

Medicinal Plants in the Mountainous Region of Nepal.

Traditional Treatment and Practitioners

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Fieldwork Region: Nepal

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Key Words: Medical plant, Traditional practitioners, Nepal, Medical, Mountainous area

• Research Background

In Nepal, there are various issues in the medical field, such as exodus of doctors, concentration of doctors in the main city and shortage of doctors in rural areas. In particular, people residing in the mountainous region in Nepal have limited access to public medical institution, which in turn are short of staff and medical equipment.

In addition, the incidence of diseases also changes. In Nepal, people have infectious diseases and injuries; however, the incidence of chronic diseases is also increasing.

• Research Purpose

The aim of this research is to elucidate the work done by traditional practitioners in mountainous regions who use medicinal plants for treatment. This study aims to answer 3 research questions: 1. How often do people in the mountainous areas visit traditional practitioners? 2. Which medicinal plant is effective for which ailment? 3. How do the plants cure patients and alleviate their health problems?

• Field Research and Outcomes

The results of the field research revealed that there are more than 15 medicinal plants effective against various ailments in humans and 2 medicinal plants effective against ailments in animals in Rolpa and Rukum in Nepal. Traditional practitioners, also known as Jaisi in these regions possess knowledge regarding the efficacy and habitat of these medicinal plants and treat patients by using these medicinal plants and chanting mantras.



Photo1 Medicinal Plant
Effective against Fever



Photo2 Medicinal Plant for
Nutritional Enhancement

There are 4 Traditional practitioners in this region. Jaisi acquire knowledge regarding

medicinal plants from their teachers. Bonesetters treat broken bones and dislocations by massage and the use of medicinal plants. Midwives aid women during difficult births. Dhami/Jhankris are shamans, who use plants and spells and are believed to acquire their knowledge from dreams and gods.



Photo3 Jaisi and a Book on medicinal Plants.



Photo4 A Bonesetter

- Implications and Impacts on Future Research

This research has enhanced our knowledge of medicinal plants and has outlined the work of traditional practitioners in mountainous regions. On future research, I pay attention how patient take recognition and act of medical, health and body. In addition, further research is warranted on the use of modern western medicinal in this region. I aim to study plants as well as the work of traditional practitioners in Nepal and South Asia not only from micro and static point of view but also from a dynamic point of view.