

**"INDIGENOUS KNOWLEDGE SYSTEM ON THE USE OF
MEDICINAL PLANTS AMONG THARU COMMUNITY":**

**(A Case Study of Motipur and Belwa VDC of
Bardiya District, Nepal)**

A Thesis

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Submitted By

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LETTER OF RECOMMENDATION

This is to certify that Mr. Devi Prasad Paudel has completed the dissertation entitled **"Indigenous Knowledge System on the use of Medicinal plant Among Tharu Community: A Case Study of Motipur and Belwa VDC of Bardiya District."** under my supervision and guidance for the partial fulfillment of the requirement of the Master Degree of Arts in Rural Development. I, therefore, recommend this dissertation for the final approval and acceptance to the dissertation evaluation committee.

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APPROVAL LETTER

This is to certify that the thesis entitled "INDIGENOUS KNOWLEDGE SYSTEM ON THE USE OF MEDICINAL PLANTS AMONG THARU COMMUNITY: A Case Study of Motipur & Belawa VDC of Bardiya District" prepared and submitted by Devi Prasad Paudel has been examined and accepted for partial fulfillment of the requirements of Master of Arts in Rural Development.

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ABSTRACT

The present study was conducted as a case study of Indigenous Knowledge system on the use of medicinal plants among Tharu community with the objectives of documenting the range of the local people knowledge of native plants and possibility of their exploitation, and making comprehensive list of medicinal plant as well as the traditional use pattern of these plants by the local people in one or another way. In the course of study on the sdescriptive and exploratory research design was used. The data collected were both qualitative and quantitative nature. Both primary and secondary data were used in this study. All together sample size of 95 HH was selected from the both village by using stratified random sampling method and discussed with them by using semi structured questionnaire to gather the required information like economic and IK system on the use of medicinal plants to cure different diseases. Nine Traditional healers were purposively selected from in and outside the selected villages as the Key informants and other knowledgeable person i.e. two local teachers, two local social worker and two NGOs representatives were also purposively selected as the key informants for this research study. Focus group discussion with several groups of the study area i.e. youth group, women group etc were also conducted. Semi structured questionnaire, interview guideline, different checklists, PRA tools were used to draw information about respondent's socio economic status, healing practices, traditional practices on mode of medicines preparation, e, storage etc. The data collected were analyzed both qualitatively and quantitatively.

Especially Gurawa and Baidawa (traditional healer of the tharu community) and elder men and women in the village had better understanding about IK system on the use of medicinal plant. Generally Baidawa of the study area were not found professionally engaged in it as their occupation but they used to provide their IK system to the villagers and engaged in herbal treatment without any fee on compulsory. At present neither Tharu of study area totally have left the traditional herbal practice nor could they successfully adopted modern medicine. So that this time is very challenging for them. The research has focused that the tharu people of the study area are rich in indigenous knowledge on the use of medicinal plants as local medicines and majority of the respondents have positive attitude toward conservation of forest and medicinal plant resources. It is founded that the tharu people using 115 species of medicinal plants including herbs; shrubs and trees. In some cases, combination of plants was found effective for

the best results. A wide range of ailments i.e. fever, common cold, heat sickness, headache, stomachache, diarrhea, dysentery, fracture, snake biting and other minor wounds or cuts were treated locally by using the medicinal plants. It is found that people from old aged group as well as women and economically poor people have faith in the efficiency of these medicines but the young and the educated people are found not much interested in the traditional healing system of the Gurawa and Baidawa.

Conservative superstition i.e. "shearing of such IK system to other, will make it worthless" among them, lower interest of new generate on the IK systems on the use of medicinal plant, destruction of forest resources due to excessive or over exploitation, impact of modernization/urbanization on it, Lack of documentation of such oral IK system were found major problem which might be the causes for disappearing such IK system forever.

The importance of indigenous knowledge on the use of plant as medicines should be extended in the ground reality. Immediate or prompt action plan should be designed and implemented for the documentation of such oral IK system in detail and précised manner. It is necessary to carry out more detail researches on the topic to get the real and detail information about the IK system on the use of medicinal plants.

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ABBREVIATIONS/ ACRONYMS

BASE	-	Backward Society Education
BCF	-	Buffer Zone Community Forest
BNP	-	Bardiya National Park
CBO	-	Community Based Organization
CBS	-	Central Beuro of Statistic
CF	-	Community Forest
DDC	-	District Development Committee
DFO	-	District Forest Office
DFRS	-	Department of Forest Research and Survey
DOF	-	Department of Forest
FGD	-	Focus Group Discussion
GMF	-	Government Managed Forest
GO	-	Government Organization
IK	-	Indigenous Knowledge
KII	-	Key Informants Interview
MAPDON	-	Medicinal and Aromatic Plant Database of Nepal
NGO	-	Non- Government Organization
PL	-	Public Land
PRA	-	Participatory Rural Appraisal
TAL	-	Terai Arc Landscape
TH	-	Tharu
THM	-	Tharu Historical Museum
TUCL	-	Tribhuvan University Central Library
UNYC	-	United Youth Community
VDC	-	Village Development Committee
WTLCP	-	Western Terai Landscape Complex Project
BN	-	Botanical Name
LN	-	Local Name
NEP.	-	Nepali
NTFP	-	Non Timber Forest Product