

**STUDY ON THE MEDICINAL PLANTS USED BY HERBAL
HEALERS OF ARGHA VDC OF ARGHAKHANCHI DISTRICT
NEPAL**

A Thesis work

**Submitted to the Faculty of Humanities and Social Sciences, Central
Department of Rural Development for the Partial Fulfillment of Master
Degree in Arts in Rural Development, Tribhuvan University
Kirtipur, Kathmandu, Nepal**

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2008**

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RECOMMENDATION

This is to certify that the thesis work entitled “**Study on the Medicinal Plants Used by Herbal Healers of Argha VDC of Arghakhanchi District Nepal**” was conducted by Nabin Bhattarai under my supervision. The result of this work has not been submitted for any other degree.

I, therefore, recommend this thesis to be accepted for the partial fulfillment of Master’s Degree of Arts in Rural Development.

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APPROVAL LETTER

The research work entitled "**Study on the Medicinal Plants Used by Herbal Healers of Argha VDC of Arghakhanchi District Nepal**" is submitted by **Nabin Bhattarai** has been accepted as partial fulfillment of the requirement for the Degree of Master of Arts in Rural Development.

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ACKNOWLEDGEMENT

During the period of this thesis work, I had received valuable suggestion and kind cooperation from various persons whom I gratefully acknowledge.

I would like to extend my sincere gratitude to my supervisor **Associate Professor Dr. Rhiddi Bir Singh**, Central Department of Rural Development, T. U. for her valuable suggestion and guidelines to complete my project work. I would like to express my heartily thanks and gratitude to **Professor Dr. Pradeep Kumar Khadka**, Head of the Central Department of Rural Development, T.U. for his valuable suggestions and encouragement. I am also equally grateful to all my respected teachers and administrative staffs of the Department.

I would like to express sincere gratitude to those respondents and herbal healers of the study area whose true information made it possible to prepare it in the present form. I am very much pleased to express my special thanks to my parents, brothers and all my relatives for their help and co-operation. I am very much grateful to NGOs members, local teachers and other organizations for their kind help in various steps of this work.

Finally, thanks are provided to my all friends and for the opportunity given me to write this project work, I owe indebtedness to the Central Department of Rural Development, T.U.

Date: 30th Nov., 2008

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ABSTRACT

The research work entitled “Study on the Medicinal Plants Used by Herbal Healers of Argha VDC of Arghakhanchi District Nepal” was conducted at Argha VDC, Arghakhanchi district. The study area is rich of biodiversity and medicinal plants. Local people and herbal healers used the medicinal plants to cure the various human diseases and ailments by using traditional knowledge.

The use of medicinal plants and their products to cure the disease is limited within the family members and relatives of herbal healers/practioners. Most of the herbal healers are only literate, poor and marginal family. They have not any official jobs. Traditional medicinal practice mainly found in poor and marginal family who is unable to pay high amount to the allopathic drugs and doctors. There are pressure of allopathic drugs, most of the people prior to the allopathic drugs, when they failed to cure from allopathic doctors and medicine, they turns towards locally found medicinal plant's product and local herbal healers. Sick people paid their wages to the allopathic doctors but ayurvedic doctors and herbal healers treated free of cost, so their profession and practices at risk.

Those plants are used to cure the diseases, mostly they are wild, and most of them are used in diarrhoea, dysentery, cuts and wounds on their traditional ways. Local herbal healers harvested plants sps mostly from their community forest randomly; rarely they were cultivated these plants in their lands and boundaries, no one were practiced of medicinal plants except healers. Altogether 159 sps belonging to 134 genera and 71 families were found. Among them 151 sps are angiosperms, 4 sps are pteridophytes, 2 sps are lichens, 1 sp is fungi and 1 sp is gymnosperms. Among them 78 sp are herbs, 44 sp are trees and 37 sps are shrubs. Among 151 angiosperms mostly they are dicot and few are monocot.

All plants have curative properties against different diseases. 31 types of human diseases cured/ practiced by locally found medicinal plants parts. Herbal healers and local people used local plants in combined state i.e. more than one plants used to cure single disease. One plant has curative properties against different types of diseases and even the single disease can be cured by different plant species. They recommend medicinal plant parts in the powder and liquid form; sometimes they also mix animal parts and food grains with the plants parts to cure diseases. According to some healers, they are more effective when they are mixed with animal parts, oil, food grains and soils also. Their mixture depends on herbal healer, disease types, duration of infection period and treatment method.

Those sick people suffered from food and their feeding habit, so to cure the diseases food grains also used. Current pine tips and fresh cow dung is used to cure the fractured bones because they have sticky and hard properties when pasted on fractured places as like as plasters.

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ABBREVIATIONS/ACRONYMS

ADDCN	Association of District Development Committees of Nepal
CBS	Central Bureau of Statistics
CDRD	Central Department of Rural Development
CEDA	Centre for Economic Development Association
DAGS	Disadvantages Groups
DC	District Council
DDC	District Development Committee
DMP	Department of Medicinal Plants
et al.	et albeli
GDP	Gross Domestic Product
HDR	Human Development Report
NPC	National Planning Commission
PRA	Participatory Rural Appraisal
Sp	Species
TUCH	Tribhuvan University Central Herbarium
T.U.	Tribhuvan University
UN	United Nation
UNDP	United Nations Development Programme
VDC	Village Development Committee