PLATES
PL. 2: Showing study area. A. Cane baskets and brooms for sale at Laitlyngkot market. B. A Forest garden at Umsyiem containing Areca nut palms. C. A man plucking Areca nuts at Umsyiem for sale. D. A man plucking betle leaves at Wahkdait for consumption.
PLATE 4: Local medicine men consulted during the research. A. Mr. Bransley Langrin. B. Mr. Orlando Kongwang. C. Mr Phran Nongsiey (with cap) and his helper. D. Mr. S. Lyngdoh. E. Mr. T. Nengnong. F. Mr. Aior Kurbah. G. Mrs. Saian Jala. H. Mr. Olin Kshiar. I. Mr. S. Lyndem.
PL. 5: Informants consulted during the research work. A. Mr. J. Malai. B. Mr. Khain Kharsyntiew. C&D. Patients consulting local medicine men. E. An old lady informant in Laitlyngket. F. The research scholar (L) with Supervisor (R) and informant on one of the field trips. G. School students engaged with filling of Questionnaires
PL.6: Medicinal plants documented from study area. A. *Acorus calamus*  
B. *Begonia roxburghii*  
C. *Belamcanda chinensis* flower  
D. Fruits of *Cassia fistula*  
E. *Cassia alata*  
F. *Crinum amoenum*  
G. *Curcuma aeruginosa*  
H. Habit; I. Inflorescence; J. Rhizome.  
*Curcuma amada* inflorescence.
PL. 8: Medicinal plants documented from study area. A. Dioscorea puber B. Eryngium foetidum C. Eulophia nuda; C. Habit; D. Tubers; E. Flowers. F. Geranium nepalense G. Ixeris gracilis H. Kaempferia galanga I. Mazus pumilus J. Kalanchoe pinnata K. Leucas ciliata L. Osbeckia crinita
PL.12: Medicine men with their patient, showing methods of treatment
PL.13: Storage and processing of the medicinal plants. A. A lady selling roots of *Valeriana jatamansi* in Mawkyrwat market. B. Storage of dried medicinal plant parts. C. Mortars made of stone used for pouncing dried plant parts. D. Herbal plants boiled in large aluminium pots.
PL. 14: A. Pictures related to Dawai Niangshopet. A. Plant pans used for preparation of Dawai Niangshopet. B. Viscum articulatum. C. Viscum articulatum Burm.f. together with root of Smilax ferox Kunth. are boiled with water. D. The cooled solution is poured in clean aluminum pots. E. Picture showing measuring utensils and other items for use. F. A local healer, Mrs. Esther Syiem feeling the stomach of an infant.
PL.18: Marketable edibles documented from study area. A. *Solanum kurzii* grown in home gardens. B. *Viburnum foetidum* fruits sold in Lewduh. C. A busy market seen in one of the villages of the study area.
PL. 20: Sale of local rice and rice products. A-D. Varieties of Khaw Khasi, 
E. & F. Women selling rice in lewduh. G. & H. Women selling rice 
products in local market.
PL. 22: Non marketable edibles documented from study area. 

A. Inflorescence of *Curcuma zedoaria*  
B. Fruits of *Ficus racemosa*  
C. *Gonatanthus pumilus*  
D. *Gynura nepalensis*  
E. Raw and ripe fruits of *Holboellia latifolia*  
F. Fruits of *Pyrus pashia*  
G. *Solanum* sp. grown in home gardens.
PL.23: Non marketable edibles documented from study area. A. Unripe fruits of Solena heterophylla. B. Syzygium cumini fruits. C. Fruits of Toddalia asiatica. D. Women folks collecting wild leafy vegetables.
PL. 26: Woodden Musical Instruments of the Khasis. A. Kdor B. Mr. Rojet Buhphang, a musician, music instructor and instrument maker at Wahkhen village. C. A music student trying out his hands on the Ksing Shynrang. D. Mr. Phlansing Khyriem, a musician and instrument maker. E. Mr. Dhonsing L. Nongbri, a Local medicine man, a musician and Duitara maker. F. Local musicians playing the instruments during the Shad Suk Mymsiem Festival. G, H Virgin ladies and men dance to the beating of drums in the Shad Suk Mymsiem Festival.