

Ethno Medicine of Manipur for Maintaining Hair and Scalp Health

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Abstract: The ancestors of Manipur used many natural products for many diseases from the well documented puyamaibaron. The therapy systems were practiced by the medicine man known as the maibas. The ethno medicine systems have also therapies for maintaining and improving the health of hair and scalp. There were many books regarding the traditional methods of dealing with many diseases. The practices and natural cures of our traditional medicinal system have therapies of hair and scalp health's and problem. As traditional medicine systems have been good leads for drug discovery our hair and skin care medicines can be utilized for the same.

Keywords: Medicinal plants, Meitei Community, Manipur, Ethno medicine, hair and skin.

I. INTRODUCTION

Manipur is a small state residing at the north-eastern region of India. It is mostly hilly region and hence it is also well known for its rich flora and fauna. Many people was found to face aesthetic as well as infection, hair greying, hair falling, hair dryness, scalp infections, dandruffs etc. synthetic shampoos and ointment therapy have side effects, from this view we came across the importance of hair and scalp health management with herbal medicine already used traditionally. And this study was taken up for studying more of this problems and curable and preventive measures of such problems with herbal remedy. At early days, where such scientific study was a little bit poor, our ancestors has Maiba and Maibi practices dealing with the diseases facing by the people of Manipur. Their practices includes many valuable and reasonable measures which are results after many hit and trial on humans against such problems which have strong evidences in medicinal point of view for many years. The medicine system has therapy for as antibiotics, analgesics, antipyretics etc. And the people of Manipur are using these therapies at great extent till now. Even though the scientific methods are surging at high rate at remote areas these therapies are taken up. Hidaklon or maibaron is practiced with other ethno medicine because of non-availability of modern medicine. Hair and scalp care is important in aesthetic sense and for good health. We studied more about hair and scalp therapies and found out some preventive and curable measures of such problems. With the study the authors would be investigating the potent medicinal plants for the remedy of these types of problems in the Manipur ethno medicine system¹⁻³. In Manipur there are other tribal groups other than Meitei community namely Tangkhul-Naga, Muslim Pangan, Maring⁴⁻⁶ etc. They have their own beliefs and practices in the ethno medicine. As the aspect of time their practices have been developed at high rate even though they don't have documented results. The authors believe that they might be having some other therapies of hair and scalp health in their ethno medicine further studied which needs to be studied and documented. It might be of great contribution if their practices are for the discovery of drugs.

II. METHODOLOGY

In this study, we consulted with the experts, those who have practiced the methods described under and studied the books which is preserved and used for passing down the knowledge. Photographs of the methods and materials have been taken. We have visited some of the remote areas where still now the traditional methods are using apart from synthetic and artificial methods and collected the data for further convenience in our study. Efforts have been made to find out the scientific names of the included medicinal plants. The data will be used by the authors for further study of the chemical compositions of the medicinal herbs involved in the formulations.

PREVENTIVE AND CURABLE MEASURES:

A. Scalp infection Medicine:

1. The liquid part obtained from crushing kokal (*Alangiumchinese*) with samulambel (kinds of oil extract from animals) with water are mixed together and applied on the infected area.

2. Boiledamla (*Phyllanthusembica*) and liquid of tobacco leaves extract are mixed together and applied on the infected area^{2,7}.

This will help in improving and curing of infected scalp injury.

B. Alopecia Medicines:

1. 7 leaves of Pungdinbi (*Argyreia nervosa*), 7 leaves of Heijang (*Citrus medica L.*) 7 leaves of Malti (*Combretum indicum*), all of these 3 types of leaves are crushed together and are mixed with Samulambel (kinds of oil extract from animals) and is applied to the infected area until it is cured.

2. Some salts are put in the liquid obtained from crushing the leaves of Bokul (*Mimusopselengilinn.*) and apply it on the infected area.

3. Some of maroinakuppi (*Allium odorum*) are put in the liquid obtained from crushing the ok-hidak (*Acoruscalamus*) and apply it on the infected area.

4. By applying some powder of elephant teeth with thaoahingba (Sesame oil) (*Sesamum indicum*) on the infected area^{2,7}.

C. Sam phanba (dry and unmanageable hair) Medicines:

1. By putting the crushed roots of pipal tree (*Ficus religiosa*) and fresh root of Hulhaba (in the process of identification) in chenghi and apply it on the hair and scalp.

2. The juice of turmeric (*Curcuma longa L.*) with some mustard (*Brassica nigra*) oil can also applied on the hair^{2,7}.

D. Lightening of skin color Medicines

Bathing with the mixture of chakhao (*Oryza sativa L.*) chenghi, Phoukak (japonica rice) chenghi, chenghi from 7 houses and extract obtained from heibung (*Garcinia xanthochymus*) will help in lightening up the skin colour.

E. Power of healing and regeneration of skin (sayonchingkhatnaba) :

To bring up new cells from infected skin and abscess part-

We need to boil thoidingahingba (*Arisomalesindica*) and then put some cotton in the liquid to absorb the oil exerted by thoiding (*Arisomalesindica*) and applied to the infected areas^{2,7}.

F. Chenghi: It is one of the oldest traditional method which are used by our ancestors where shampoos were not introduced in Manipur^{2,7}.

Preparation: the liquid which was obtained after washing the rice with water was collected and kept it for overnight. On addition to that some of the plant ingredients are added for better condition of hair and scalp and good aroma. They are –

1. Sangbrei (*Pogostemon purpuracenes*) leaves
2. Khongjainapi (*Ageratum conyzoids*)
3. Fresh new leaves of balab lei (Red bottle brush) (*Callistemon sp.*)
4. Laibakngou (*Artemisia nilagirica*)
5. Charot (*Cymbopogonnardus*)
6. Kege (*Ricinus communis*) leaves
7. Lalukok (*Adenostem lavenia*)
8. Yenjlil (*Oxalis debilis*)
9. Heibi (*Vangueria spinosa*) leaves

All of them are put together in the rice water in a mud pot and it is boiled thoroughly and the white particles are allowed to settle down. The upper part of the liquid is decanted or filtered. The clear liquid (chenghi) is used for washing the scalp and hair.

Uses:

1. It helps in cooling the head due to presence of menthol property of the ingredients.
2. It reduces hair fall.
3. Hair greying is prevented.
4. Hair is well-conditioned.

G. Yairong (abscess) :

The impure and blood clot located inside the body when our body collide to some hard objects or by beaten up usually cause yairong (abscess)^{2,7}.

Medicines:

1. At the beginning stage of yairong (abscess) if we apply the mixture of sagolhidak (*Datura suaveolens willd.*), lempu (Manipuri local black arum), and some salt then it will suppress the yairong (abscess).
2. By crushing roots of radish (*Raphanus sativus L.*), thoidingamuba (*Sesamum indicum*), seeds of mustard (*Brassica nigra*) together and apply it on the yairong (abscess) then it will help in shortening the time of full development of the yairong (abscess).
3. By putting chabon (liquid obtained from half boil rice) and white sugar on a piece of cloth and then it can apply to the yairong (abscess) to reduce the duration of full development of it.
4. If we mix the harden milk curd with some salt and apply it on the yairong (abscess) then we will obtained the full development of yairong in just one day.
5. By warming the mixture of milk curd and moida (wheat flour) and apply it on the yairong (abscess) then it will ripe in just one day.
6. Rubbing the teeth of elephant or cow with some water on the peak of yairong (abscess) for 2 or 3 days then it will rupture fast.
7. By crushing thangauri (*Stephania japonica*) and applying it on the yairong (abscess) will help in easy emission of pus^{2,7}.

H. Fire burnt:

1. It can be cured by applying freshly obtained milk curd with ghee (dalda) on the burnt part.
2. Making a paste of decanted lime water with thoidingthao (oil of *Arisomales indica*) and applying on the burnt part^{2,7}

III. RESULT

Sangbrei (*Pogostemonpurpuracenes*), Khongjainapi (*Ageratum conyzoids*), Balab lei (Red bottle brush) (*Callistemon sp.*), Laibakngou (*Artemisia nilagirica*), Charot (*Cymbopogon nardus*), Kege (*Ricinus communis*), Lalukok (*Adenostemlavenia*), Yenjl (*Oxalis debilis*), Heibi (*Vangueria spinosa*), kokal (*Alangium chinese*), Amla (*Phyllanthus embica*), Pungdinbi (*Argyreia nervosa*), Malti (*Combretum indicum*), Heijang (*Citrus medica L.*), Bokul (*Mimusops elengi linn.*), Maroinakuppi (*Allium odorum*), Okhidak (*Acorus calamus linn.*), Pipal tree (*Ficus religiosa*), Turmeric (*Curcuma longa*), Mustard (*Brassica nigra*), Chakhao (*Oryza sativa L.*), Heibung (*Garcinia xanthochymus*), thoiding (*Arisomales indica*), Sagolhidak (*Datura suaveolens*), Radish (*Raphanus sativus L.*), thangauri (*Stephania japonica*) thoidingamuba (*Sesamum indicum*) are used for the herbal therapy of skin and hair in the Manipuri Maibaron. The plants can be investigated further for their healing activities and antimicrobial activities. The bioactives can be separated and studied for new potential drug with fewer side effects.

IV. CONCLUSION

From the above given data the idea of uses of ethno medicine and traditional methods for hair and skin care are seen clearly. Apart from synthetic drugs which have side effects it is better to use such traditional methods which are practice from ethno medicine of Manipur. Furthermore, we would like to extend the knowledge of the herbal cure with lesser side effects for treatment of the mentioned diseases and maintenance of hair and scalp in places other than Manipuri, the therapies in the Hidaklon or Maibaron formulations. As mentioned as all traditional medicines are good leads for drug discovery the authors will carry out investigations on the active components of the plants for bioactives.

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