Photographs

Photo 1: A typical Hmar house.

2: Traditional hens carrying basket.

3: Investigator in front of jhum field.

4: 85 years old medicine man of Diger Fulertal alongwith investigator, supervisor and Mr. Lalzawmlien Hmar.

5: Hmar lady sales fruits of *Solanum torvum* Sw.

6: Hmar ladies carrying pieces of bamboos in the traditional bamboo baskets.

7: Investigator with Hmar people in front of their house.

8: Medicine man of Kumba village alongwith investigator and supervisor.

9: 79 years old medicine woman sitting inside her own traditional house alongwith investigator.

10: Investigator with a group of Hmar children in the jungle of Naksatilla.

11: Market of Hmarkhawlien village.

12: Hmar lady weaving cloth.
13: Hmar girl showing the medicinal plant of *Abutilon bidentatum* Hochst. Ex Rich.- bark of the plant is useful in ear problem.

14: *Ageratum conyzoides* L.- leaves of the plant is useful in insects bite and itching problem.

15: Medicine man sitting inside his house with *Aglanema hookerianum* Schott.- roots of the plant is useful in malaria.

16: *Aloe barbadensis* Mill.- leaves of the plant is useful in stomach pain, remove black spot, cuts and itching problem.

17: 73 years old medicine man- H. K. Hiema collecting medicinal plant of *Alpinia nigra* (Gaertn.) Burtt.- stem of the plant is eaten as vegetable during stomach troubles.

18: Medicine woman with *Ananas comosus* (L.) Merr.- unripe fruit juice of the plant is taken for regular menstruation and also for abortion.

19: *Apama tomentosa* (Bl.) Engl.- root juice is useful in diarrhoea.

20: Medicine woman with *Aquilaria malaccensis* Lam.- leaf powder is applied over the gum to protect from inflammation.

21: Investigator with *Averrhoa carambola* L.- fruit juice of the plant is useful against liver trouble, eye trouble and jaundice.

22: *Bauhinia acuminata* L.- leaf juice is taken to cure asthma.
23: *Blechnum orientale* Lill.- fronds are used to remove body insects of hens.

24: *Blumea lanceolaria* (Roxb.) Druce- leaf juice of the plant is taken against small worm.

25: Flower of *Butea monosperma* (Lamk.) Taub.- roots of the plant is applied on wounds in the body of animals.

26: *Cajanus cajan* (L.) Huth.- leaves of the plant is useful in jaundice.

27: *Calotropis procera* (Air.) R. Br.- latex of the stem is applied on abscess.

28: Medicine man with *Camellia sinensis* (L.) O. Kuntz. along with investigator- of the plant is applied over the burning place for curing burning sensation.

29: *Canna coccinea* Mill.- roots of the plant is useful in fever.

30: 42 years medicine woman of Poilapool- Mrs. Chawngmoi Hmar identifying the medicinal plant of *Cannabis sativa* L.- leaf juice is given to animals to remove weakness.

31: *Carex wallichina* Spreng.- paste of the root is applied on head to check hair falling.

32: *Cassia alata* L.- leaf juice is applied against itching problem.
33: *Clausena heptaphylla* Wight and Arn.- fruit juice is taken for curing kidney problems and for removing stone from kidney.

34: 68 years old medicine woman with *Cleistanthus collinus* Benth.-fruit juice is useful in stomach disorder.

35: *Clerodendrum glandulosum* Coleb.- leaf juice is taken for high blood pressure.

36: *Clerodendrum viscosum* Vent.- paste of the leaves is applied against cuts and wounds.

37: *Costus speciosus* (Koen. ex Retz.) Sm.- root of the plant is applied against ear problem.

38: 73 years old medicine man with *Croton caudatus* Geiseler.- leaf juice is useful in cancer, piles and sinus.

39: Investigator with *Datura metel* L.- boiled leaves is used as a remedy for asthma and paste of the leaves is applied against rheumatism.

40: *Datura stramonium* L.- leaves are useful in asthma and rheumatism.

41: *Epimeredi indicus* (L.) Rothm.- leaves of the plant is useful in diarrhoea.
42: Medicine woman with *Erythrina arborescens* Roxb.- the garland prepared with the leaves is used or some leaves are kept in hands to protect from evil spirits.

43: *Erythrina stricta* Roxb.- leaf juice is applied in the body of animals for small worm.

44: *Euphorbia ligularia* Roxb.- leaves and stem of the plant is useful in bronchitis and malaria.

45: *Ficus hispida* L.- Tender stem and leaves is used as toothache problem.

46: *Gmelina arborea* Roxb.- seeds of the plant is used as antiseptic.

47: Medicine man with *Hibiscus scandens* Roxb.- leaf juice is useful in wounds.

48: *Hibiscus subdarifa* L.- latex of the stem is used as eye drops.

49: Investigator with *Ixora coccinea* L.- leaves extract is applied on burnt spot.

50: *Jatropha curcas* L.-latex of the stem is useful in toothache and also useful in wounds of animals. Leaf juice is applied on burnt spot.
51: 62 years old medicine woman collecting the medicinal plant of *Justicia gendarussa* Burm.- paste of the leaves is used as antiseptic.

52: *Kalanchoe pinnata* (Lamk.) Pers.- leaf juice is taken for removing stone from kidney.

53: *Lablab purpureus* (L.) Sw.- leaves of the plant is useful in diarrhea and also fever.

54: *Lantana camara* L.- fresh root juice is taken for dysentery and also taken to check excess menstrual discharge.

55: *Leucas plukenetii* (Roth.) Spreng.- leaf juice is applied on head for removing dandruff.

56: *Lindernia ruellioides* (Colsm.) Pennell.- paste of the leaves is applied on cutting place of the nerve to stop bleeding.

57: *Macaranga denticulate* (Bl.) Muell. Arg.- seed powder is used as antiseptic.

58: *Melastoma malabathricum* L.- Whole plant is very useful in diabetes.

59: *Microsorium superficiale* (Bl.) Ching.- Whole plant is used against skin diseases.
60: A Hmar girl- Kim Hmar with *Mikania micrantha* Kunth.- leaf juice is applied as antiseptic and also applied on skin to cure allergy.

61: *Mirabilis jalapa* L.- root juice is taken for kidney problem.

62: A Hmar girl with *Ophiopogon wallichinus* (Kunth.) Hook.f.- prickle of the leaves is used when the boil has suppurated.

63: A Hmar child with *Opuntia dillenii* Haw.- whole plant is useful in insects bite, snake bite.

64: A Hmar boy collecting medicinal plant of *Parika roxburghii* G. Don.- bark and fruits are useful in dysentery and small worm.

65: *Passiflora foetida* L.- leaf juice is taken against high blood pressure.

66: *Pedilanthus tithymaloides* (L.) Poit.- leaves of the plant is useful in dog bite, cat bite.

67: Medicine woman with *Phyllanthus fratemus* Webster.- whole plant is useful in jaundice.

68: *Portulaca grandiflora* Hook.- whole plant is used against burning sensation.

69: Medicine man with *Pronephrium nudatum* (Roxb. ex Griff.) Holtt.- fronds are useful in stomach problems.
70: *Pronephrium triphyllum* (Sw.) Holtt.- paste of the fronds is applied externally as poultice over legs during nerve pain.

71: *Pteris semipinnata* L.- whole plants are kept inside the poultry house to get rid of insects.

72: *Punica granatum* L.- juice extract from twigs is useful in gastric problem.

73: *Saraca asoca* (Roxb.) De. Willde.- bark juice is taken against high blood pressure.

74: Medicine man with *Saurauia roxburghii* Wall.- paste of the stem is applied on abscess.

75: *Schumannianthus dichotomus* (Roxb.) Gagnep.- stem is used against earache.

76: *Scoparia dulcis* L.- whole plant is useful in diabetes.

77: *Sesamum indicum* L.- seeds are used against hair falling.

78: *Solanum anguivi* Lamk.- Powder of the fruits is useful in toothache.

79: *Solanum torvum* Sw.- fruit juice is applied on abscess.

80: *Spilanthes paniculata* Wall. ex DC.- leaf juice is taken against small worm.
81: Seeds of *Tamarindus indica* L.- seed of the plant is applied against snake bite, dog bite and bark juice given to cattle for stomach problem.

82: *Telantnera ficoidea* Moq.- leaf juice is used as antiseptic.

83: *Thunbergia grandiflora* (Roxb. ex Rottl.) Roxb.- latex of the stem is applied on eyes for conjunctivitis.

84: *Zea mays* L.- juice of the seeds is taken to inactivate poison and whole plant is also useful in piles and dysentery.