

Nutritional Assessment of Some Important Medicinal Plants Used by Nyishi Tribes of Arunachal Pradesh

Ashish Kumar Tripathi^{1*}, Limasenla², Rama Shankar³ and Devesh Tewari⁴

1,4 Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Government of India, New Delhi, India.

2 Department of Botany, Nagaland University, Lumami, Nagaland, India.

3 Regional Research Institute of Ayurveda, Jhansi, Uttar Pradesh, India.

Received : 25 September 2017

Abstract

In Arunachal Pradesh, major tribal populations are dependent on natural resources for their daily needs. Most of the tribal populations have their own rich traditional wealth in general and medicinal plant wealth in particular — which is used in numerous ailments. Due to the scarcity of supply, and also lack of knowledge about the nutraceutical supplements, most of the tribal population are dependent on the plant-reservoir as their dietary supplements. In continuation of the study on ethnobotanical plant used by Nyishi tribes, in this paper we present the nutritional analysis of seven important medicinal plants used by Nyishi tribes of Arunachal Pradesh. Experimental finding reveal that out of 7 medicinal plant species *viz.*, *Curcuma caesia* Roxb. Rhizome (38.8% in 100mg of extract), *Bixa orellana* L. seed (16.7% in 100mg of extract) and *Mesua ferrea* L. stem bark (13.9% in 100mg of extract) have high percentage of carbohydrate, *Curcuma caesia* Roxb. Rhizome (2.62%) and *Acmella paniculata* (Wall. ex DC.) R.K.Jansen leaf (2.53%) have low percentage of protein and *Acmella paniculata* (Wall. ex DC.) R.K.Jansen flower (11.4%) and *Mesua ferrea* L. flower (10.35) have high percentage of crude fibre. The present study revealed that the investigated medicinal plant species exhibited potent nutritional values and may be further used for the preparation of nutraceutical supplements after sufficient evaluation.

Key words: Folk medicine, Nyishi tribe, Medicinal plants, nutraceutical supplements, Arunachal Pradesh.