DOCUMENTATION AND ASSESSMENT OF WILD MEDICINAL

AND EDIBLE FLOWERS OF VALLEY DISTRICTS OF MANIPUR

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ABSTRACT

Manipur has a very rich floral diversity and has been considered as one of the hotspots of global significance. The state falls under the Indo-Myanmar centre of biodiversity ranging from tropical to sub-tropical and temperate deciduous forests. More than 60% of the geographical area is covered under forests and almost all the ethnic groups have been directly or indirectly depending upon natural resources for food. The present investigation recorded 45 different species of wild plants belonging to 27 families and 40 genera from the state where flowers are consumed either as vegetables or used for medicinal purposes. The people also have a tradition of conserving flowers and edible plants in nature based on various religious beliefs and herbal healthcare. The present study reveals the importance of different plant species with special attention in order to maintain and improve this important source of food supply. There are still ample numbers of available wild medicinal and edible plants in this region which could be refocused in near future.

KEYWORDS: Edible Flowers, Biodiversity, Medicinal, Traditional, Manipur