

PEOPLE'S BIODIVERSITY REGISTER ZYHNO VILLAGE

**Compiled by
Members of Biodiversity Management Committee, Zyhno Village
&
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 voids 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 Zyhno Village

Name of the village	:Zyhno
Block	:Tipa RD Block
District	:Siaha
State	:Mizoram
Geographical Area of the Panchayat Samity	: 1.5 sq.km
Population under the Panchayat Samity	: 780
Male	: 439
Female	:341
Habitat and Topography	:Tropical evergreen forest, Hilly terrain & Plain
Climate (Rainfall, Temperature and other weather patterns)	: 3°C-32°C with annual rainfall of 1500-2500mm
Land use (Nine fold classification available with village records)	:Agriculture/Farming
Date, Month and Year of PBR preparation	:16-February-2022
Management Regime: Reserve Forests (RF)/ Joint Management (JM)/Protected areas (PA)/ Community Owned and Managed Forests (COM)	: COM/RF

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 | : VT Sachhua | 2. | Name | : LC Khaikhei |
| | Age | : 52 | | Age | : 48 |
| | Gender | : Male | | Gender | : Male |
| | Address | :Zyhno VC-I area | | Address | :Zyhno VC-II area |
| | Area of specialization | : Farmer | | Area of specialization | : Farmer |
| 3. | Name | : C. Chamaw | 4. | Name | :Beiraduachhua |
| | Age | : 54 | | Age | : 42 |
| | Gender | : Male | | Gender | : Male |
| | Address | :Zyhno VC-III area | | Address | :Zyhno VC-I area |
| | Area of specialization | : Farmer | | Area of specialization | : Farmer |
| 5. | Name | : N. Ngotlai | 6. | Name | : J. Amosa |
| | Age | : 49 | | Age | : 43 |
| | Gender | : Male | | Gender | : Male |
| | Address | :Zyhno VC-II area | | Address | :Zyhno VC-I area |
| | Area of specialization | : Farmer | | Area of specialization | : Farmer |
| 7. | Name | : B. Lawhe | 8. | Name | :KT Khiasa |
| | Age | : 50 | | Age | : 46 |
| | Gender | : Male | | Gender | : Male |
| | Address | :Zyhno VC-III area | | Address | :Zyhno VC-II area |
| | Area of specialization | : Farmer | | Area of specialization | : Farmer |

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 IV

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

1) Contact Person	:	Dr. LalneihpuiaChhakchhuak	Contact Person	:	Dr.Seikuti Nohro
Name and Address	:	Technical Assistant Mizoram State Biodiversity Board	Name and Address	:	Consultant Environment and Forest Department
2) Contact Person	:	Derrick Zothanmawia	Mara Autonomous District Council (MADC)		
Name and Address	:	Computer Assistant Mizoram State Biodiversity Board	Siaha, Mizoram		

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>	Aieng	Local	Hilly terrain, Jhum land	Not measured	Abundant	Abundant
Para cress	<i>Acmellapaniculata</i>	Ankasa	Local	Hilly terrain, Jhum land	-do-	Few	Few
Mustard	<i>Brassica rapa</i>	Antam	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Deccan hemp	<i>Hibiscus cannabinus</i>	Anthur	Local	Hilly terrain, Jhum land	-do-	Few	Few
White or Winged yam	<i>Dioscoreaalata</i>	Bachhim	Local	Hilly terrain, Jhum land	-do-	Few	Few
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-	Abundant	Abundant
Taro	<i>Colocasia esculenta</i>	Bal	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Brinjal	<i>Solanum melongena</i>	Bawkbawn	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Lady's finger	<i>Abelmoschus esculentus</i>	Bawrhsaiabe	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Bean	<i>Phaseolus vulgaris</i>	Bean	Local	Hilly terrain, Jhum land	-do-	Abundant	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-	Abundant	Abundant
Soyabean	<i>Glycine max</i>	Bekang	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Hyacinth bean	<i>Lablab pupureus</i>	Bepui	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Winged Bean	<i>Psophocarpus tetragonolobus</i>	Bepuipawr	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Snake gourd	<i>Trichosanthesanguina</i>	Berul	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Broccoli	<i>Brassica olearceavar italica</i>	Brocoli	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Rice	<i>Oryza sativa</i>	Buh	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Green pea/Matar	<i>Pisum sativum</i>	Chana	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Bitter gourd	<i>Momordica charantia</i>	Changkha	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
White durra	<i>Sorghum cernuum</i>	Chhahwhchhi	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Coriander	<i>Coriandrum sativum</i>	Dhania	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Sorghum	<i>Sorghum bicolor</i>	Faibar	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Cucumber	<i>Cucumis sativas</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-	Abundant	Abundant
Chilli	<i>Capsicum annum</i>	Hmarchapui	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Birds eye chilli	<i>Capsicum frutescens</i>	Hmarchate	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Arrowroot	<i>Maranta arundinaceae</i>	Hnahthialbal	Local	Hilly terrain, Jhum land	-do-	Few	Few
Squash	<i>Sechium edule</i>	Iskut	Local	Hilly terrain, Jhum land	-do-	Few	Few
Roselle	<i>Hibiscus sabdariffa</i>	Lakheranthur	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Aromatic herb	<i>Elsholtzia communis</i>	Lengser	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Pumpkin	<i>Cucurbita maxima</i>	Mai/Maian	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Ash gourd	<i>Benincasahispida</i>	Maipawl	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Spiny bitter tomato	<i>Momordica cochincinensis</i>	Maitamtawk	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
-	<i>Coixlacryma-jobi</i>	Mim	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Mula	<i>Raphanus sativas</i>	Mula	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant

Cauliflower	<i>Brassica oleracea var. botrytis</i>	Parbawr	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Wild celery	<i>Trachyspermum roxburghianum</i>	Pardi	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
-	<i>Clerodendrum colebrookianum</i>	Phuihnam	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
-	<i>Senna occidentalis</i>	Reng an	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Wild basil	<i>Ocimum americanum</i>	Runhmui	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Bitter tomato	<i>Solanum aethiopicum</i>	Samtawk	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
African eggplant	<i>Solanum macracarpon</i>	Satinrem	Local	Hilly terrain, Jhum land	-do-	Few	Few
Ginger	<i>Zingiber officinale</i>	Sawhthing	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Devils tongue	<i>Amorphophallus</i> sp	Telhawng	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Tomato	<i>Solanum lycopersicum</i>	Tomato	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Bottle guard	<i>Lagenaria siceraria</i>	Um ei	Local	Hilly terrain, Jhum land	-do-	Abundant	Few
Tobacco plant	<i>Nicotiana tabacum</i>	Vaihlo	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Maize	<i>Zea mays</i>	Vaimim	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Yam bean	<i>Pachyrhizuserosus</i>	Zawng tur	Local	Hilly terrain, Jhum land	-do-	Few	Few
Cabbage	<i>Brassica oleracea var. capitata</i>	Zikhlum	Local	Hilly terrain, Jhum land	-do-	Abundant	Abundant
Chinese Onion	<i>Allium chinense</i>	Zo purun	Local	Hilly terrain, Jhum land	-do-	Few	Few

8 Special Features	9 Cropping Season	10 Uses	11 Associated TK	12 Other Details	13 Source of Seeds /Plants	14 Community Knowledge Holder
Rhizome is used as condiment	Mar-April	Edible	Juice of rhizome is used for stomach ulcer, jaundice, diarrhoea, dysentery, cholera, asthma, food poisoning, and also used as a tonic for blood purifier	-	Local	Mara
Leaves and stems as vegetable	Mar-April	Edible	Flowers are chewed to relieve toothache and affections of the gum and throat	-	Local	Mara
Young leaves are eaten as vegetables	Mar-April	Edible	Seeds and oil are used in medicine	-	Local	Mara
Leaves are eaten as vegetables, curry	Mar-April	Edible	Leaves are used as diuretic, sedative, refrigerant	-	Local	Mara
Tuber is anthelmintic	Mar-April	Edible	Tubers and bubs are used as vegetable, tuber is used in treating cancer, piles, and gonorrhoea	-	Local	Mara
Leaves used as flavouring dishes	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	Mara
Spadix is eaten cooked as vegetable	Mar-April	Edible	-	-	Local	Mara
Corm, stem and young leaves are eaten as vegetables	Mar-April	Edible	Acrid juice is applied to wounds and bee sting. Whole plant is used for pig feed	-	Local	Mara
Unripe fruit as vegetable	Mar-April	Edible	Root, leaves, fruits and seeds are used as medicine	-	Local	Mara
Unripe fruit eaten as vegetable	Mar-April	Edible	Cut fruit soaked in water overnight (water) is used to control diabetes	-	Local	Mara
Green immature pods are cooked and eaten as vegetables	Mar-April	Edible	Beans are also used for diarrhoea, dysentery, burns, diabetes, rheumatism, sciatica etc	-	Local	Mara
Young leaves, pods and seeds as vegetable	Mar-April	Edible	Seed is useful to strengthen stomach and kills worm in the stomach	-	Local	Mara
Tender leaves, pods as vegetable,	Mar-April	Edible	Leaves and seeds are medicinal, leaves as cattle fodder	-	Local	Mara

yellow seeds as pulse						
Seeds are edible rich in protein, oils and minerals	August	Edible	Seeds are cooked , fermented and eaten as delicacies (called <i>Bekang</i> famous –traditional Mizo dish). Boiled water of seeds are given to pigs for fertility control	-	Local	Mara
Young pods, seeds as vegetable	Mar-April	Edible	Juice of crushed leaves is used against diarrhoea, stomach-ache	-	Local	Mara
Young pods as vegetable	Mar-April	Edible	The plant is a good fodder, green manuring and ground cover	-	Local	Mara
Fruit and young leaves as vegetable	Mar-April	Edible	Fruits and leaves are considered antidote for snake bite	-	Local	Mara
Flower buds and leaves are eaten as vegetable	September	Edible	-	-	Local	Mara
Grain is the staple food	April	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	Mara
Seeds as pulse and young leaves are eaten as vegetable	May	Edible	-	-	Local	Mara
Young fruit and leaves are cooked or fried eaten as vegetable	Mar-April	Edible	Leaves and fruits are medicinal used to treat fever, jaundice, diabetes, dysentery, intestinal worms etc	-	Local	Mara
-	Mar-April	Edible	Baked grains are pounded and eaten as curry	-	Local	Mara
Leaves and flowers are used as condiment	Mar-April	Edible	-	-	Local	Mara
-	Mar-April	Edible	Grains are cooked and eaten	-	Local	Mara
Fruit is edible	Mar-April	Edible	Juice of the leaves and stem are used in high blood pressure. Fruits and seeds are also medicinal	-	Local	Mara
-	Mar-April	Edible	Grains are cooked and eaten	-	Local	Mara
Fruits are condiment and leaves as vegetable	Mar-April	Edible	Juice of the fruits is applied to burns, snake bite and centipede sting	-	Local	Mara
Fruits are condiment and leaves as vegetable	Mar-April	Edible	Juice of the fruits is applied to burns, snake bite and centipede sting	-	Local	Mara
Rhizome is cooked and eaten	Mar-April	Edible	Rhizome is used as curry and in medicine	-	Local	Mara
Fruits, young shoot and roots are eaten as vegetable-	Mar-April	Edible	Leaves are used for fodder	-	Local	Mara
Leaves are eaten as vegetables, curry	Mar-April	Edible	Leaves are used as diuretic, sedative, refrigerant	-	Local	Mara
Leaves and flowers -are used for flavouring curry-	Mar-April	Edible	-	-	Local	Mara
Flowers, fruit, you-ng leaves and stem are all eaten as v-vegetables	Mar-April	Edible	Seeds are used to expel worms from the body	-	Local	Mara
Fruits and tender leaves are eaten as vegetable	Mar-April	Edible	Juice of the fruit is a cure for cholera, diarrhoea, dysentery, fever, asthma, vomiting and kidney diseases. Infusion of leaves and fruit are used externally in snake bite	-	Local	Mara
Fruit is cooked and eaten as vegetable	Mar-April	Edible	-	-	Local	Mara
Grains are eaten as vegetable	Mar-April	Edible	-	-	Local	Mara
Young fruit and flower eaten as vegetable	Mar-April	Edible	Roots, leaves and seeds are medicinal	-	Local	Mara
Flower buds and leaves are eaten as vegetable	September	Edible	-	-	Local	Mara

Leaves and flowers are used as condiment	Mar-April	Edible	-	-	Local	Mara
Leaves and flowers are eaten cooked as vegetable	Mar-April	Edible	Leaves are cooked with water and water is taken for hypertension, blood sugar etc	-	Local	Mara
Leaves are eaten as vegetable	Mar-April	Edible	-	-	Local	Mara
Leaves and flowers are used as condiment	Mar-April	Edible	-	-	Local	Mara
Green- fruit are eaten as vegetable	Mar-April	Edible	Fruit is good for high blood pressure, skin problems and anti microbial	-	Local	Mara
Leaves are used as vegetable and cooked with any kind of meat	Mar-April	Edible	-	-	Local	Mara
Rhizomes are used as spice and condiment, taken as cure for food poisoning	Mar-April	Edible	Tender leaves, young flowers are eaten cooked as vegetable, juice of the pounded rhizomes is given to women in case of insufficient supply of milk for their babies and also dropped into the ear when attacked by ticks.	-	Local	Mara
-	Mar-April	Edible	Corm and young leaf stalk and shoots are eaten cooked as veg.	-	Local	Mara
Fruit is edible	Mar-April	Edible	-	-	Local	Mara
Cultivated for fruits	-	Edible	Non bitter, soft shelled fruits and tender leaves are used as vegetable, and dried shell of the fruit for holding water. Roots, leaves and seeds are used in medicine	-	Local	Mara
-	Mar-April	Edible	Leaves are pounded, dried and used for making cigarette	-	Local	Mara
Grains are eaten cooked, roasted, fried-	Mar-April	Edible	Grains and leaves are used to feed poultry, pigs and cows. Decoction of the grain is used as hip bath for piles, lessen pain	-	Local	Mara
-	-	Edible	Tuberous root is edible	-	Local	Mara
-	June	Edible	Leaves and head are eaten cooked as vegetable	-	Local	Mara
Fresh bulb and leaves as condiment	Mar-April	Edible	Bulbs are used for treating fever, hypertension, indigestion, pneumonia, common cold etc. Juice of bulb is applied to muscle sprains, earache etc	-	Local	Mara

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>	Balhla	Local	Hilly Terrain	Few	Few
Herb	<i>Ananus comosus</i>	Lakhuihthei	Local	Hilly Terrain	abundant	Abundant
Shrub	<i>Citrus limon</i>	Nimbu	Local	Hilly Terrain	Abundant	Abundant
Climber	<i>Passiflora edulis</i>	Sapthei	Local	Hilly Terrain	Few	Few
Climber	<i>Eleagnus latifolia</i>	Sarzukpui	Local	Hilly Terrain	Abundant	Abundant
Climber	<i>Eleagnus pyriformis</i>	Sarzukte	Local	Hilly Terrain	abundant	Abundant
Shrub	<i>Citrus limon</i>	Ser (fang)	Local	Hilly Terrain	Abundant	Abundant
Shrub	<i>Citrus medica</i>	Serpui	Local	Hilly Terrain	Abundant	Abundant
Shrub	<i>Citrus maxima</i>	Sertawk	Local	Hilly Terrain	Abundant	Abundant
Tree	<i>Carica papaya</i>	Thingfanghma	Local	Hilly Terrain	Abundant	Abundant

7	8	9	10	11	12
Source of seeds/plants	Season of fruiting	Associated TK	Uses	Other details Market/ Own use	Community Knowledge holder
Locally available	Mar-Dec	-	Fruit is edible	Market/own use	Mara
Locally available	October	-	Fruit is edible	Market/own use	Mara
Locally available	August	Fruit juice rich in vitamin C is used to treat various diseases like stomach problems, liver diseases, hypertension, diabetes etc	Fruit is edible	Market/own use	Mara
Locally available	April	Ripe fruit is used for jaundice and liver problems	Leaves are used as vegetable	Market/own use	Mara
Locally available	April	Decoction of root is medicinal	Wood is used as a good fuel	Own use	Mara
Locally available	October	Decoction of root and boiled leaves is medicinal	Fruit is edible	Own use	Mara
Locally available	October	Fruits edible, rich source of vitamin C	Roots are used in colic, vomiting etc	Market/own use	Mara
Locally available	October	Fruits edible, rich source of vitamin C	Roots are used in colic, vomiting etc	Market/own use	Mara
Locally available	Jan-Feb	Fruit is medicinal	Seeds are used for hypertension and diabetes	Market/own use	Mara
Locally available	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	-	Market/own use	Mara

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	Jhum field	Abundant	Abundant
Herb	<i>Musa acuminata</i>	Balhla	Cultivated land	Few	Few
Tree	<i>Trema orientalis</i>	Belphuar	Hilly terrain	Abundant	Abundant
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	Few	Few
Herb	<i>Colocasia esculenta</i>	Dawl/Bal	Cultivated and fallow land	Abundant	Abundant
Grass	<i>Imperata cylindrica</i>	Di	Fallow land	Abundant	Abundant
BroomGrass	<i>Thysanolaena latifolia</i>	Hmunphiah	Cultivated and fallow land	Abundant	Abundant
Mile-a minute	<i>Mikania micrantha</i>	Japanhlo	Hilly terrain, fallow land	Abundant	Abundant
Climber	<i>Ipomoea batatas</i>	Kawlbahra	Cultivated land	Abundant	Abundant
Tree	<i>Artocarpus heterophyllus</i>	Lamkhuang	Hilly terrain, Forest	Abundant	Few
Grass	<i>Saccharum longisetosum</i>	Luang	Cultivated and fallow land	Abundant	Few
Shrub	<i>Ricinus communis</i>	Mutih	Hilly terrain	Abundant	Abundant
Tree	<i>Litsea monopetala</i>	Nauthak	Hilly terrain	Abundant	Abundant
Shrub	<i>Manihot esculenta</i>	Pangbal	Jhum field	Abundant	Abundant
Herb	<i>Polygonum chinense</i>	Taham	Hilly terrain, fallow land	Abundant	Few

Tree	<i>Morus alba</i>	Theihmu	Hilly terrain	Abundant	Abundant
Shrub	<i>Carica papaya</i>	Thingfanghma	Cultivated land	Abundant	Abundant
Maize	<i>Zea mays</i>	Vaimim	Cultivated land	Abundant	Abundant
Herb	<i>Bidens pilosa</i>	Vawkpuithal	Hilly terrain, cultivated, fallow land	Abundant	Abundant

6	7	8	9	10
Source of seeds/plants	Associated TK	Part Used	Other details	Community/ Knowledge holder
Wild /Local	Leaves are used for pig feed	Leaves	-	Mara
Wild /Local	Corm, leaves and stem are used for pig feed	Corm, leaves, stem	-	Mara
Wild /Local	Stems and unripe fruit are used for pig feed	Stem, unripe fruit	-	Mara
Wild /Local	Fruits and leaves are eaten by animals. Wood is used for making gun powder, charcoal	Leaves	-	Mara
Wild /Local	-		-	Mara
Wild /Local	Grains are cooked and used for pig feed	Grains	-	Mara
Wild /Local	Stem is used for pig feed. Leaves are used for serving food when feast is prepared	Stem	-	Mara
Wild /Local	Whole plant is used for pig feed and corm is eaten by wild boar etc. Corm, stem and young leaves are eaten as vegetables. Juice of corm and leaves are medicinal	Whole plant	-	Mara
Wild /Local	Levae are used for cattle fodder, pig feed	Leaves	-	Mara
Wild /Local	Flower panicles are used for making brooms, leaves are for cattle fodder	Panicles & Leaves	-	Mara
Wild /Local	Juice of crushed leaves used for fever, stomachache, diarrhoea, dysentery, fresh cuts.	Leaves	-	Mara
Wild /Local	Cooked leaves are used against diarrhoea, dysentery, stomach problems, diabetes etc	Leaves	-	Mara
Wild /Local	-		-	Mara
Wild /Local	Young leaves are good for cattle fodder	Leaves	-	Mara
Wild /Local	Levae are used for cattle fodder, pig feed	Leaves	-	Mara
Wild /Local	Levae are used for cattle fodder, pig feed	Leaves	-	Mara
Wild /Local	Leaves are used for cattle fodder, pig feed	Leaves	-	Mara
Wild /Local	Leaves used as pig fed	Leaves	-	Mara
Wild /Local	Levae are used for cattle fodder, pig feed	Leaves	-	Mara
Wild /Local	Unripe fruit is used for pigs feed	Unripe fruit	-	Mara
Wild /Local	Grains are eaten as vegetables. Used for feeding poultry and pigs	Grains & Leaves	-	Mara
Wild /Local	Juice of leaves are used for treating eye and ear affections, skin affections	Leaves	-	Mara

Format 4 : Weeds

1	2	3	4	5	6
Plant	Scientific name	Local name	Affected Crop	Impact	Landscape/habitat
Herb	<i>Acmellapaniculata</i>	Ankasate	All the jhum crops	Growth is effected, which leads to decrease in crop production	Hilly terrain, cultivated and fallow land.
Climber	<i>Cyclantherapedata</i>	Ar-a fanghma	-do-	-do-	-do-
Herb	<i>Vernonia cinerea</i>	Buar	-do-	-do-	-do-
Herb	<i>Blumealanceolaria</i>	Buarze	-do-	-do-	-do-
Herb	<i>Stellaria media</i>	Changkalrit	-do-	-do-	-do-
Herb	<i>Lobelia nummularia</i>	Choak-a-thi	-do-	-do-	-do-
Grass	<i>Imperata cylindrical</i>	Di	-do-	-do-	-do-

Shrub	<i>Mimosa pudica</i>	Hlonuar	-do-	-do-	-do-
Climber	<i>Dysolobium grande</i>	Hruichun	-do-	-do-	-do-
Climber	<i>Mucuna bracteata</i>	Hruiduk	-do-	-do-	-do-
Climber	<i>Mikania micrantha</i>	Japanhlo	-do-	-do-	-do-
Fern	<i>Dryopteris sp.</i>	Katchat	-do-	-do-	-do-
Climber	<i>Hedyotis capitellata</i>	Kelhnamtur	-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-
Herb	<i>Phyllanthus urinaria</i>	Mitthisunhlu	-do-	-do-	-do-
Grass	<i>Cynodondactylon</i>	Phaitualhlo	-do-	-do-	-do-
Grass	<i>Chrysopogon aciculatus</i>	Phaitualhnim	-do-	-do-	-do-
Under shrub	<i>Urena lobata</i>	Se hnap	-do-	-do-	-do-
Under shrub	<i>Triumfetta pilosa</i>	Se meibawm	-do-	-do-	-do-
Shrub	<i>Rubus birmanicus</i>	Siali nu chhu	-do-	-do-	-do-
Herb	<i>Cheilocostus speciosus</i>	Sumbul	-do-	-do-	-do-
Shrub	<i>Persicaria chinensis</i>	Taham	-do-	-do-	-do-
Shrub	<i>Chromolaena odorata</i>	Tlangsam	-do-	-do-	-do-
Herb	<i>Houttuynia cordata</i>	Uithinthang	-do-	-do-	-do-
Herb	<i>Ageratum conyzoides</i>	Vailenhlo	-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 feed and cattle fodder.	Weeding is done by using hands/knives. Herbicides or any other chemicals were not used for mangaging weeds.	-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
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Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara

Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara
Abundant	Abundant			-	-	Mara

Format 5 : Pests of Crops

1 Plant	2 Insect/Animal	3 Scientific Name	4 Local Name	5 Habitat	6 Time/Season of attack
Jhum crops	Animal	<i>Rhizomyssumatrensis</i>	Bui	Jhum field	Apr-Aug
Maize	Insect pest	<i>Spodoptera frugiperda</i>	Fall army worm	Jhum field	Apr – May
Jhum crops	Insect	<i>Caeliferasp.</i>	Khau	Jhum field	Mar – May
Brinjal/Bitter tomato	Insect	<i>Epicautahirticornis</i>	Kutdurh	Jhum field	July – Aug
Jhum crops	Reptile	<i>Eutropiscarinata</i>	Laitel	Jhum field	Mar - Apr
Rice	Animal	<i>Sus scrofa</i>	Sanghal	Jhum field	Oct – Nov
Rice	Animal	<i>Rattus rattus</i>	Sazu	Jhum field	Oct – Nov
Maize	Animal	<i>Tamiopsmaccllelandi</i>	Thehlei	Jhum field	July – Aug
Orange	Insect	<i>Eusthenessp.</i>	Thlangdar	Forest	June-September

7 Management Mechanism	8 Associated TK	9 Other Details	10 Community/ Knowledge holder
<p>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. Recent outbreak of fall armyworm attacking maize in the jhum fields have caused a serious damage to the crops and some farmers used insecticides like Emamectin benzoate 5% SG to control such pests. Bangla Red Soap (Bangla Sahbawnsen) is diluted with water and is sprayed or dropped to the worms or crop affected by fall army worm.</p>	-	-	Mara
	-	-	Mara
	-	-	Mara
	-	-	Mara
	-	-	Mara
	-	-	Mara
	--	-	Mara
	-	-	Mara

Format 6 : Market for domesticated animals

1	2	3	4	5	6	7	8	9
Name of the Market & location	Weekly (D)/ Fortnightly (D)/ Monthly (D)/ Biannual (M)/ Annual (M)	Types of Animals bought & sold	Types and No. of animals transacted in a day	Places from which animals are bought	Places to which animals are sold/ transported	Name & location of fish market	Types of fish sold	Source of fish
Bazaar area	Monthly	Chicken and pigs	-	Within the Village	Within the Village	-	-	-

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
Mara 780	171 Farming	Daily wage workers	-	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.	Mara	Lower& Middle class		171

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					
7.9 sq.km	-	65 sq.km		Hill Slope/Hilly Terrain	Mara	<i>Anogeissus acuminata, Acemellapaniculata, Acacia megaladena, Albizia procera, Cassia javanicaspnodosa, Musa acuminata, Ficus elastica, Osbeckiasp., Rosa indica, Alocasia fornicate, Syzygiumcumini, Amorphophallus sp., Clerodendrumcolebrookianum, Solanum Americanum</i> etc.	<i>Artiodactylasuidae, Gallus domesticus, Ratufa bicolor, Abundantiopsmaccllelandi, Trachypithecuspileatus, Muntiacus vaginalis, Aethopygasp, Lophotriorchiskienerii, Gallus gallus, Irena puella, Arborophilasp., Rhabdophissubminiatus, Christidorsataotai, Vespa velutinaetc.</i>

7	8	9	10	11	12
User Groups	Management Practices	General Uses	Associated TK	Other details	Community accessed
Local people (Mara)	No specific management practice 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	-	-	Mara

Format 9 : Waterscape

1	2	3	4	5	6
Waterscape Element type	Sub-type	Features and approx. area	Ownership	General Flora	General fauna
TisiChava	River	Not measured	Mara, Local community	-	<i>Acanthocobitisbotia</i> , <i>Nemacheilusscaturigina</i> , <i>Wallago attu</i> , <i>Parambasis serrata</i> , <i>Dermogenyspusilla</i> , <i>Olyralongicaudata</i> , <i>Semiplotusmodestus</i> , <i>Bagariusbagarius</i> , <i>Channa gachua</i> , <i>Macragnathussp.</i> , <i>Garralissorhynchus</i> , <i>Potamonautessp.</i> , <i>Bithynia tentaculate</i> etc.

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.	Localpeople	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	-	-	Mara

Format 10 : Soil type

1	2	3	4
Soil Type	Color & Texture	Features	Soil Management
Sandy loamy soil and Clayey soil	-	-	Soil fertility is maintained and preserved by practicing terrace system for cultivation of agricultural crops. Contour trenching has been practiced by some locals. The community does not practice any other systematic mechanism for the management of soils. Usually they practice using pig/cow dung and chicken manure as fertilizers for their crops. Soils are highly fertile and any kind of jhum crops can be cultivated and thrives very well in this kind of soils.

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.	Flora: <i>Anogeissus acuminata</i> , <i>Acmellapaniculata</i> , <i>Acacia megaladena</i> , <i>Albizia procera</i> , <i>Cassia javanicasppnodosa</i> , <i>Musa acuminata</i> , <i>Ficus elastica</i> , <i>Osbeckiasp.</i> , <i>Rosa indica</i> , <i>Alocasia fornicate</i> , <i>Syzygiumcumini</i> , <i>Amorphophallus sp.</i> , <i>Clerodendrumcolebrookianum</i> , <i>Solanum Americanum</i> etc.	-	-

Fauna: *Artiodactylasuidae, Gallus domesticus, Ratufa bicolor, Abundantiopsmacclellandi, Trachypithecuspileatus, Muntiacus vaginalis, Aethopygasp, Lophotriorchiskienerii, Gallus gallus, Irena puella, Arborophilasp., Rhabdophissubminiatus, Christidorsataotai, Vespa velutina*etc.

DOMESTICATED BIODIVERSITY

Format 11 : Fruit Trees

1 Plant type	2 Scientific name	3 Local name	4 Variety	5 Landscape Habitat	6 Local Status		7 Source of Plants/Seeds
					Past	Present	
Tree	<i>Phyllanthus acidus</i>	Kawlsunhlu	Local	Hilly Terrain	Abundant	Few	Locally available
Tree	<i>Psidium guajava</i>	Kawlthei	Local	Hilly Terrain	Abundant	Few	Locally available
Tree	<i>Rhus chinensis</i>	Khawmhma	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Artocarpus heterophyllus</i>	Lamkhuang	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Prunus nepalensis</i>	Lumler	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Baccaurearamiflora</i>	Pangkai	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Citrus limon</i>	Ser (fang)	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Citrus medica</i>	Serpui	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Citrus maxima</i>	Sertawk	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Citrus reticulata</i>	Serthlum	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Phyllanthus emblica</i>	Sunhlu	Local	Hilly Terrain	Abundant	Few	Locally available
Tree	<i>Mangifera indica</i>	Theihai	Local	Hilly Terrain	Abundant	Few	Locally available
Tree	<i>Ficus semicordata</i>	Theipui	Local	Hilly Terrain	Abundant	Few	Locally available
Tree	<i>Caralliabrachiata</i>	Theiria	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Carica papaya</i>	Thingfanghma	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Garcinia sopsopia</i>	Vawmva	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Willughbeia edulis</i>	Vuakdup	Local	Hilly Terrain	Abundant	Few	Locally available
Tree	<i>Alphonseaventricosa</i>	ZawngBalhla/Thei-vawk-ek	Local	Hilly Terrain	Abundant	Abundant	Locally available
Tree	<i>Parkia timoriana</i>	Zawngtah	Local	Hilly Terrain	Abundant	Abundant	Locally available

8 Season of Fruiting	9 Uses (Usage)	10 Associated TK	11 Other details	12 Community/ Knowledge Holder
Mar-Jun	Ripe fruit is edible	Leaves are eaten cooked as vegetable and also used for pigs feed	Own/Market use	Mara
Sept-Nov	Bark & young leaves are used against diarrhoea, dysentery. Richest natural source of vitamin C	Juice of pounded bark, leaves & ripe fruits are applied to carbuncle. Bark paste is applied to toothache.	Own/Market use	Mara
Dec-Jan	Decoction of fruit used for colic, diarrhoea, dysentery	Wood used for fence posts & gun powder	Own/Market use	Mara
Jun-Aug	Decoction of root used in fever, asthma, leaves used in fever, skin diseases, wounds, boils etc	Young fruits and seeds used as vegetable	Own/Market use	Mara
Mar-May	Fruit is edible. Hardwood, leaves and fruits are used for	-	Own/Market use	Mara

	medicinal purposes etc			
June-Aug	Bark is used for constipation and leaves for toothache	-	Own/Market use	Mara
Jun-Sep	Fruits edible, rich source of vitamin C	Roots are used in colic, vomiting etc	Own/Market use	Mara
Jun-Sep	Fruits edible, rich source of vitamin C	Roots are used in colic, vomiting etc	Own/Market use	Mara
Nov-Mar	Fruit is medicinal	Seeds are used for hypertension and diabetes	Own/Market use	Mara
Oct-Feb	Fruit is a rich source of vitamin C, eaten by man	Water of boiled leaves used for bathing in fever	Own/Market use	Mara
Whole year	Fruit which is very 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.	Own/Market use	Mara
May-Aug	Wood is used for furniture, boat building, planking, tea boxes, packing cases etc. Fruits are edible and used for making pickles.	Decoction of young leaves used in diabetes, diarrhoea, ash of dried leaves is also taken to stop hiccough.	Own/Market use	Mara
Throughout the 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/Market use	Mara
Dec – Mar	Fruit is edible. Leaves are lopped for cattle fodder	Bark and leaves are used in septic poisoning and itch.	Own/Market use	Mara
Whole year	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 types of cancer and stomach problems	Own/Market use	Mara
June- Aug	Fruits are edible	Seeds are prescribed for killing intestinal worms	Own/Market use	Mara
April-May	Milky juice is used as milk in tea	-	Own/Market use	Mara
July - Oct	Wood is hard very elastic, used for boat building, native bows poles, tool handles, firewood etc	-	Own/Market use	Mara
Nov-Feb	Unmatured pods and tender leaves are eaten as vegetable.	Young leaves and 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.	Own/Market use	Mara

Format 12 : Medicinal Plants

1	2	3	4	5	6
Plant type	Local Name	Scientific Name	Variety	Landscape/habitat	Source of Plant/Seeds
Herb	Aieng	<i>Curcuma longa</i>	Local	Cultivated	Tuber
Herb	Ailaidum	<i>Curcuma caesia</i>	Local	Cultivated	Tuber
Herb	Anchiri	<i>Homalomena aromaticum</i>	Local	Wild	Seeds
Herb	Anhling	<i>Solanum nigrum</i>	Local	Wild/Cultivated	Seeds

Climber	Ar-a fanghma	<i>Cyclantherapedata</i>	Local	Wild	Seeds
Climber	Bachhim	<i>Dioscoreaalata</i>	Local	Wild	Seeds
Herb	Bahkhawr	<i>Eryngium foetidum</i>	Local	Wild/cultivated	Seeds
Herb	Bakkhate	<i>Glinusoppositifolius</i>	Local	Wild/cultivated	Seeds
Tree	Belthei	<i>Aegle marmelos</i>	Local	Wild	Seeds
Sub-shrub	Buarze	<i>Blumealanceolaria</i>	Local	Wild	Seeds/Plantlet
Shrub	Builukham Pa/Nu	<i>Osbeckiacrinita/chinensis</i>	Local	Wild	Seeds
Herb	Changkalrit	<i>Drymaria cordata</i>	Local	Wild	Seeds
Herb	Choak-a thi	<i>Lobelia angulata</i>	Local	Wild	Seeds
Tree	Fartuah	<i>Erythrina stricta</i>	Local	Wild	Seeds
Grass	Fu	<i>Saccharum officinarum</i>	Local	Cultivated	Seeds
Climber	Hlozak/Hlonuar	<i>Mimosa pudica</i>	Local	Wild	Plantlet
Tree	Hnahkiah	<i>Callicarpa arborea</i>	Local	Wild	Plantlet/seeds
Climber	Hruivankai	<i>Tinospora sinensis</i>	Local	Wild	Seeds
Climber	Japanhlo	<i>Mikania micrantha</i>	Local	Wild	Seeds
Tree	Kaihzawl	<i>Dilleniapentagyna</i>	Local	Wild	Seeds
Tree	Kamsahulh	<i>Croton tiglium</i>	Local	Wild	Seeds
Tree	Kawhtebel	<i>Trevesiapalmata</i>	Local	Cultivated	Seeds
Climber	Kelhnamtur	<i>Hedyotis scandens</i>	Local	Wild	Seeds
Herb	Kham damdawi	<i>Bergenia pacumbis</i>	Local	Wild	Seeds
Tree	Khawmhma	<i>Rhus chinensis</i>	Local	Wild/cultivated	Seeds
Climber	Maipawl	<i>Benincasahispida</i>	Local	Cultivated	Seeds/Plantlet
Herb	MitthiSunhlu	<i>Phyllanthus urinaria</i>	Local	Wild	Seeds
Shrub	Nimbu	<i>Citrus limon</i>	Local	Cultivated	Seeds
Shrub	Phuihnam	<i>Clerodendrumcolebrookianum</i>	Local	Wild/Cultivated	Seeds/Plantlet
Climber	Sarzuk	<i>Elaeagnus sp</i>	Local	Wild/Cultivated	Seeds
Herb	Sawhthing	<i>Zingiber officinale</i>	Local	Cultivated	Tuber
Shrub	Tawkpui	<i>Solanum torvum</i>	Local	Wild/cultivated	Seeds/Plantlet
Shrub	Tawkte	<i>Solanum anguivi</i>	Local	Wild/cultivated	Seeds/Plantlet
Tree	Theihai	<i>Mangifera indica</i>	Local	Cultivated	Seeds
Climber	Theikelki	<i>Stelmocryptonkhasianum</i>	Local	Wild	Seeds
Tree	Thingfanghma	<i>Carica papaya</i>	Local	Cultivated	Seeds
Tree	Thingsia	<i>Castanopsis tribuloides</i>	Local	Wild	Seeds
Tree	Thuamriat	<i>Alstoniascholaris</i>	Local	Wild	Seeds
Shrub	Tlangsam	<i>Chromolaena odorata</i>	Local	Wild	Seeds/Plantlet
Climber	Tluangngil	<i>Smilax glabra</i>	Local	Wild	Seeds
Herb	Tumbu	<i>Musa sp.</i>	Local	Wild	Seeds
Herb	Uithinthang	<i>Houttuynia cordata</i>	Local	Wild	Seeds
Tree	Zairum	<i>Anogeissus acuminata</i>	Local	Wild	Seeds

7		8	9	10	11	12
Local Status		Uses (Usage)	Part Used	Associated TK	Other details market/ own use	Community/ Knowledge Holder
Past	Present					
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	Mara
Abundant	Abundant	Medicinal	Rhizome	Rhizome is used for stomach ache, diarrhoea, dysentery, jaundice, asthma, measles, food allergy or food poisoning	Own use	Mara
Abundant	Few	Medicinal	Stalks, Rhizomes	Stalks are used as vegetables, cooked stalk are eaten to increase breast milk. Rhizomes are used in manufacturing of perfumes	Own use	Mara
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	Mara
Abundant	Abundant	Medicinal	Fruit	Fruit is rich in antioxidant and used in medicine	Own use	Mara
Abundant	Abundant	Medicinal	Tuber, Bulbil	Tubers and Bulbil are use as vegetable and also used to treat cancer	Own use	Mara
Abundant	Few	Medicinal	Leaves, roots	Leaves are used for flavouring curry. They are used for 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	Mara
Abundant	Abundant	Medicinal	Leaves	Whole Plant is medicinal	Own use	Mara
Abundant	Abundant	Medicinal	Fruit, Bark	Fruit is useful in diabetes, digestion, dysentery and diarrhoea. Root bark is used for poisoning of fish.	Own use	Mara
Abundant	Abundant	Medicinal	Leaves	Decoction of leaves used in ulcer, asthma, sores, dandruff etc	Own use	Mara
Abundant	Abundant	Medicinal	Roots& leaves	Decoction of roots is used in diarrhoea, dysentery, hepatitis etc, leaves for toothache	Own use	Mara
Abundant	Abundant	Medicinal	Whole plant	Thick paste prepared from plant is applied on broken bone. Plant is laxative and cooling uswd for cold, sinusitis, and menstruation troubles etc	Own use	Mara
Abundant	Few	Medicinal	Leaves & Fruits	Juice of crushed leaves & fruits are used against diarrhoea, sore throat, stomach ulcer, tonsillitis and toothache	Own use	Mara
Abundant	Few	Medicinal	Bark	Decoction of the bark is ysed for stomach ulcer and kidney trouble. Powder of the bark is used in fever, asthma, biliousness, rheumatism, itch, burning sensation, leprosy and epilepsy.	Own use	Mara
Abundant	Abundant	Medicinal	Stem juice	Juice of the stem is used as a remedy for jaundice, purifies blood, good for lungs, diuretic etc	Own use	Mara
Abundant	Abundant	Medicinal	Roots	Roots decoction used in piles and jaundice, diseases of liver and kidney etc	Own use	Mara
Abundant	Abundant	Medicinal	Bark & Leaves	Decoction of bark and leaves used for diabetes, cholera, internal bleeding, stomach ulcer etc. Leaves are used for fermenting cooked soya bean (<i>Bekang</i>), famous mizo dish.	Own use	Mara
Abundant	Abundant	Medicinal	Rhizome	Juice of the pounded rhizome is used in indigestion, stomach trouble, dysuria, dysentery.	Own use	Mara
Abundant	Abundant	Medicinal	Leaves	Leaf juice applied on fresh wounds, stomach pain & ulcer	Own use	Mara
Abundant	Few	Medicinal	Bark, leaves	Decoction of bark, leaves is used for curing gastric trouble, asthma, dysentery, cancer etc	Own use	Mara
Abundant	Abundant	Medicinal	Fruits, leaves, bark	Fruits and leaves are used for poisoning of fish. Decoction of bark and leaves are used in treatment of cancer.	Own use	Mara

Abundant	Few	Medicinal	Root, leaves	Roots and leaves are used to treat stomachache	Own use	Mara
Abundant	Abundant	Medicinal	Roots & leaves	Decoction of roots/leaves is medicinal. The plant is also used as fish poison	Own use	Mara
Abundant	Abundant	Medicinal	Root	Bitter root is used in fever, dysuria, spleen enlargement, liver diseases, stomachache, diarrhoea, dysentery etc and also applied to wounds, sores and boils.	Own use	Mara
Abundant	Abundant	Medicinal	Leaves & fruits	Decoction of fruit & Leaves used in various diseases	Own use	Mara
Abundant	Abundant	Medicinal	Fruit & Leaves	Juice of fruit is used for diarrhoea, cholera, diabetes, vomiting, kidney problems	Own use	Mara
Abundant	Abundant	Medicinal	Roots and leaves	Roots and leaves are used in medicine	Own use	Mara
Abundant	Abundant	Medicinal	Leaves	Boiled water of leaves is used to treat diabetes, hypertension, stomach problems etc	Own use	Mara
Abundant	Few	Medicinal	Leaves	Leaf juice used in High blood pressure	Own use	Mara
Abundant	Few	Medicinal	Roots & leaves	Decoction of roots and leaves is used for treating menstrual and urinary problems	Own use	Mara
Abundant	Abundant	Medicinal	Rhizome	Rhizomes are used as spice and condiment, taken as a cure for food poisoning. Juice of pounded rhizome is given to women in case of sufficient supply of milk for their children and also dropped into the ear when attacked by ticks.	Own use	Mara
Abundant	Abundant	Medicinal	Fruit	-do-	Own use	Mara
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	Mara
Abundant	Abundant	Medicinal	Leaves	Young leaves are cooked and juice is eaten for food poisoning, diarrhoea, dysentery etc	Own use	Mara
Abundant	Abundant	Medicinal	Roots, Leaves	Roots or leaves are cooked and water is taken for curing diseases of liver and jaundice	Own use	Mara
Abundant	Abundant	Medicinal	Leaves, fruit	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	Mara
Abundant	Few	Medicinal	Bark, stem	Juice of bark and stem is used for infection, wounds and cuts etc	Own use	Mara
Abundant	Few	Medicinal	Bark and juice	Bark is useful in treatment of high blood pressure, asthma, typhoid, malaria, diarrhoea, dysentery. Milky juice applied in fresh cuts, sores, ringworm, wart, etc	Own use	Mara
Abundant	Abundant	Medicinal	Leaves	Juice of the leaves applied to fresh cuts	Own use	Mara
Abundant	Abundant	Medicinal	Leaves, Roots	Pounded tuberous roots are used as rheumatism, stomach ache and diarrhoea. Decoction of leaves is also taken for curing tonsillitis.	Own use	Mara
Few	Few	Medicinal	Buds	Plantain is cooked with water and water is drink for treating deficiency of white blood	Own use	Mara
Abundant	Abundant	Medicinal	Whole plant	Whole plant is used in medicine, used for treating cancer, liver problems etc	Own use	Mara
Few	Few	Medicinal	Leaves, Bark	Water of cooked leaves is taken as remedy for high blood pressure. Decoction of bark is used in stomach troubles, fever, diarrhoea and also applied on measles, chicken pox, sprains and burns	Own use	Mara

Format 13 : Ornamental Plants

1	2	3	4	5
Plant type	Local Name	Scientific Name	Variety	Source of Plants/Seeds
Tree	April par	<i>Delonix regia</i>	Introduced	Locally available
Tree	Chawnpui	<i>Lagerstroemia speciosa</i>	Local variety	Locally available
Shrub	Christmas par	<i>Poinsettia pulcherrima</i>	Introduced	Locally available
Herb	Chuailopar	<i>Gomphrena globosa</i>	Local variety	Locally available
Annual Herb	Derhken	<i>Tagetes erecta</i>	Local variety	Locally available
Evrgerreen Tree	Far	<i>Pinus sp.</i>	Local variety	Locally available
Tree	Fartuah	<i>Erythrina stricta</i>	Local variety	Locally available
Herb	Kumtluang	<i>Catharanthus roseus</i>	Local variety	Locally available
Tree	Makpazangkang	<i>Cassia javanicaspnodosa</i>	Local variety	Locally available
Epiphyte	Nauban	<i>Orchid</i>	Local variety	Locally available
Herb	Nghasih par	<i>Cleoserrata speciosa</i>	Local variety	Locally available
Herb	Nuaitang	<i>Impatiens balsamina</i>	Local variety	Locally available
Thorny shrub	Saron par	<i>Bougainvillea spectabilis</i>	Local variety	Locally available
Shrub	Saron par te	<i>Holmskioldiasanguinea</i>	Local variety	Locally available
Deciduous shrub	Uaitingwayvet	<i>Lagerstroemia indica</i>	Local variety	Locally available
Tree	Vaube	<i>Bauhinia variegata</i>	Local variety	Locally available
Glabrous shrub	Zan rimtui	<i>Cestrum nocturnum</i>	Local variety	Locally available

6	7	8	9	10
Commercial/Non commercial	Uses	Associated TK	Other Details	Community/ Knowledge holder
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara

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	Bung	<i>Ficus benghalensis</i>	Wild	Abundant	Abundant	Wild	Wood used for fuelwood, well curbs etc
Tree	Chawmzil	<i>Ligustrum robustum</i>	Wild	Abundant	Few	Wild	Wood used for firewood and charcoal etc
Tree	Chhawntual	<i>Aporosaoctandra</i>	Wild	Abundant	Few	Wild	Wood used for firewood and charcoal etc
Tree	Haivahmim	<i>Mangifera indica</i>	Wild	Abundant	Abundant	Wild	Wood used for cheap furniture, house building, frames etc
Tree	Hmawng	<i>Ficus sp</i>	Wild	Abundant	Abundant	Wild	Wood used for fuel and charcoal etc
Tree	Hmuifarial	<i>Syzygiumclaviflorum</i>	Wild	Abundant	Abundant	Wild	Wood is used for firewood, leaves are lopped for cattle fodder
Tree	Hmuipui/Lenhmui	<i>Syzygiumcumini</i>	Wild	Abundant	Abundant	Wild	Wood is moderately hard, used for plywood, furniture, tool handles, panels, posts and firewood etc
Tree	Hnahthap	<i>Colona floribunda</i>	Wild	Abundant	Abundant	Wild	Wood is used for making lockets of key chain and firewood
Tree	Kamsahulh	<i>Croton tigium</i>	Wild	Few	Few	Wild	-
Tree	Kharuan	<i>Elaeocarpus lanceifolius</i>	Wild	Few	Few	Wild	Wood used for house building, firewood and charcoal etc
Tree	Khawkerh	<i>Juglans regia</i>	Wild	Abundant	Abundant	Wild	Wood used for cabinet making, furniture, carving etc
Tree	Khuangthli	<i>Bischofia javanica</i>	Wild	Abundant	Few	Wild	Wood used for house building, furniture, firewood etc
Tree	Kumkhal /Umkhal	<i>Elaeocarpus tectorius</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood
Tree	Lungkhup	<i>Haldina cordifolia</i>	Wild	Abundant	Abundant	Wild	Wood used for planking, house posts, door and window frames, shutters, furniture, plywood, firewood etc
Tree	Nauthak	<i>Litseamonopetala</i>	Wild	Abundant	Few	Wild	Wood soft not durable can be used for firewood
Tree	Nganbawm	<i>Acrocarpusfraxinifolius</i>	Wild	Abundant	Abundant	Wild	Wood used for furniture, motor bodies, planking, flooring etc
Tree	Nghalchhun	<i>Eriobotrya bengalensis</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood, charcoal etc
Tree	Pangkai	<i>Baccaurearamiflora</i>	Wild	Abundant	Abundant	Wild	-
Tree	Phuanberh	<i>Macropanax undulatus</i>	Wild	Abundant	Few	Wild	Wood is soft and can be used for firewood
Tree	Phunchawng	<i>Bombax ceiba</i>	Wild	Few	Few	Wild	Wood used for packing cases, matchboxes and splints
Tree	Rihnim	<i>Ficus religiosa</i>	Wild	Few	Few	Wild	Wood durable underwater, used for fuel and charcoal etc
Tree	Saithei	<i>Gynocardia odorata</i>	Wild	Abundant	Abundant	Wild	wood used for planking, posts and firewood
Tree	Saphut	<i>Tarennoideawallichii</i>	Wild	Abundant	Abundant	Wild	Wood cream colour, used for building, firewood, charcoal etc.
Tree	Sehawr	<i>Castanopsis indica</i>	Wild	Abundant	Abundant	Wild	Wood hard used for furniture, building, firewood etc
Tree	Sentezel	<i>Callophyllumpolyanthum</i>	Wild	Abundant	Abundant	Wild	Wood moderately hard, strong and elastic is used for building, firewood, bridges etc
Tree	Sernam	<i>Litsea cubeba</i>	Wild	Abundant	Abundant	Wild	Wood used for gunpowder, charcoal, firewood etc
Tree	Sihneh	<i>Eurya japonica</i>	Wild	Few	Few	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	Few	Few	Wild	Wood extremely durable, used for buildings, bridges, furniture, plywood, constructions etc

Tree	Tei	<i>Toona ciliata</i>	Wild	Abundant	Few	Wild	wood used for furniture, house building, ceiling, floors etc
Tree	Theipui	<i>Ficus semicoradata</i>	Wild	Abundant	Few	Wild	Wood used for mortars, firewood etc
Tree	Thelret	<i>Hevea brasiliensis</i>	Wild	Abundant	Abundant	Wild	Wood used for furniture industry and can be used as firewood
Tree	Thil	<i>Lithocarpus polystachyus</i>	Wild	Abundant	Few	Wild	Wood used for building, firewood etc
Tree	Thingkha	<i>Derris robusta</i>	Wild	Abundant	Abundant	Wild	Wood used for house posts, firewood and charcoal
Tree	Thingkhawilu	<i>Vitex peduncularis</i>	Wild	Abundant	Abundant	Wild	Wood used for posts, firewood and charcoal etc
Tree	Thingpuithing	<i>Lithocarpus elegans/obscurus</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood, building, charcoal etc
Tree	Thingsaphu	<i>Dysoxylum mollissimum</i>	Wild	Abundant	Abundant	Wild	Wood red, durable used for house building, furniture, boats
Tree	Thingsia	<i>Castanopsis tribuloides</i>	Wild	Few	Few	Wild	Wood used for house posts, firewood, charcoal etc
Tree	Thingtheihmu	<i>Morus alba</i>	Wild	Few	Few	Wild	Wood used for house construction, furniture, tool handles etc
Tree	Tiarpui	<i>Saurauianapaulensis</i>	Wild	Abundant	Few	Wild	Wood, light pink, soft used for temporary building, firewood and charcoal and leaves for fodder
Tree	Vawmbal	<i>Drimycarpus racemosus</i>	Wild	Few	Few	Wild	Wood is used for building, boats, firewood etc
Tree	Zairum	<i>Anogeissus acuminata</i>	Wild	Few	Few	Wild	Wood used for house posts, tool handles, fuel and charcoal etc
Tree	Zihngal	<i>Stereospermum chelonoides</i>	Wild	Few	Few	Wild	Wood used for house construction, cabinet making, furniture

8 Associated TK	9 Other details	10 Community/ knowledge holder
Bark and aerial roots are used for making coarse ropes	Leaves are good for cattle fodder	Mara
-	Leaves are lopped for cattle fodder	Mara
-	Leaves are lopped for cattle fodder	Mara
Decoction of young leaves is used in diabetes, diarrhoea and ash of dried leaves is taken to stop hiccup	It prefers deep well drained loamy soil and it is a shade bearer	Mara
Leaves and twigs are lopped for cattle fodder	Bark, fruit and leaves are used in medicine	Mara
-	Fruits are eaten by man, bears and birds	Mara
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	Mara
-	-	Mara
Fruits and leaves are used for poisoning fish.	Decoction of leaves are used for treating cancer	Mara
Bark is scraped with dao and the powder is used for stupefying bees (Khawivah)	Fruits are used for poisoning fish	Mara
Rind of the unripe fruit and young leaves are used to intoxicate fish and nuts for tanning and dyeing	Leaves are used for cattle fodder, it is a light demander and moderate fats growing tree	Mara
Juice of young leaves is used for curing tonsillitis and sores	Bark, stem and leaves are also medicinal. Leaves are lopped for cattle fodder	Mara
-	-	Mara
Tender leaves are eaten cooked as vegetable, seed is chewed as a substitute for betel nut, bark sometimes used as tea leaves	-	Mara

Muga Silkworm are reared on the leaves	Roots, bark and leaves are used in medicine, leaves are for cattle fodder	Mara
Leaves are lopped for cattle fodder	This tree is a quick growing and moderate light demander	Mara
-	Leaves are lopped for cattle fodder.	Mara
Tender leaves are cooked and eaten without its water as vegetables	Leaves are lopped for cattle fodder	Mara
Cotton is used for pillows and cushions, leaves for fodder. Tender leaves, flowers and calyces are used as vegetable	It is a strong light demander, fire resistant and a fast-growing tree	Mara
-	-	Mara
Bark and fruit pulp are used for poisoning fish. Decoction of root bark is also recommended for diabetes	Leaves are poisonous for cattle	Mara
-	-	Mara
-	-	Mara
Fruits are eaten by wild animals. Trunk is used for making mortars for pounding rice	It is a moderate shade bearer in youth. Seed often germinates soon after falling under its mother tree	Mara
Silkworm reared on the leaves. Boiled water of berries with meats of Indian Badger is taken as a remedy for sciatica and high blood pressure	-	Mara
-	-	Mara
Decoction of bark is used in treating diarrhoea, dysentery and rheumatism	Juice of crushed bark is also applied to fresh cuts	Mara
Bark is used in diarrhoea, milky juice is applied on inflammatory diseases of glands and sometimes used as milk in tea. Leaves are lopped for cattle fodder	It is a shade bearer in youth and grow very fast	Mara
Leaves are used for fermenting cooked soyabean (<i>Bekang</i>), a traditional mizo delicacy	It is a strong light demander and fire resistant	Mara
Bark is useful in fever, diarrhoea, itching and flowers in menstrual disorders	Leaves are lopped for cattle fodder	Mara
Pulp of unripe fruits is used as gum, seeds are edible	-	Mara
-	-	Mara
-	It yields the para rubber, the finest and the most durable catoutchouc known	Mara
-	-	Mara
Decoction of bark is used as an effective remedy for diabetes and high blood pressure	Leaves are lopped for cattle fodder	Mara
Infusion of leaves/bark is used against black water fever, malarial fever, jaundice, typhoid, stomach ulcer and kidney stones	-	Mara
Saplings used as pendant for scorching off the bristles of the pig killed	-	Mara
Bark is used internally for pain in the stomach	-	Mara
Juice of the stem is recommended for mouth infection in children	-	Mara
Silkworm fed on its leaves. Leaves are sometimes boiled with meats and eaten as curry. Root bark, leaves and fruits are also medicinal.	Young leaves and twigs are good for cattle fodder	Mara
Bark is used as anaesthesia and antiseptic	-	Mara
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	Mara
Decoction of the bark is used in stomach troubles, fever, diarrhea and also applied on measles, chicken pox, sprains and burns.	Leaves are cooked in water and water is taken as a remedy for high blood pressure	Mara
Root, leaves and flowers are also used medicinally. Bark and young leaves are used as a remedy for fever, stomach ache etc	-	Mara

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 Ar	<i>Gallus gallusdomesticus</i>	Broiler	-	Poultry House/Shed
Cattle	Kel	<i>Capra aegagrus hircus</i>	Local	-	Cattle Shed
Dog	Ui	<i>Cannisfamiliaris</i>	Local	-	Kennel
Poultry	Varak	<i>Anas platyrhynchos domesticus</i>	Local	-	Poultry house/shed
Pig	Vawk	<i>Artiodactylasuidae</i>	Local	-	Pig shed built separately near the owner's house
Cat	Zawhte	<i>Felis catus</i>	Local	-	Inside house alongwith 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	For meat and eggs	Chickens are used for sacrifice in olden days	Commercial and own use	Dung is used as fertilisers for cultivated crops	Mara
Abundant	Abundant	For meat	-	Commercial	Dung is used as fertilisers for cultivated crops	Mara
Abundant	Abundant	For meat	-	Commercial	-	Mara
Abundant	Abundant	For housekeeper	Fresh blood used for inflammatory disease of gland (Hrilawn)	-		Mara
Few	Few	For meat	-	-	-	Mara
Abundant	Abundant	For meat	-	Commercial	Dung is used for cultivated crops	Mara
Abundant	Abundant	-	-	-	-	Mara

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-	Few	Abundant
Carp	Silver carp	<i>Hypophthalmichthys molitrix</i>	-	-	-do-	Few	Abundant

8	9	10	11	12
Uses	Associated TK	Commercial rearing	Other details	Community/ Knowledge holder
Edible	-	Commercial	-	Mara
Edible	-	Commercial	-	Mara

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

WILD BIODIVERSITY

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

1 Plant type	2 Local Name	3 Scientific Name	4 Habit	5 Habitat	6 Local status	
					Past	Present
					Herb	Aidu
Herb	Anchiri	<i>Homalomenaaromatica</i>	Aromatic herb	Wild	Abundant	Abundant
Herb	Anhling	<i>Solanum americanum</i>	Herb	Wild	Abundant	Abundant
Shrub	Builukham nu	<i>Melastomamalabathricum</i>	Evergreen large shrub	Wild	Abundant	Abundant
Shrub	Builukham pa	<i>Osbeckia stellata</i>	Erect branched shrub	Wild	Abundant	Abundant
Fern	Chakawk	<i>Diplazium esculentum</i>	Large terrestrial fern	Wild	Abundant	Abundant
Tree	Chawmzil	<i>Ligustrum robustum</i>	Evergreen tree	Wild	Abundant	Few
Tree	Chingit	<i>Zanthozylumrhetsa</i>	Small tree	Wild	Abundant	Abundant
Tree	Chingitsuak	<i>Tetradiumfraxinifolium</i>	Small tree	Wild	Few	Few
Herb	Hnahthial (Pa)	<i>Stachyphryniumplacentarium</i>	Perennial herb	Wild	Abundant	Abundant
Climber	Hruiduk	<i>Mucuna bracteata</i>	Climber	Wild	Abundant	Abundant
Cane	Hruipui	<i>Calamus flagellum</i>	Cane	Wild	Abundant	Abundant
Climber	Hruirithet	<i>Tetrastigmarumicispermum</i>	Large climber	Wild	Abundant	Abundant
Climber	Hulhu	<i>Aganopethysiflora</i>	Large woody climber	Wild	Abundant	Abundant
Tree	Kawhte bel	<i>Trevesiapalmata</i>	Small evergreen tree	Wild	Abundant	Abundant
Climber	Kawihroi	<i>Entada phaseoloides</i>	Large climber	Wild	Abundant	Abundant
Herb	Kawlbahra	<i>Ipomoea batatas</i>	Perennial prostrate herb	Wild	Abundant	Abundant
Shrub	Kawldai	<i>Justicia adhatoda</i>	Evergreen shrub	Wild	Abundant	Abundant
Bamboo	Mautak	<i>Melocannabaccifera</i>	Evergreen single culm Bamboo	Wild	Abundant	Abundant
Tree	Nauthak	<i>Litseamonopetala</i>	Small tree	Wild	Abundant	Few
Shrub	Pangbal	<i>Manihot esculenta</i>	Herbaceous shrub	Wild	Abundant	Abundant
Under shrub	Pelh	<i>Gnetumgnemon</i>	Evergreen under shrub	Wild	Abundant	Abundant
Bamboo	Rawnal	<i>Dendrocalamuslongispatus</i>	Long sheath bamboo	Cultivated	Abundant	Abundant
Bamboo	Rawthing	<i>Bambusalongsipiculata</i>	Evergreen clumped bamboo	Wild	Abundant	Abundant
Bamboo	Rawthla	<i>Schizostachyumdulloa</i>	Moderate sized bamboo with thin walls	Wild	Abundant	Abundant
Climber	Ruchek	<i>Endosamararacemosa</i>	Large deciduous woody climber	Wild	Abundant	Abundant
Shrub	Saisiak	<i>Fluggeavirosa</i>	Large 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	Sihneh	<i>Eurycerasifolia/japonica</i>	Evergreen shrub or small tree	Wild	Few	Few
Shrub	Thakpui	<i>Dendrocnidesinuata</i>	Large Evergreen Shrub	Wild	Abundant	Abundant
Tree	Thakthing	<i>Cinamomumaromaticum</i>	Evergreen aromatic tree	Wild	Abundant	Abundant
Tree	Zairum	<i>Anogeissus acuminata</i>	Big tree	Wild	Few	Few

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 used for fermenting cooked soya beans	Plant is used for a cure of enlargement of the liver, young shoots and buds are eaten cooked or fired as vegetables	Mara
Own use	Stalks, Rhizomes	Stalks are used as vegetables, cooked stalk are eaten to increase breast milk. Rhizomes are used in manufacturing of perfumes	-	Mara
Own use	Leaves, berries	Water of boiled leaves is taken against urinary problems and stones in kidney. Juice of green berries is applied to ringworm, boils etc.	This plant is eaten cooked as vegetable	Mara
Own use	Whole plant	Fruits edible, leaves are used for cuts, diarrhoea and dysentery	Whole plant is used for high blood pressure	Mara
Own use	Root	Decoction/infusion of root is useful in diseases of kidney, dysuria, stomach complaints, dysentery and for expelling threadworms from the body	-	Mara
Own use	Fronds	-	Young fronds are eaten cooked as vegetable	Mara
Own use	Leaves	Leaves are sometimes lopped for cattle fodder	In some places, planted as hedge plant	Mara
Own use	Tender leaves, fruit	Young fruits and leaves are used to poison fish. Oil obtained from fruit is medicinal	Tender leaves are eaten cooked as vegetable.	Mara
Own use	Fruit	Fruit is used for treating dysentery	-	Mara
Own use	Leaves	Leaves are used for packing and wrapping foodstuff like cooked rice, raw sugar and other eatable items including fresh vegetables	-	Mara
Own use	Leaves	The plant is used as a cover crop in Rubber and Oil palm plantation	-	Mara
Own use	Cane, leaves	Cane is used for making furniture and basket, leaves for thatching	-	Mara
Own use	Fruit	-	Ripe fruit is edible	Mara
Own use	Leaves, fruits	Young leaves are eaten as vegetable, but several changes of water is needed while cooking.	Decoction of fruit is used against stomach-ache, dysentery	Mara
Own use	Shoots, flowers, fruits	Shoots, young fruits and flower buds are eaten as vegetable	Roots and leaves are used to treat stomach-ache	Mara
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 eaten cooked as vegetable. Seeds are roasted and eaten.	Mara
Own use	Leaves	Leaves are eaten cooked as vegetable, and also used against diarrhoea, dysentery, stomach-ache, digestive troubles, diabetes etc	-	Mara
Own use	Leaves	Decoction of leaves is used for dysentery, jaundice, malarial fever, asthma, bronchitis and juice of the crushed leaves is applied to fresh cuts.	Leaves dired and made into cigarettes are smoked in asthma, juice is used for diarrhoea and dysentery	Mara
Own use	Culm, Tender shoots	Culm is used for building,. Paper pulp and also used for making house walls, thatching, mats, baskets etc. the glossy surface of the stem is scraped and powder is applied to fresh cuts.	Tender shoots are boiled and eaten, used in curries and pickles.	Mara

Own use	Leaves	Muga silkworm feeds on the leaves, leaves for cattle fodder	Roots abrk and leaves are used in medicine	Mara
Own use	Roots, shoots	Tuberous roots are eaten cooked or fried.	Tuberous roots are used externally for skin diseases	Mara
Own use	Leaves, flower, fruit	The tender leaves including flowers and fruits are cooked or fried eaten as vegetable. Seeds are also roasted and eaten	Fibres of inner bark are good for nets and ropes	Mara
Own use	Culms, Shoots	Culms are used for making paper pulp, baskets, building etc	Young shoots are eaten cooked as vegetables	Mara
Own use	Culms, shoots	Culms are used for building purposes	Young shoots are eaten cooked as vegetables	Mara
Own use	Culm, Tender shoots	Culm is used for making baskets, mats, mizo looms, ceiling, partition walls, huts purlin etc. and <i>Buhban or Sticky rice</i> is also cooked in the joints.	Young shoots are eaten cooked as vegetable	Mara
Own use	Roots	Roots are sometimes used to poison fish	-	Mara
Own use	Bark, Leaves	Bark used for poisoning fish. Decoction of the leaves used in case of both measles, chicken pox, scabies and skin itching.	-	Mara
Own use	Leaves, berries	Silkworm reared on the leaves. Boiled water of berries are used for sciatica and high blood pressure	Young berries are used for flavouring	Mara
Own use	-	-	-	Mara
Own use	Leaves	Tender leaves are eaten cooked with rice or meats	Wood used for firewood and charcoal	Mara
Own use	Roots	Decoction of roots is used in diseases of liver, jaundice, fever, chicken pox, skin itching.	Pounded roots with crabs are prescribed in malaria and jaundice	Mara
Own use	Bark, Root-bark	Wood is used for constructions, firewood etc. dried bark and buds are used as spice.	Bark is also used in the treatment of diabetes, fevers, heart diseases, kidney disorders, piles, colic, dyspepsia, diarrhea, nausea, cough, cold, headache, toothache, rheumatism, cancer etc	Mara
Own use	Wood, bark, leaves	Wood is hard used for house posts, tool handles, fuel and charcoal. Decoction of bark is used in stomach pain, fever, diarrhoea, measles, chicken pox, sprains and burns.	Leaves are cooked with water and the water is used for treating high blood pressure	Mara

Format 19 : Wild Plant Species of Importance

1	2	3	4	5
Local Name	Scientific Name	Variety	Importance (Economic, Social & Cultural)	Status
Anchiri	<i>Homalomenaaromatica</i>	Wild	Rhizome and petiole are medicinal, it is also used for making fragrance	Abundant
Builukham	<i>Osbeckiasp.</i>	Wild	Leaves are used for cuts, diarrhoeanad dysentery. Whole plant is used for hypertension	Abundant
Hnahthial	<i>Phrynium/Stachyphryni umsp.</i>	Wild	Leaves are used for packing and wrapping food stuff and vegetables, also used for carpeting rice bin	Abundant
Hulhu	<i>Aganopethyrsiflora</i>	Wild	Young leaves are eaten as vegetable. Decoction of fruit is used against stomach-ache and dysentery	
Lal ruangadawibur	<i>Zanonia indica</i>	Wild	Water is put inside the empty fruit and shaken, the water becomes bitter and drunk for stomachache etc.	Few
Rulei	<i>Millettiapachycarpa</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	Fruit is hit, anthelmintic, used in bronchitis, ulcers, skin diaseses, small tumors and slightly inflammations, leprosy, diabetes, etc. decoction of rott bark is also recommended for diabetes.	Abundant
Theletret	<i>Ficus elastica</i>	Wild	It yields Indian rubber of commerce. Leaves are used for fodder	Few
Zairum	<i>Anogeissus acuminata</i>	Wild	Wood is used for charcoal,fuel, tool handles. Water of cooked leaves is taken as remedy for high blood pressure. Decoction of bark is used in stomach troubles, fever, diarrhoea and also applied on	Few

			measles, chicken pox, sprains and burns	
Zihnghal	<i>Stereospermumtetragonum</i>	Wild	Wood is used for house construction, furniture, tool handles, firewood etc. leaves are lopped for fodder. Bark and young leaves are used as remedy for fever, stomach-ache etc. roots and flowers are also used medicinally.	Few

Format 20 : Aquatic Biodiversity

1 Local Name	2 Scientific Name	3 Variety	4 Features	5 Habitat	6 Local Status	
					Past	Present
					Chakai	<i>Potamonautessp</i>
Chengkawl	<i>Bithynia tentaculata</i>	Local	-	Rivers and Streams	Abundant	Abundant
Dawntial	<i>Acanthocobitisbotia</i>	Local	-	Rivers and Streams	Abundant	Abundant
Dawntial	<i>Nemacheilussavona</i>	Local	-	Rivers and Streams	Abundant	Abundant
Dawntial	<i>Nemacheilusscaturigina</i>	Local	-	Rivers and Streams	Abundant	Abundant
Dawntial	<i>Schisturasp/ Acanthocobitisbotia</i>	Local	-	Rivers and Streams	Abundant	Abundant
Kaikuang	<i>Macrobrachiumrosenbergii</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghaberberek	<i>Pseudolaguviasp</i>	Local	-	Rivers and Streams	Few	Few
Nghabual	<i>Wallago attu</i>	Local	-	Rivers and Streams	Few	Few
Nghachik	<i>Lepidocephalichthysguntea</i>	Local	-	Rivers and Streams	Few	Few
Nghadarthlalang	<i>Parambasis serrata</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghadawl	<i>Devariodevarioand Devarioaequipinnatus</i>	Local	-	Rivers and Streams	Few	Few
Nghadungtial	<i>Laubukaparafasciata</i>	Local	-	Rivers and Streams	Few	Few
Nghafunglawr	<i>Xenentodoncancila</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghafunglawr	<i>Dermogenyspusilla</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghahrah	<i>Neolissochilushexagonolepis</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghakhing	<i>Channa marulius</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghakhuai	<i>Olyralongicaudata</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghalerh	<i>Macrognathussp</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghalim	<i>Garramanipurensisand Garatyao</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghameidum	<i>Pethiasp</i>	Local	-	Rivers and Streams	Abundant	Abundant
Ngharul	<i>Anguilla bengalensis</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghasanghal	<i>Botiasp</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghavang	<i>Semiplotusmodestus</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghavawk	<i>Channa gachua</i>	Local	-	Rivers and Streams	Abundant	Abundant
Nghazawngek	<i>Garralissorhynchus</i>	Local	-	Rivers and Streams	Few	Few
Sarba	<i>Glyptothoraxsp</i>	Local	-	Rivers and Streams	Few	Few
Satel	<i>Melanochelystricarinata</i>	Local	-	Rivers and Streams	Few	Few
Sumsi	<i>Lissemys punctata</i>	Local	-	Rivers and Streams	Few	Few
Thaichhawni nu	<i>Bagariusbagarius</i>	Local	-	Rivers and Streams	Abundant	Abundant
Tui Satel	<i>Batagurdhongoka</i>	Local	-	Rivers and Streams	Abundant	Abundant
Uchang	<i>Euphlyctiscyanophlyctis</i>	Local	-	Rivers and Streams	Abundant	Abundant
UChang (Chung U)	<i>Uperodonsystema</i>	Local	-	Rivers and Streams	Abundant	Abundant
Utawk	<i>Bufo stomaticus</i>	Local	-	Rivers and Streams	Abundant	Abundant

Format 22 : Wild Plants of Medicinal Importance

1	2	3	4	5	6
Plant type	Local Name	Scientific Name	Variety	Landscape/habitat	Source of Plant/Seeds
Herb	Aieng	<i>Curcuma longa</i>	Local	Cultivated	Tuber
Herb	Ailaidum	<i>Curcuma caesia</i>	Local	Cultivated	Tuber
Herb	Anchiri	<i>Homalomenaaromaticum</i>	Local	Wild	Seeds
Herb	Anhling	<i>Solanum nigrum</i>	Local	Wild/Cultivated	Seeds
Climber	Ar-a fanghma	<i>Cyclantherapedata</i>	Local	Wild	Seeds
Climber	Bachhim	<i>Dioscoreaalata</i>	Local	Wild	Seeds
Herb	Bahkhawr	<i>Eryngium foetidum</i>	Local	Wild/cultivated	Seeds
Herb	Bakkhate	<i>Glinusoppositifolius</i>	Local	Wild/cultivated	Seeds
Tree	Belthei	<i>Aegle marmelos</i>	Local	Wild	Seeds
Sub-shrub	Buarze	<i>Blumealanceolaria</i>	Local	Wild	Seeds/Plantlet
Shrub	Builukham Pa/Nu	<i>Osbeckiacrinita/chinensis</i>	Local	Wild	Seeds
Herb	Changkalrit	<i>Drymaria cordata</i>	Local	Wild	Seeds
Herb	Choak-a thi	<i>Lobelia angulata</i>	Local	Wild	Seeds
Tree	Fartuah	<i>Erythrina stricta</i>	Local	Wild	Seeds
Grass	Fu	<i>Saccharum officinarum</i>	Local	Cultivated	Seeds
Climber	Hlozak/Hlonuar	<i>Mimosa pudica</i>	Local	Wild	Plantlet
Tree	Hnahkiah	<i>Callicarpa arborea</i>	Local	Wild	Plantlet/seeds
Climber	Hruivankai	<i>Tinospora sinensis</i>	Local	Wild	Seeds
Climber	Japanhlo	<i>Mikania micrantha</i>	Local	Wild	Seeds
Tree	Kaihzawl	<i>Dilleniapentagyna</i>	Local	Wild	Seeds
Tree	Kamsahulh	<i>Croton tiglium</i>	Local	Wild	Seeds
Tree	Kawhtebel	<i>Trevesiapalmata</i>	Local	Cultivated	Seeds
Climber	Kelhnamtur	<i>Hedyotis scandens</i>	Local	Wild	Seeds
Herb	Kham damdawi	<i>Bergenia pacumbis</i>	Local	Wild	Seeds
Tree	Khawmhma	<i>Rhus chinensis</i>	Local	Wild/cultivated	Seeds
Climber	Maipawl	<i>Benincasahispida</i>	Local	Cultivated	Seeds/Plantlet
Herb	MitthiSunhlu	<i>Phyllanthus urinaria</i>	Local	Wild	Seeds
Shrub	Nimbu	<i>Citrus limon</i>	Local	Cultivated	Seeds
Shrub	Phuihnam	<i>Clerodendrumcolebrookianum</i>	Local	Wild/Cultivated	Seeds/Plantlet
Climber	Sarzuk	<i>Elaeagnus sp</i>	Local	Wild/Cultivated	Seeds
Herb	Sawhthing	<i>Zingiber officinale</i>	Local	Cultivated	Tuber
Shrub	Tawkpui	<i>Solanum torvum</i>	Local	Wild/cultivated	Seeds/Plantlet
Shrub	Tawkte	<i>Solanum anguivi</i>	Local	Wild/cultivated	Seeds/Plantlet
Tree	Theihai	<i>Mangifera indica</i>	Local	Cultivated	Seeds
Climber	Theikelki	<i>Stelmocryptonkhasianum</i>	Local	Wild	Seeds
Tree	Thingfanghma	<i>Carica papaya</i>	Local	Cultivated	Seeds
Tree	Thingsia	<i>Castanopsis tribuloides</i>	Local	Wild	Seeds

Tree	Thumriat	<i>Alstoniascholaris</i>	Local	Wild	Seeds
Shrub	Tlamsam	<i>Chromolaena odorata</i>	Local	Wild	Seeds/Plantlet
Climber	Tluangngil	<i>Smilax glabra</i>	Local	Wild	Seeds
Herb	Tumbu	<i>Musa sp.</i>	Local	Wild	Seeds
Herb	Uithinthang	<i>Houttuynia cordata</i>	Local	Wild	Seeds
Tree	Zairum	<i>Anogeissus acuminata</i>	Local	Wild	Seeds

7		8	9	10	11	12
Local Status		Uses (Usage)	Part Used	Associated TK	Other details market/ own use	Community/ Knowledge Holder
Past	Present					
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	Mara
Abundant	Abundant	Medicinal	Rhizome	Rhizome is used for stomach ache, diarrhoea, dysentery, jaundice, asthma, measles, food allergy or food poisoning	Own use	Mara
Abundant	Few	Medicinal	Stalks, Rhizomes	Stalks are used as vegetables, cooked stalk are eaten to increase breast milk. Rhizomes are used in manufacturing of perfumes	Own use	Mara
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	Mara
Abundant	Abundant	Medicinal	Fruit	Fruit is rich in antioxidant and used in medicine	Own use	Mara
Abundant	Abundant	Medicinal	Tuber, Bulbil	Tubers and Bulbil are use as vegetable and also used to treat cancer	Own use	Mara
Abundant	Few	Medicinal	Leaves, roots	Leaves are used for flavouring curry. They are used for 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	Mara
Abundant	Abundant	Medicinal	Leaves	Whole Plant is medicinal	Own use	Mara
Abundant	Abundant	Medicinal	Fruit, Bark	Fruit is useful in diabetes, digestion, dysentery and diarrhoea. Root bark is used for poisoning of fish.	Own use	Mara
Abundant	Abundant	Medicinal	Leaves	Decoction of leaves used in ulcer, asthma, sores, dandruff etc	Own use	Mara
Abundant	Abundant	Medicinal	Roots& leaves	Decoction of roots is used in diarrhoea, dysentery, hepatitis etc, leaves for toothache	Own use	Mara
Abundant	Abundant	Medicinal	Whole plant	Thick paste prepared from plant is applied on broken bone. Plant is laxative and cooling uswd for cold, sinusitis, and menstruation troubles etc	Own use	Mara
Abundant	Few	Medicinal	Leaves & Fruits	Juice of crushed leaves & fruits are used against diarrhoea, sore throat, stomach ulcer, tonsillitis and toothache	Own use	Mara
Abundant	Few	Medicinal	Bark	Decoction of the bark is ysed for stomach ulcer and kidney trouble. Powder of the bark is used in fever, asthma, biliousness, rheumatism, itch, burning sensation, leprosy and epilepsy.	Own use	Mara
Abundant	Abundant	Medicinal	Stem juice	Juice of the stem is used as a remedy for jaundice, purifies blood, good for lungs, diuretic etc	Own use	Mara
Abundant	Abundant	Medicinal	Roots	Roots decoction used in piles and jaundice, diseases of liver and kidney etc	Own use	Mara
Abundant	Abundant	Medicinal	Bark & Leaves	Decoction of bark and leaves used for diabetes, cholera, internal bleeding, stomach ulcer etc. Leaves are used for fermenting cooked soya bean	Own use	Mara

				(<i>Bekang</i>), famous mizo dish.		
Abundant	Abundant	Medicinal	Rhizome	Juice of the pounded rhizome is used in indigestion, stomach trouble, dysuria, dysentery.	Own use	Mara
Abundant	Abundant	Medicinal	Leaves	Leaf juice applied on fresh wounds, stomach pain & ulcer	Own use	Mara
Abundant	Few	Medicinal	Bark, leaves	Decoction of bark, leaves is used for curing gastric trouble, asthma, dysentery, cancer etc	Own use	Mara
Abundant	Abundant	Medicinal	Fruits, leaves, bark	Fruits and leaves are used for poisoning of fish. Decoction of bark and leaves are used in treatment of cancer.	Own use	Mara
Abundant	Few	Medicinal	Root, leaves	Roots and leaves are used to treat stomachache	Own use	Mara
Abundant	Abundant	Medicinal	Roots & leaves	Decoction of roots/leaves is medicinal. The plant is also used as fish poison	Own use	Mara
Abundant	Abundant	Medicinal	Root	Bitter root is used in fever, dysuria, spleen enlargement, liver diseases, stomachache, diarrhoea, dysentery etc and also applied to wounds, sores and boils.	Own use	Mara
Abundant	Abundant	Medicinal	Leaves & fruits	Decoction of fruit & Leaves used in various diseases	Own use	Mara
Abundant	Abundant	Medicinal	Fruit & Leaves	Juice of fruit is used for diarrhoea, cholera, diabetes, vomiting, kidney problems	Own use	Mara
Abundant	Abundant	Medicinal	Roots and leaves	Roots and leaves are used in medicine	Own use	Mara
Abundant	Abundant	Medicinal	Leaves	Boiled water of leaves is used to treat diabetes, hypertension, stomach problems etc	Own use	Mara
Abundant	Few	Medicinal	Leaves	Leaf juice used in High blood pressure	Own use	Mara
Abundant	Few	Medicinal	Roots & leaves	Decoction of roots and leaves is used for treating menstrual and urinary problems	Own use	Mara
Abundant	Abundant	Medicinal	Rhizome	Rhizomes are used as spice and condiment, taken as a cure for food poisoning. Juice of pounded rhizome is given to women in case of sufficient supply of milk for their children and also dropped into the ear when attacked by ticks.	Own use	Mara
Abundant	Abundant	Medicinal	Fruit	-do-	Own use	Mara
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	Mara
Abundant	Abundant	Medicinal	Leaves	Young leaves are cooked and juice is eaten for food poisoning, diarrhoea, dysentery etc	Own use	Mara
Abundant	Abundant	Medicinal	Roots, Leaves	Roots or leaves are cooked and water is taken for curing diseases of liver and jaundice	Own use	Mara
Abundant	Abundant	Medicinal	Leaves, fruit	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	Mara
Abundant	Few	Medicinal	Bark, stem	Juice of bark and stem is used for infection, wounds and cuts etc	Own use	Mara
Abundant	Few	Medicinal	Bark and juice	Bark is useful in treatment of high blood pressure, asthma, typhoid, malaria, diarrhoea, dysentery. Milky juice applied in fresh cuts, sores, ringworm, wart, etc	Own use	Mara
Abundant	Abundant	Medicinal	Leaves	Juice of the leaves applied to fresh cuts	Own use	Mara
Abundant	Abundant	Medicinal	Leaves, Roots	Pounded tuberous roots are used as rheumatism, stomach ache and	Own use	Mara

				diarrhoea. Decoction of leaves is also taken for curing tonsillities.		
Few	Few	Medicinal	Buds	Plaintain is cooked with water and water is drink for treating deficiency of white blood	Own use	Mara
Abundant	Abundant	Medicinal	Whole plant	Whole plant is used in medicine, used for treating cancer, liver problems etc	Own use	Mara
Few	Few	Medicinal	Leaves, Bark	Water of cooked leaves is taken as remedy for high blood pressure. Decoction of bark is used in stomach troubles, fever, diarrhoea and also applied on measles, chicken pox, sprains and burns	Own use	Mara

Format 23 : Wild relatives of Crops

1	2	3	4	5		6
Local Name	Scientific Name	Associated crops	Landscape/ Habitat	Local status		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>Solanum americanum</i>	All Jhum crops	Wild	Abundant	Abundant	Leaves are eaten cooked as vegetables
Ankasate	<i>Acmellapaniculata</i>	All Jhum crops	Wild	Abundant	Abundant	Leaves with stem are used as a vegetable
Ankhpui	<i>Marsdeniamaculata</i>	All Jhum crops	Wild	Abundant	Abundant	Young stem and leaves are cooked eaten as vegetables
Ankhate	<i>Marsdeniaformosana</i>	All Jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetable
Archangkawm	<i>Oroxylum indicum</i>	All Jhum crops	Wild	Abundant	Abundant	Decoction of root & 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, ulcers, etc. decoction of fruit is used to treat diseases of liver, hepatitis etc
Baibing	<i>Alocasia fornicate</i>	All Jhum crops	Wild	Abundant	Abundant	Spadix and stem are eaten cooked as vegetables
Buarpui	<i>Trachycarpusmartianus</i>	All Jhum crops	Wild	Abundant	Abundant	Flower bud is cooked eaten or fried as vegetable. Shoots are also eaten cooked as vegetable.
Chakawk	<i>Diplazium esculentum</i>	All Jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetable
Changpawl	<i>Musa thomsonii</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
Changpui	<i>Musa sikkimensis</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
Changthir	<i>Musa balbisiana</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 vegetable
Hmupui	<i>Syzygiumcumini</i>	All Jhum crops	Wild	Abundant	Abundant	Wood moderately hard is used for plywood, tool handles, posts, door frames, panels, firewood, gunstocks etc
Hulhu	<i>Aganopethysiflora</i>	All Jhum crops	Wild	Abundant	Abundant	Young leaves are eaten cooked as vegetable
Kawhtebe	<i>Trevesiapalmata</i>	All Jhum crops	Wild	Abundant	Abundant	The shoots, flower buds and young fruits are eaten as vegetable
Kha um	<i>Hodgsoniaheteroclita</i>	All Jhum crops	Wild	Abundant	Abundant	Seeds are eaten roasted or fried
Khanghu	<i>Acacia pennata</i>	All Jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetable
Pelh	<i>Gnetumgnemon</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>Clerodendrumcolebrookiana</i>	All Jhum crops	Wild	Abundant	Abundant	Tender leaves are cooked eaten as vegetable, also used for fermenting cooked soyabean
Reng an	<i>Senna occidentalis</i>	All Jhum crops	Wild	Abundant	Abundant	Tender leaves are eaten cooked as vegetable
Sapthei	<i>Passiflora edulis</i>	All Jhum crops	Wild			Leaves are cooked eaten as vegetable
Sihneh	<i>Eurycerasifolia</i>	All Jhum crops	Wild	Few	Few	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</i> sp.	All Jhum crops	Wild	Abundant	Abundant	Corm and young leaf stalk and shoots are eaten cooked as veg.
Thilte	<i>Calamus erectus</i>	All Jhum crops	Wild	Abundant	Abundant	Leaves are used for thatching
Thurpui	<i>Tetrastigmalanceolarium</i>	All Jhum crops	Wild	Abundant	Abundant	Ripe fruits are edible
Tum	<i>Caryotaurens</i>	All Jhum crops	Wild	Abundant	Abundant	Wood is employed for many domestic purposes
Tumbu	<i>Musa</i> sp.	All Jhum crops	Wild	Abundant	Abundant	Young bud is eaten cooked as vegetable

7 Part Used	8 Associated TK	9 Other details	10 Community/ knowledge holder
Shoots, buds	The plant is used for a cure of enlargement of liver and the stem for tying purposes. Leaves are used for fermenting cooked soya beans.	-	Mara
Leaves, berries	Water of boiled leaves is taken against urinary problems and stones in kidney. Juice of green berries is applied to ringworm, boils etc.	-	Mara
Stem, leaves	Flowers are chewed to relieve toothache and affections of the gums and throat	-	Mara
Stem, leaves	As the taste of this plant is bitter, it is used to take for High Blood pressure and diabetes	-	Mara
Leaves	-	-	Mara
Roots, bark, leaves	Decoction of root & 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, ulcers, etc. decoction of fruit is used to treat diseases of liver, hepatitis etc	-	Mara
Spadix, stem	Juice of the plant is used externally for snake bite. Leaf is also used for catching land leech from the body	-	Mara
Flower bud, shoots	Flower bud is cooked eaten as vegetable and is also used for reducing high blood pressure	-	Mara
Leaves	-	-	Mara
Stem, Buds, leaves	Juice of stem is used for snake bites, diarrhoea, dysentery and pounded seeds for diabetes	-	Mara
Leaves, fruit	Young leaves are eaten as vegetable, but several changes of water are needed while cooking. Decoction of fruit is used against stomach-ache, dysentery	-	Mara
Seeds	-	-	Mara
Leaves	Young fruits and leaves are used to poison fish. Oil obtained from fruit is used medicinally	-	Mara
Seed, leaves	Seed is used to treat diabetes, and bark for fever, jaundice, urinary problems etc. Tassar silkworm feed on its leaves	-	Mara
Leaves	Plant is purgative, laxative, anti malarial, and used for liver complaints, fever, cough, bronchitis, high blood pressure etc. Fresh leaves are taken to expel intestinal worms and parasites	-	Mara
Whole plant	Roots and leaves are used to treat stomachache, leaves are also used as fodder	-	Mara
Leaf, flowers, spadix	Juice of stem is used in severe fever and giddiness of children.	-	Mara
Leaves	-	-	Mara
Leaves, flowers, fruit	Fibres of inner bark are good for nets and ropes	-	Mara

and seeds			
Leaves, Flowers	Decoction of leaves is used to reduce high blood pressure and decrease breast feeding mother's breast milk, also used to heal acute mastitites	-	Mara
Leaves, flowers	-	-	Mara
Leaves, fruit	Ripe fruit is useful for jaundice and liver problems	-	Mara
Leaves	Wood is used for firewood and charcoal	-	Mara
Fruit	fruit is medicinal used to treat hypertension and diabetes	-	Mara
Corm, young leaf, shoot	The corm with <i>Ching-al</i> (Lye) is boiled to remove irritants. So, the boiled corm is mixed with <i>Sa-um</i> (fermented pork fat), <i>Ching-al</i> (Lye) and Salt and then eaten as curry (Traditional Mizo Dish)	-	Mara
Leaves, shoot	Shoots are eaten cooked as vegetables, fruits are also edible	-	Mara
Fruit, leaves	Leaves are eaten cooked as vegetable and also used for pig's feed	-	Mara
Whole plant	Fibre is made into ropes, brushes, brooms, basket etc. terminal bud is eaten cooked as vegetable	-	Mara
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	-	Mara

Format 24 : Ornamental Plants

1	2	3	4	5
Plant type	Local Name	Scientific Name	Variety	Source of Plants/Seeds
Tree	April par	<i>Delonix regia</i>	Introduced	Locally available
Tree	Chawnpui	<i>Lagerstroemia speciosa</i>	Local variety	Locally available
Shrub	Christmas par	<i>Poinsettia pulcherrima</i>	Introduced	Locally available
Herb	Chuailopar	<i>Gomphrena globosa</i>	Local variety	Locally available
Annual Herb	Derhken	<i>Tagetes erecta</i>	Local variety	Locally available
Evrgerreen Tree	Far	<i>Pinus sp.</i>	Local variety	Locally available
Tree	Fartuah	<i>Erythrina stricta</i>	Local variety	Locally available
Herb	Kumtluang	<i>Catharanthus roseus</i>	Local variety	Locally available
Tree	Makpazangkang	<i>Cassia javanicaspnodosa</i>	Local variety	Locally available
Epiphyte	Nauban	<i>Orchid</i>	Local variety	Locally available
Herb	Nghasih par	<i>Cleoserrata speciosa</i>	Local variety	Locally available
Herb	Nuaithang	<i>Impatiens balsamina</i>	Local variety	Locally available
Thorny shrub	Saron par	<i>Bougainvillea spectabilis</i>	Local variety	Locally available
Shrub	Saron par te	<i>Holmskioldiasanguinea</i>	Local variety	Locally available
Deciduous shrub	Uaitingwayvet	<i>Lagerstroemia indica</i>	Local variety	Locally available
Tree	Vaube	<i>Bauhinia variegata</i>	Local variety	Locally available
Glabrous shrub	Zan rimtui	<i>Cestrum nocturnum</i>	Local variety	Locally available

6	7	8	9	10
Commercial/Non commercial	Uses	Associated TK	Other Details	Community/ Knowledge holder
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara

Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara
Non commercial	Ornamental purpose	-	-	Mara

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	<i>Acmella oleracea</i>	Local	Wild	Abundant	Abundant	Leaves and flowers are eaten cooked as vegetable
Herb	Ankasate	<i>Acmellapaniculata</i>	Local	Wild	Abundant	Abundant	Leaves and flowers are eaten cooked as vegetable
Climber	Hnahthak	<i>Piper diffusum</i>	Local	Wild	Abundant	Abundant	Fruit is used as spice. Leaves are used for catching fish.
Tree	Kamsahulh	<i>Croton tiglium</i>	Local	Wild	Few	Few	-
Tree	Kangtek	<i>Albizia procera</i>	Local	Wild	Abundant	Abundant	Leaves are used as cattle fodder
Climber	Khangsen	<i>Acacia megaladena</i>	Local	Wild	Abundant	Abundant	-
Tree	Khawkherh	<i>Juglans regia</i>	Local	Wild	Abundant	Abundant	Leaves are used for cattle fodder
Palm	Kuhva	<i>Areca catechu</i>	Local	Wild	Few	Few	Nuts are chewed with pan leaves and lime
Climber	Panhnah	<i>Piper betle</i>	Local	Wild	Abundant	Abundant	Leaves are chewed together with betelnut and lime paste
Climber	Ruchek	<i>Endosamararacemosa</i>	Local	Wild	Abundant	Abundant	Roots are used for poisoning fish
Climbing shrub	Rulei	<i>Millettia pachycarpa</i>	Local	Wild	Abundant	Abundant	Roots and Pods are used to poison fish
Tree	Ruthei	<i>Diospyros pilosiuscula</i>	Local	Wild	Abundant	Abundant	-
Tree	Saithei	<i>Gynocardia odorata</i>	Local	Wild	Abundant	Abundant	Leaves are used to poison cattle
Climber	Theikelki	<i>Stelmocryptonkhasianum</i>	Local	Wild	Abundant	Abundant	Acid leaves and fruits are edible
Tree	Thelret	<i>Ficus elastica</i>	Local	Wild	Abundant	Abundant	Leaves are good fodder. Leaf scales edible
Climber	Tling	<i>Embeliavestita</i>	Local	Wild	Few	Few	Decoction of leaves is used for chicken pox, itching and other skin diseases; leaves are eaten cooked with fish.

8 Part used *	9 Associated TK	10 Other details (mode of use)	11 Community Knowledge Holder
Leaves, flowers	Plant is used for poisoning fish	-	Mara
Leaves, flowers	Plant is used for poisoning fish	-	Mara

Fruit & Leaves	-	-	Mara
Fruits & Leaves	Fruits and leaves are used for poisoning fish	-	Mara
Bark	Bark is used to poison fish	It is a light demander, can stand moderate shade in youth.	Mara
Bark	Bark is used as fish poison and medicine	-	Mara
Leaves	Young leaves are used to intoxicate fish	-	Mara
Nuts, shoots, seeds	-	Seeds are used for expelling intestinal worm from the body	Mara
Leaves	-	-	Mara
Roots	-	-	Mara
Roots & Pods	-	-	Mara
Fruit	Unripe fruits are used for poisoning fish	All parts are used for stomach trouble, kidney stones, piles	Mara
Bark, Fruit	Bark and fruit pulp are used for poisoning fish	Decoction of root-bark is also recommended for diabetes	Mara
Leaves, Fruit and Roots	Roots or leaves are cooked and water is taken for curing diseases of liver and jaundice	-	Mara
Latex, Fruit & Leaves	Latex (Rubber) is chewable, it yields Indian Rubber of commerce	Fruit eaten by man and animals, birds etc	Mara
Leaves	-	Leaves of this plant boiled with hibiscus leaves and water is taken to cure hiccough and difficult urination	Mara

Format 26 : 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	Bung	<i>Ficus benghalensis</i>	Wild	Abundant	Abundant	Wild	Wood used for fuelwood, well curbs etc
Tree	Chawmzil	<i>Ligustrum robustum</i>	Wild	Abundant	Few	Wild	Wood used for firewood and charcoal etc
Tree	Chhawntual	<i>Aporosaoctandra</i>	Wild	Abundant	Few	Wild	Wood used for firewood and charcoal etc
Tree	Haivahmim	<i>Mangifera indica</i>	Wild	Abundant	Abundant	Wild	Wood used for cheap furniture, house building, frames etc
Tree	Hmawng	<i>Ficus sp</i>	Wild	Abundant	Abundant	Wild	Wood used for fuel and charcoal etc
Tree	Hmuifarial	<i>Syzygiumclaviflorum</i>	Wild	Abundant	Abundant	Wild	Wood is used for firewood, leaves are lopped for cattle fodder
Tree	Hmuipui/Lenhmui	<i>Syzygiumcumini</i>	Wild	Abundant	Abundant	Wild	Wood is moderately hard, used for plywood, furniture, tool handles, panels, posts and firewood etc
Tree	Hnahthap	<i>Colona floribunda</i>	Wild	Abundant	Abundant	Wild	Wood is used for making lockets of key chain and firewood
Tree	Kamsahulh	<i>Croton tigium</i>	Wild	Few	Few	Wild	-
Tree	Kharuan	<i>Elaeocarpus lanceifolius</i>	Wild	Few	Few	Wild	Wood used for house building, firewood and charcoal etc
Tree	Khawkerh	<i>Juglans regia</i>	Wild	Abundant	Abundant	Wild	Wood used for cabinet making, furniture, carving etc
Tree	Khuangthli	<i>Bischofia javanica</i>	Wild	Abundant	Few	Wild	Wood used for house building, furniture, firewood etc
Tree	Kumkhal /Umkhal	<i>Elaeocarpus tectorius</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood
Tree	Lungkhup	<i>Haldina cordifolia</i>	Wild	Abundant	Abundant	Wild	Wood used for planking, house posts, door and window frames, shutters, furniture, plywood, firewood etc
Tree	Nauthak	<i>Litseamonopetala</i>	Wild	Abundant	Few	Wild	Wood soft not durable can be used for firewood
Tree	Nganbawm	<i>Acrocarpusfraxinifolius</i>	Wild	Abundant	Abundant	Wild	Wood used for furniture, motor bodies, planking, flooring etc

Tree	Nghalchhun	<i>Eriobotrya bengalensis</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood, charcoal etc
Tree	Pangkai	<i>Baccaurearamiflora</i>	Wild	Abundant	Abundant	Wild	-
Tree	Phuanberh	<i>Macropanax undulatus</i>	Wild	Abundant	Few	Wild	Wood is soft and can be used for firewood
Tree	Phunchawng	<i>Bombax ceiba</i>	Wild	Few	Few	Wild	Wood used for packing cases, matchboxes and splints
Tree	Rihnim	<i>Ficus religiosa</i>	Wild	Few	Few	Wild	Wood durable underwater, used for fuel and charcoal etc
Tree	Saithei	<i>Gynocardia odorata</i>	Wild	Abundant	Abundant	Wild	wood used for planking, posts and firewood
Tree	Saphut	<i>Tarennoideawallichii</i>	Wild	Abundant	Abundant	Wild	Wood cream colour, used for building, firewood, charcoal etc.
Tree	Sehawr	<i>Castanopsis indica</i>	Wild	Abundant	Abundant	Wild	Wood hard used for furniture, building, firewood etc
Tree	Sentezel	<i>Callophyllumpolyanthum</i>	Wild	Abundant	Abundant	Wild	Wood moderately hard, strong and elastic is used for building, firewood, bridges etc
Tree	Sernam	<i>Litsea cubeba</i>	Wild	Abundant	Abundant	Wild	Wood used for gunpowder, charcoal, firewood etc
Tree	Sihneh	<i>Eurya japonica</i>	Wild	Few	Few	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	Few	Few	Wild	Wood extremely durable, used for buildings, bridges, furniture, plywood, constructions etc
Tree	Tei	<i>Toona ciliata</i>	Wild	Abundant	Few	Wild	wood usedfor furniture, house building, ceiling, floors etc
Tree	Thehleikhak	<i>Aglaia chittagonga</i>	Wild	Abundant	Abundant	Wild	Wood used for house posts and firewood etc
Tree	Theipui	<i>Ficus semicoradata</i>	Wild	Abundant	Few	Wild	Wood used for mortars, firewood etc
Tree	Thelret	<i>Hevea brasiliensis</i>	Wild	Abundant	Abundant	Wild	Wood used for furniture industry and can be used as firewood
Tree	Thil	<i>Lithocarpuspolystachyus</i>	Wild	Abundant	Few	Wild	Wood used for building, firewood etc
Tree	Thingkha	<i>Derris robusta</i>	Wild	Abundant	Abundant	Wild	Wood used for house posts, firewood and charcoal
Tree	Thingkhawilu	<i>Vitex peduncularis</i>	Wild	Abundant	Abundant	Wild	Wood used for posts, firewood and charcoal etc
Tree	Thingpuithing	<i>Lithocarpus elegans/obscurus</i>	Wild	Abundant	Abundant	Wild	Wood used for firewood, building, charcoal etc
Tree	Thingsaphu	<i>Dysoxylummollissimum</i>	Wild	Abundant	Abundant	Wild	Wood red, durable used for house building, furniture, boats
Tree	Thingsia	<i>Castanopsis tribuloides</i>	Wild	Few	Few	Wild	Wood used for house posts, firewood, charcoal etc
Tree	Thingtheihmu	<i>Morus alba</i>	Wild	Few	Few	Wild	Wood used for house construction, furniture, tool handles etc
Tree	Tiarpui	<i>Saurauianapaulensis</i>	Wild	Abundant	Few	Wild	Wood, light pink, soft used ofr temporary building, firewood and charcoal and leaves for fodder
Tree	Vawmbal	<i>Drimycarpusracemosus</i>	Wild	Few	Few	Wild	Wood is used for building, boats, firewood etc
Tree	Zairum	<i>Anogeissus acuminata</i>	Wild	Few	Few	Wild	Wood used for house posts, tool handles, fuel and charcoal etc
Tree	Zihngal	<i>Stereospermumchelonooides</i>	Wild	Few	Few	Wild	Wood used for house construction, cabinet making, furniture

8 Associated TK	9 Other details	10 Community/ knowledge holder
Bark and aerial roots are used for making coarse ropes	Leaves are good for cattle fodder	Mara
-	Leaves are lopped for cattle fodder	Mara

-	Leaves are lopped for cattle fodder	Mara
Decoction of young leaves is used in diabetes, diarrhoea and ash of dried leaves is taken to stop hiccough	It prefers deep well drained loamy soil and it is a shade bearer	Mara
Leaves and twigs are lopped for cattle fodder	Bark, fruit and leaves are used in medicine	Mara
-	Fruits are eaten by man, bears and birds	Mara
Seed is very useful for treating diabetes and the bark for fever, jaundice, urinary problems, sore throat, ronchitis, asthma, ulcers and chronic dysentery etc	Fruits are eaten by man, birds and wild animals	Mara
-	-	Mara
Fruits and leaves are used for poisoning fish.	Decoction of leaves are used for treating cancer	Mara
Bark is scraped with dao and the powder is used for stupefying bees (Khawivah)	Fruits are used for poisoning fish	Mara
Rind of the unripe fruit and young leaves are used to intoxicate fish and nuts for tanning and dyeing	Leaves are used for cattle fodder, it is a light demander and moderate fats growing tree	Mara
Juice of young leaves is used for curing tonsillitis and sores	Bark, stem and leaves are also medicinal. Leaves are lopped for cattle fodder	Mara
-	-	Mara
Tender leaves are eaten cooked as vegetable, seed is chewed as a substitute for betel nut, bark sometimes used as tea leaves	-	Mara
Muga Silkworm are reared on the leaves	Roots, bark and leaves are used in medicine, leaves are for cattle fodder	Mara
Leaves are lopped for cattle fodder	This tree is a quick growing and moderate light demander	Mara
-	Leaves are lopped for cattle fodder.	Mara
Leaves are lopped for cattle fodder	-	Mara
Tender leaves are cooked and eaten without its water as vegetables	Leaves are lopped for cattle fodder	Mara
Cotton is used for pillows and cushions, leaves for fodder. Tender leaves, flowers and calyces are used as vegetable	It is a strong light demander, fire resistant and fast-growing tree	Mara
-	-	Mara
Bark and fruit pulp are used for poisoning fish. Decoction of root bark is also recommended for diabetes	Leaves are poisonous for cattle	Mara
-	-	Mara
-	-	Mara
Fruits are eaten by wild animals. Trunk is used for making mortars for pounding rice	It is a moderate shade bearer in youth. Seed often germinates soon after falling under its mother tree	Mara
Silkworm reared on the leaves. Boiled water of berries with meats of Indian Badger is taken as a remedy for sciatica and high blood pressure	-	Mara
-	-	Mara
Decoction of bark is used in treating diarrhoea, dysentery and rheumatism	Juice of crushed bark is also applied to fresh cuts	Mara
Bark is used in diarrhoea, milky juice is applied on inflammatory diseases of glands and sometimes used as milk in tea. Leaves are lopped for cattle fodder	It is a shade bearer in youth and grow very fast	Mara
Leaves are used for fermenting cooked soyabean (<i>Bekang</i>), a traditional mizo delicacy	It is a strong light demander and fire resistant	Mara
Bark is useful in fever, diarrhoea, itching and flowers in menstrual disorders	Leaves are lopped for cattle fodder	Mara
Pulp of unripe fruits is used as gum, seeds are edible	-	Mara
-	-	Mara

-	It yields the para rubber, the finest and the most durable catoutchouc known	Mara
-	-	Mara
Decoction of bark is used as an effective remedy for diabetes and high blood pressure	Leaves are lopped for cattle fodder	Mara
Infusion of leaves/bark is used against black water fever, malarial fever, jaundice, typhoid, stomach ulcer and kidney stones	-	Mara
Saplings used as pendant for scorching off the bristles of the pig killed	-	Mara
Bark is used internally for pain in the stomach	-	Mara
Juice of the stem is recommended for mouth infection in children	-	Mara
Silkworm fed on its leaves. Leaves are sometimes boiled with meats and eaten as curry. Root bark, leaves and fruits are also medicinal.	Young leaves and twigs are good for cattle fodder	Mara
Bark is used as anaesthesia and antiseptic	-	Mara
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	Mara
Decoction of the bark is used in stomach troubles, fever, diarrhea and also applied on measles, chicken pox, sprains and burns.	Leaves are cooked in water and water is taken as a remedy for high blood pressure	Mara
Root, leaves and flowers are also used medicinally. Bark and young leaves are used as a remedy for fever, stomach ache etc	-	Mara

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>Belomyspearsonii</i>	Forest	-	-do-
Mammal	Chepa	<i>Tupaia bengaleri</i>	Forest	-	-do-
Mammal	Hleikapsen	<i>Callosciuruserythraeus</i>	Forest	-	-do-
Mammal	Hleilubial	<i>Callosciuruspygerythrus</i>	Forest	-	-do-
Mammal	Hleimeipar	<i>Dremomyslokriah</i>	Forest	-	-do-
Mammal	Ngau	<i>Trachypithecuspileatus</i>	Forest	-	-do-
Mammal	Ngaujuang	<i>Trachypithecuspileatus</i>	Forest	-	-do-
Mammal	Ngau hang (Tarmit bun)	<i>Trachypithecuspheyrei</i>	Forest	-	-do-
Mammal	Ngharbawr	<i>Prionailurusviverrinus</i>	Forest	-	-do-
Mammal	Phivawk	<i>Arctonyxcollaris</i>	Forest	-	-do-
Mammal	Safia	<i>Martes flavigula</i>	Forest	-	-do-
Mammal	Sahuai	<i>Nyctiebus bengalensis</i>	Forest	-	-do-
Mammal	Sakhi	<i>Muntiacus vaginalis</i>	Forest	-	-do-
Mammal	Sanghal	<i>Sus scrofa</i>	Forest	-	-do-
Mammal	Sanghar	<i>Prionailurus bengalensis</i>	Forest	-	-do-
Mammal	Savawm	<i>Melursus ursinus</i>	Forest	-	-do-
Mammal	Saza	<i>Capricornissumatraensis</i>	Forest	-	-do-
Mammal	Sazaw (Zawreng)	<i>Paradoxurus hermaphroditus</i>	Forest	-	-do-
Mammal	Sazuk	<i>Rusa unicolor</i>	Forest	-	-do-

Mammal	Sihal	<i>Canis aureus</i>	Forest	-	-do-
Mammal	Tampui	<i>Leopoldamisedwardsi</i>	Forest	-	-do-
Mammal	Thumpui	<i>Viverrazibetha</i>	Forest	-	-do-
Mammal	Zawbuang	<i>Pagumalarvata</i>	Forest	-	-do-
Mammal	Zawhang	<i>Arctogalidiatrivirgata</i>	Forest	-	-do-
Mammal	Hauhuk	<i>Hoolock hoolock</i>	Forest	-	-do-
Mammal	Zawngmawt/hmaitai	<i>Stump-tailed Macaque</i>	Forest	-	-do-
Mammal	Zawngmeisei/hmeltha	<i>Macaca fascicularis</i>	Forest	-	-do-
Mammal	Zuhrei	<i>Berylmysmackenziei</i>	Forest	-	-do-
Bird	Bawng	<i>Pericrocotusbrevirostris</i>	Forest	-	-do-
Bird	Chhawhring	<i>Chloropsisaurifrons</i>	Forest	-	-do-
Bird	Chhemhur	<i>Laniussp.</i>	Forest	-	-do-
Bird	Chhimbuk	<i>Bubo bengalensis</i>	Forest	-	-do-
Bird	Chhuangtuar	<i>Upupa epops</i>	Forest	-	-do-
Bird	Chingpirinu	<i>Strixleptogrammica</i>	Forest	-	-do-
Bird	Chinrang	<i>Enicuruscouleri</i>	Forest	-	-do-
Bird	Chip te	<i>Anthusodgsoni</i>	Forest	-	-do-
Bird	Daikat	<i>Orthotomussutorius</i>	Forest	-	-do-
Bird	Dawthiamaarpa	<i>Aethopygasp.</i>	Forest	-	-do-
Bird	Dawntliang	<i>Cissa chinensis</i>	Forest	-	-do-
Bird	Hrangkir	<i>Athene brama</i>	Forest	-	-do-
Bird	Kireuh	<i>Arachnotheralongirostra</i>	Forest	-	-do-
Bird	Koro	<i>Garrulaxleucolophus</i>	Forest	-	-do-
Bird	Lailen	<i>Motacilla flava</i>	Forest	-	-do-
Bird	Lalruangasehnawt	<i>Centropus sinensis</i>	Forest	-	-do-
Bird	Luangtubeuh	<i>Picumnusinnominatus</i>	Forest	-	-do-
Bird	Lungdup	<i>Ictinaetusmalayensis</i>	Forest	-	-do-
Bird	Mitval	<i>Zosteropsalbebrosa</i>	Forest	-	-do-
Bird	Mu arla	<i>Lophotriorchiskienerii</i>	Forest	-	-do-
Bird	Mute	<i>Accipiter sp.</i>	Forest	-	-do-
Bird	Mute ngaldang	<i>Circus macrourus</i>	Forest	-	-do-
Bird	Muvanlai	<i>Spilornischeela</i>	Forest	-	-do-
Bird	Ramar	<i>Gallus gallus</i>	Forest	-	-do-
Bird	Ramparva	<i>Chalcophaps indica</i>	Forest	-	-do-
Bird	Setawt	<i>Pycnonotusflavescens</i>	Forest	-	-do-
Bird	Tawktawkawrsen	<i>Ficedulaastrophata</i>	Forest	-	-do-
Bird	Thizil	<i>Psamisomusdalhousiae</i>	Forest	-	-do-
Bird	Thlanthla	<i>Dicrurus aeneus</i>	Forest	-	-do-
Bird	Thloh	<i>Blythipicuspyrrhotis</i>	Forest	-	-do-
Bird	Tlaiberh	<i>Pycnonotuscafer</i>	Forest	-	-do-
Bird	Tukkhumvilik	<i>Pycnonotusmelanicterus</i>	Forest	-	-do-
Bird	Tuklo	<i>Megalaima asiatica</i>	Forest	-	-do-
Bird	Va in ronghak	<i>Monticola solitarius</i>	Forest	-	-do-

Bird	Vabak/Valambawk	<i>Caprimulgus macrurus</i>	Forest	-	-do-
Bird	Vacha	<i>Ardeolagrayii</i>	Forest	-	-do-
Bird	Vadartle	<i>Irena puella</i>	Forest	-	-do-
Bird	Vadumdeleng	<i>Niltadasp.</i>	Forest	-	-do-
Bird	Vahai	<i>Anthracocerosalbirostris</i>	Forest	-	-do-
Bird	Vahlah	<i>Bambusicolafytchii</i>	Forest	-	-do-
Bird	Vahmim	<i>Turnixsuscitator</i>	Forest	-	-do-
Bird	Vahrit	<i>Lophuraleucomelanos</i>	Forest	-	-do-
Bird	Vahui	<i>Treronsp.</i>	Forest	-	-do-
Bird	Vaki	<i>Psittaculakrameri</i>	Forest	-	-do-
Bird	Valeisawt	<i>Pnoepygaalbiventer</i>	Forest	-	-do-
Bird	Vamaitai	<i>Oriolustenuirostris</i>	Forest	-	-do-
Bird	Vapui	<i>Coracias benghalensis</i>	Forest	-	-do-
Bird	Varalhti	<i>Harpactes erythrocephalus</i>	Forest	-	-do-
Bird	Varihaw	<i>Polyplectronbicalcaratum</i>	Forest	-	-do-
Bird	Varung	<i>Arborophilasp.</i>	Forest	-	-do-
Bird	Vasuih	<i>Carpodacus erythrinus</i>	Forest	-	-do-
Bird	Vazar	<i>Garrulaxsp.</i>	Forest	-	-do-
Bird	Vazun	<i>Phaenicophaeus tristis</i>	Forest & Human habitation	-	-do-
Reptiles	Changpatrul	<i>Argyrophisdiardii</i>	Forest & Human habitation	-	-do-
Reptiles	Chawngkawr	<i>Najakaouthia</i>	Forest & Human habitation	-	-do-
Reptiles	Chawnglei	<i>Bungarus fasciatus</i>	Forest & Human habitation	-	-do-
Reptiles	Chhawknghawl	<i>Typhlopsdiardii</i>	Forest & Human habitation	-	-do-
Reptiles	Hlaidum	<i>Ptyas mucosa</i>	Forest & Human habitation	-	-do-
Reptiles	Hlaiivawm	<i>Ptyas mucosa</i>	Forest & Human habitation	-	-do-
Reptiles	Khuavangrul	<i>Bungarusniger</i>	Forest & Human habitation	-	-do-
Reptiles	Ruahlawmrul	<i>Rhabdops bicolor</i>	Forest	-	-do-
Reptiles	Rulhlai	<i>Ptyaskorros, Coelognathus radiatus</i>	Forest & Human habitation	-	-do-
Reptiles	Rulngan	<i>Ophiophagus hannah</i>	Forest	-	-do-
Reptiles	Rulnghawngsen	<i>Rhabdophissubminiatus</i>	Forest	-	-do-
Reptiles	Rul rial	<i>Boiga cyanea</i>	Forest & Human habitation	-	-do-
Reptiles	Tui Rul	<i>Xenochropis piscator</i>	Forest	-	-do-
Reptiles	Satel	<i>Melanochelystricarinata</i>	Rivers, streams etc	-	-do-
Reptiles	Tangkawng /Tangkeu	<i>Varanus bengalensis</i>	Forest, open areas	-	-do-
Reptiles	Laiking	<i>Christidorsataotai</i>	Forest & Human habitation	-	-do-
Reptiles	Awk-e	<i>Gecko gekko</i>	Human habitation, House	-	-do-
Reptiles	Bang daidep	<i>Hemidactylus frenatus</i>	Human habitation, House	-	-do-
Amphibians	U Chang	<i>Euphlyctiscyanophlyctis</i>	Rivers Ponds etc	-	-do-
Amphibians	Utawkphar	<i>Bufo stomaticus</i>	Rivers Ponds etc	-	-do-
Insects	Khawibel	<i>Vespa velutina</i>	Forest & Human habitation	-	-do-
Insects	Khawisanghar	<i>Parapolybiasp.</i>	Forest, open areas	-	-do-
Insects	Khawifung	<i>Apisfloreia</i>	Forest, open areas	-	-do-
Insects	Khawichhunmu	<i>Provespasp.</i>	Forest, open areas	-	-do-



Members of Biodiversity Management Committee (BMC), Zyhno Village, Siaha District, Mizoram



A



B



C



D

A. View of Zyhno Village

C. Image of Pig farm in the Village

B. Image of commonly practiced slash and burn cultivation

D. Image of a typical Chapu (hut in the farm) found in farming areas