Bird	Mute	<i>Accipiter sp.</i>	Forest	-	-do-

Bird	Mute ngaldang	<i>Circus macrourus</i>	Forest	-	-do-
Bird	Muvanlai	<i>Spilornis cheela</i>	Forest	-	-do-
Bird	Ramar	<i>Gallus gallus</i>	Forest	-	-do-
Bird	Ramparva	<i>Chalcophaps indica</i>	Forest	-	-do-
Bird	Setawt	<i>Pycnonotus flavescens</i>	Forest	-	-do-
Bird	Tawktawk awrsen	<i>Ficedula strophiatea</i>	Forest	-	-do-
Bird	Tawllawt	<i>Megalaima virens</i>	Forest	-	-do-
Bird	Tek tek	<i>Dicaeum minullum</i>	Forest	-	-do-
Bird	Thangfen	<i>Myiophonus caeruleus</i>	Forest	-	-do-
Bird	Thangfen	<i>Myiophonus caeruleus</i>	Forest	-	-do-
Bird	Theh hek	<i>Prinia hodgsonii</i>	Forest	-	-do-
Bird	Thizil	<i>Psamisomus dalhousiae</i>	Forest	-	-do-
Bird	Thlanthla	<i>Dicrurus aeneus</i>	Forest	-	-do-
Bird	Thloh	<i>Blythipicus pyrrhotis</i>	Forest	-	-do-
Bird	Tlaiberh	<i>Pycnonotus cafer</i>	Forest	-	-do-
Bird	Tukkhumvilik	<i>Pycnonotus melanicterus</i>	Forest	-	-do-
Bird	Tuklo	<i>Megalaima asiatica</i>	Forest	-	-do-
Bird	Va in ronghak	<i>Monticola solitarius</i>	Forest	-	-do-
Bird	Vabak/Valambaw	<i>Caprimulgus macrurus</i>	Forest	-	-do-
Bird	Vacha	<i>Ardeola grayii</i>	Forest	-	-do-
Bird	Vadartle	<i>Irena puella</i>	Forest	-	-do-
Bird	Vadumdeleng	<i>Niltada sp.</i>	Forest	-	-do-
Bird	Vahai	<i>Anthracoeros albirostris</i>	Forest	-	-do-
Bird	Vahlah	<i>Bambusicola fytchii</i>	Forest	-	-do-
Bird	Vahmim	<i>Turnix suscitator</i>	Forest	-	-do-
Bird	Vahrit	<i>Lophura leucomelanos</i>	Forest	-	-do-
Bird	Vahui	<i>Treron sp.</i>	Forest	-	-do-
Bird	Vaki	<i>Psittacula krameri</i>	Forest	-	-do-
Bird	Valeisawt	<i>Dicrurus aeneus</i>	Forest	-	-do-
Bird	Vamaitai	<i>Blythipicus pyrrhotis</i>	Forest	-	-do-
Bird	Vangek	-	Forest	-	-do-
Bird	Vapui	<i>Coracias benghalensis</i>	Forest	-	-do-
Bird	Varalhti	<i>Harpactes erythrocephalus</i>	Forest	-	-do-
Bird	Varihaw	<i>Polyplectron bicalcaratum</i>	Forest	-	-do-
Bird	Varung	<i>Arborophila sp.</i>	Forest	-	-do-
Bird	Vasuih	<i>Carpodacus erythrinus</i>	Forest	-	-do-
Bird	Vazar	<i>Garrulax sp.</i>	Forest	-	-do-
Bird	Vazun	<i>Phaenicophaeus tristis</i>	Forest	-	-do-
Reptiles	Rul hlai	<i>Ptyas korros, Coelognathus radiatus</i>	Forest	-	-do-
Reptiles	Rul nghawngsen	<i>Rhabdophis subminiatus</i>	Forest	-	-do-
Reptiles	Rul \hihna	<i>Oreocryptophis porphyraceus</i>	Forest	-	-do-

Reptiles	Rul vankaj	<i>Dendrelaphis cyanochloris</i>	Forest	-	-do-
Reptiles	Rulmuk (Zo Rulpui)	<i>Ovophis monticola</i>	Forest	-	-do-
Reptiles	Rultuha	<i>Trimeresurus erythrurus/albolabris</i>	Forest	-	-do-
Reptiles	Rul ngan	<i>Ophiophagus hannah</i>	Forest& Human habitation	-	-do-
Reptiles	Rul rial	<i>Boiga cyanea</i>	Forest	-	-do-
Reptiles	Tui Rul	<i>Xenochropis piscator</i>	Ponds and near water bodies	-	-do-
Reptiles	Saphai	<i>Python bivittatus</i>	Forest	-	-do-
Reptiles	Rul sakhi	<i>Boiga ochracea</i>	Forest& Human habitation	-	-do-
Reptiles	Hlaivawm	<i>Ptyas mucosa</i>	Forest& Human habitation	-	-do-
Reptiles	Changpat rul	<i>Argyrophis diardii</i>	Forest& Human habitation	-	-do-
Reptiles	Satel	<i>Melanochelys tricarinata</i>	Forest	-	-do-
Reptiles	Tui satel	<i>Cyclemis gemeli</i>	Rivers, streams etc	-	-do-
Reptiles	Tangkawng/Tangkeu	<i>Varanus bengalensis</i>	Forest	-	-do-
Reptiles	Laiking	<i>Christidorsata otai</i>	Forest, open areas	-	-do-
Reptiles	Awk-e	<i>Gecko gekko</i>	Forest& Human habitation	-	-do-
Reptiles	Bang daidep	<i>Hemidactylus frenatus</i>	Human habitation, house	-	-do-
Amphibians	Utum	<i>Kaloula assamensis</i>	Rivers, ponds etc	-	-do-
Amphibians	Dawngthlek	<i>Chiromantus vittatus</i>	Rivers, ponds etc	-	-do-
Amphibians	Uchhhawlhiring	<i>Hyla annectans</i>	Rivers, ponds etc	-	-do-
Amphibians	U berek	<i>Occidozyga sp.</i>	Rivers, ponds etc	-	-do-
Amphibians	U Chang	<i>Euphlyctis cyanophlyctis</i>	Rivers, ponds etc	-	-do-
Amphibians	USai	<i>Hoplobatrachus crassus</i>	Rivers, ponds etc	-	-do-
Amphibians	Utawkphear	<i>Bufo stomaticus</i>	Rivers, ponds etc	-	-do-
Insects	Khauphar	-	Rivers, ponds etc	-	-do-
Insects	Perhpawng	-	Rivers, ponds etc	-	-do-
Insects	Khauchher	-	Rivers, ponds etc	-	-do-
Insects	Chep chep	-	Rivers, ponds etc	-	-do-
Insects	Zawlzawng	-	Rivers, ponds etc	-	-do-
Insects	Khaukhuap	-	Rivers, ponds etc	-	-do-
Insects	Uleuh	-	Rivers, ponds etc	-	-do-
Insects	Khawibel	<i>Vespa velutina</i>	Forest& Human habitation	-	-do-
Insects	Khawi sanghar	<i>Parapolubia sp.</i>	Forest& Human habitation	-	-do-
Insects	Khawifung	<i>Apis florea</i>	Forest, open areas	-	-do-
Insects	Khawi chhunmu	<i>Provespa sp.</i>	Forest, open areas	-	-do-
Insects	Khawikeilu	-	Forest, open areas	-	-do-
Insects	Khawivah	<i>Apis cerana indica</i>	Forest& Human habitation	-	-do-
Insects	Khawichhinkhup	<i>Polistes tenebricosus</i>	Forest, open areas	-	-do-
Insects	Nghalfek	<i>Vespa tropica</i>	Forest, open areas	-	-do-
Insects	Khawi in ting	-	Forest, open areas	-	-do-
Insects	Khawidang	-	Forest, open areas	-	-do-
Insects	Khawipui	<i>Apis dorsata</i>	Forest, open areas	-	-do-

Insects	Rengchal	<i>Psaltoda cf. plaga</i>	Forest, open areas	-	-do-
Insects	Dawlrem	-	Forest, open areas	-	-do-
Insects	Thereng	-	Forest, open areas	-	-do-
Insects	Losul thereng	<i>Magiccada sp.</i>	Forest, open areas	-	-do-
Insects	Nipui thereng	-	Forest, open areas	-	-do-
Insects	Ngirtling	-	Forest, open areas	-	-do-
Insects	Uifawm	-	Forest, open areas	-	-do-
Insects	Tekral	-	Forest, open areas	-	-do-
Insects	Khuang chiri/ Khuangbai	<i>Gryllus sp.</i>	Forest, open areas	-	-do-
Insects	Tawh ek	-	Forest, open areas	-	-do-
Insects	Taivang	<i>Tetraponera sp.</i>	Forest, open areas	-	-do-
Insects	Zan taivang	<i>Tetraponera sp.</i>	Forest, open areas	-	-do-
Insects	Hnahkiah taivang	<i>Tetraponera sp.</i>	Forest, open areas	-	-do-
Insects	Mawnger	<i>Crematogaster</i>	Forest, open areas	-	-do-
Insects	Fachhawng	-	Forest, open areas	-	-do-
Insects	Reksen	-	Forest, open areas	-	-do-
Insects	Tarpilu	-	Forest, open areas	-	-do-
Insects	Khuangruang	-	Forest, open areas	-	-do-
Insects	Nauchawthing bawm	<i>Drosophila melanogaster</i>	Forest, open areas	-	-do-
Insects	Sihsen	-	Forest, open areas	-	-do-

7		8	9	10	11	12
LocalStatus		Uses(ifany)	AssociatedTK	ModeofHunting,collecting(ifany)	Other details	Community/KnowledgeHolder
Past	Present					
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo
Abundant	Decreasing	-	-	By Gun or trap	-	Mizo

Abundant	Frequent	-	-	By Gun or trap	-	Mizo
Abundant	Frequent	-	-	By Gun or trap	-	Mizo
Abundant	Frequent	-	-	By Gun or trap	-	Mizo
Abundant	Frequent	-	-	By Gun or trap	-	Mizo
Abundant	Frequent	-	-	By Gun or trap	-	Mizo
Abundant	Frequent	-	-	By Gun or trap	-	Mizo
Abundant	Frequent	-	-	-	-	Mizo
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Abundant	Abundant	-	-	-	-	Mizo

BIODIVERSITY OF SOUTH PHAILENG



Trevesia palmata (Kawhtebel)



Capsicum frutescens(Hmarchatê)



Clerodendrum colebrookianum (Phuihnam)



Parkia timoriana (Zawngtah)



Callistemon citrinus (Bottle brush)



Hylocereus costaricensis (Dragon fruit)



Rosa indica (Rose)



Catharanthus roseus (Kumtluang)



Rice cultivation



Artiodactyla suidae (Vawk)



Eleagnus sp. (Sârzûk)



Cannis familiares (Ui)



Biodiversity Management Committee : South Phaileng



South Phaileng Village