of the test. Samanta³ opined that the lateral cavities in *N. vredenburgi* contain septal filaments. This consideration is emended here because the present study shows that the linear elements occurring within the lateral cavities are narrow ridges formed due to the localized swelling of the spiral laminae. These ridges have solid wall and may have offered support to the extremely thin bundles of spiral laminae around the lateral cavities.

Development of passageways for protoplasm movement in the lateral parts may not be solely restricted to N. vredenburgi. Comparable cavities featured in at least three different Nummulites taxa from India are as follows: (i) the illustration showing numerous coarse radial cavities within the thick spiral laminae of N. maculatus Nuttall (see Samanta¹⁹ pl. 2, figure 2), (ii) illustrations showing coarse orifices on the test surface of N. obtusus (Sowerby) (see Saraswati *et al.*⁵ pl. V, figures 5 and 7) and Sengupta *et al.*²⁰ (figures 3 D–F) and (iii) the illustration showing tubular cavities in the pillars and spiral laminae of N. boninensis Hanzawa (see Mukhopadhyay²¹ pl. II, figure 11). Morphological details of the hitherto ignored cavities in the aforementioned taxa deserve further attention and new probe may be initiated involving other Nummulites taxa for assessing the actual extent of cavity development in the lateral part. The outcome of such studies can form the basis for functional analysis of superficially resembling passageways in Nummulites

and the lateral canals in *Ranikothalia* Caudri, *Miscellanea* Pfender and *Pella-tispira* Boussac^{22,23}.

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Conservation of medicinally important plants by the indigenous people of Manipur (*Meiteis*) by incorporating them with religion and nature worship

Conservation of natural resources has been an integral part of several indigenous communities in different parts of the world. Nature worship has been a key force in determining human attitudes towards conservation and sustainable utilization of biodiversity. Many traditional conservation practices are being followed by indigenous people around the world protecting trees, herbs, shrubs and small forest patches by dedicating them to the local deity or incorporating them with religious or associating them with evil spirits. These practices have immen-

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sely contributed to the conservation and protection of biodiversity. Various communities in India follow nature-worship based on the principle that all creations of nature have to be protected. They also follow a close ritualistic association with many plants and trees and grow them around the house. The sacred plants are commonly grown in homestead garden in clean surroundings. These plants are sacred to various communities and groups depending upon mythological beliefs. One of the reasons for their sacredness may be due to believed association with some deity. For example, Bael tree (*Aegle marmelos*) with Lord Shiva, and Tulsi (*Ocimum sanctum*) with Lord Krishna. Trees sheltering certain objects of worship like a deity or a weapon (e.g. trident) have traditionally been considered sacred by many communities. Some plants are believed to have originated from body parts of Gods and therefore have sanctity – the flame of the forest (*Butea monosperma*) is believed to have originated from the body of Lord Brahma; the Rudraksha tree (*Elaeocarpus ganitrus*) from the tears of Lord

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Figure 1*a–f. a*, *Ficus religiosa*; *b*, *Mangifera indica*; *c*, *Nelumbo nucifera* (white); *d*, *Nelumbo nucifera* (red); *e*, *Ocimum sanctum*; *f*, *Nymphaea nouchali*.

Figure 2*a–f. a*, Toona ciliata; *b*, Butea monosperma; *c*, Phlogacanthus thyrsifloris; *d*, Zanthoxylum acanthopodium; *e*, Aegle marmelos; *f*, Syzygium jambos.

Shiva. Some plants became sacred because of what is believed to have occurred in their proximity; for example, the peepal tree (Ficus religiosa), under which Gautama Buddha is believed to have attained enlightenment. Plants which have socio-economic significance or a major role in the local ecology are also considered sacred. For example, the veneration for Khejri tree (Prosopis spicigera) by the Bishnois of Rajasthan is related to the crucial role the tree plays in the desert ecology. It provides the community with food, fodder and building material¹. Here we present trees, plants and groves protected by Meiteis, the indigenous people of Manipur.

The state of Manipur is situated in the extreme north-eastern corner of India. It lies between 23°80'N and 25°68'N and 93°03'E and 94°78'E. The state has international boundary with Myanmar in the east and national boundary with Nagaland, Mizoram and Assam. The total geographical area is 22,327 sq. km and it lies 790 m above sea level. It is predominantly a mountainous state with a central bowl-shaped valley covered by the deposits of alluvial soil. The state can be divided into two major regions

namely the central valley with an area of 2230 sq. km (10.02%) and surrounding mountains covering an area of 20,089 sq. km. According to the census of India 2011, the population of Manipur is about 2.722 million. The state has 29 scheduled tribes, 7 scheduled castes, Meitei Pangals (Manipuri Muslims) and Meiteis. Majority of Meiteis are Hindu by faith, although a large proportion of Meiteis follow a synthesized form Pre-Hindu and Hindu religion. A good section of them carry pre-Hindu beliefs. Most of the tribal people of Manipur who inhabit the hilly districts follow Christianity.

Manipur, by virtue of its physical characters, is graced with rich floral and faunal resources. There are different types of forests ranging from tropical to sub-alpine types. Manipur belongs to the region which is located at the confluence of two tectonic plates (the Burmese and Indian) and is a composed trans-Himalayan Geological formations that originated from the sea of Tethys of Precambrian period (about one billion years old). The region has been the Vavilovian centre of origin of a variety of angiospermic plants. The soils of the state are of two major types, residual and transported, which cover the hill areas and the central valley respectively². The climate of the area is monsoonic with warm moist summers and cool dry winters. Mean annual rainfall is ca. 1400 mm, most of which is received between May and September. Except in winter, when the temperature occasionally drops to 0° C, the climate is conducive for luxuriant growth of plants.

Plants under the present study were identified adopting 'spot identification' method through herbarium preparations and consulting of books. Medicinal properties including ethno medicinal values of the plants were ascertained³⁻⁷. A cross section of the local people were interviewed in person using questionnaires. Traditional institutions such as village headmen, Maiba and Maibi (priests and priestesses or local medicine respectively), and local people, educated persons, etc. were consulted for identifying sacred plants used in rituals and religious practices and also their local medicinal uses. Data on these plants were collected through informal and formal interviews as well as observing the items included in traditional rituals performed.

Dotaniaal name	I and nome	Table 1. Sacred/taboo plants o	of Meitei community, their bioactive conten	ts and traditional medicinal uses	Dicontina contant
		NILUALISULU USCS	INTERPRETATION INCOMENTES	LUCAI HAUHUUHAI USCS	
Aegle marmelos	Harikhagok	Used in Shiv puja	Diarrhoea, stomach problem, laxative, etc.	Laxative	Furocoumarines – marmelosin, tannins
Artocarpus heterophyllus	Theibong	Used in rituals	Antidiabetic, stomach ulcer, constipa- tion, antioxidant, inflammation, nerv- ous system, laxative, diuretic, snake bite etc.	Stomach ulcer, constipation	Trypsin inhibitor, thiamine, niacin,
Butea monosperma	Kurao angouba	Used in rituals. Barks which are taken on Saturday are used in making talisman by local priest (maiba and maibis) for protection against ghost and evil spirit	Diarrhoea, dysentery, ringworms, for killing maggots in wounds - sores, leucorrhoea, diabetes, etc.	Anti-inflammatory, antimicro- bial, anthelmintic, antidiabetic, diuretic, analgesic, antitumor and astringent, diuretic and antiovulator, tonic, nutritive, night blindness	Alkaloid: monospermin; Kimo-tannic acid and gallic acid; pyrocatachin; glucoside;
Calotropis giganteae	Angot	Used in rituals	Aphrodisiac, piles, aches, skin, dropsy, anthelmintic, tooth-gum ache, paralysis, anesthesia, toxic asthma, elephantiasis, syphilis	Tooth-gum ache	Alkaloid: Akundarin, calotropin; œ-amyrin, β-amyrin, taraxasterol, β-sitosterol and ψ-taraxasterol
Cynodon dactylon	Tingthou	Used in rituals	Vomiting, catarrhal, cuts and wounds, dropsy, diarrhoea, dysentery, vesical calculus, secondary, syphilis, piles, urinary problems, antidiabetic, anti-inflammatory, etc.	Stomach ache, eye ache	Sitosterol, <i>β</i> -carotene, vitamin C, palmitic acid, triterpenoids, arun- doin, friedelin, selenium, alkaloids – ergonovine and ergonovinine, ferulic, syringic, <i>p</i> -coumaric, vanilic, <i>p</i> -hydroxybenzoic and <i>o</i> -hyroxyphenyl acetic acids, cyanogenic hyperoside, cyanogenic glucoside
Dactyloctenium aegyptium	Pungphai	Used in rituals	Astringent, bitter tonic, polyurea anthelmintic, wounds and ulcers	Fever	Oxalic acid, oxalates, glutamic and aspartic acids, cystine and tyrosine, cyanogenic glycosides, saponins and carbohydrates
Eupatorium birmanicum	Langthrei	Used in rituals	Burning sensation, leucorrhoca, stomach ulcers, antibacterial, etc.	Reduce burning sensation of stomach from eating chilli	Coumarin, <i>P</i> -sitosterol, <i>P</i> -sitosterol-D-glucoside, <i>o</i> -coumaric acid, cerebroside 1, ceramide 2, and quercetin-3- <i>o</i> -rutinoside 3
Ficus religiosa	Sanakhongang	A scared tree and associated with Gautam Buddha. The <i>Meitei</i> community believes that the souls of the forefathers reside in the top of the tree and the cutting down of it is considered as a taboo.	Antibacterial, antiprotozoal, antiviral, astringent, antidiarrhoeal, in the treatment of gonorrhoea, ulcers, and the leaves used for skin diseases, laxative, tonic, asthma, anti-inflammatory	Bark decoction used for diarrhoea and diabetes	Phenols, tannins, steroids, alkaloids and flavonoids, β -sitosteryl-D-glucoside, methyl oleanolate, lanosterol, stigmasterol, lupen-3-one; β -sitosteryl-D- glucoside; isoleucine, and phenyla- lanine; phytosterolin, β -sitosterol, albuminoids, matter, caoutchoue; flavonols – kaempeferol, quercetin, and myricetin
					(Contd)

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Table 1. (Contd)					
Botanical name	Local name	Ritualistic uses	Medicinal uses/properties	Local traditional uses	Bioactive content
Mangifera indica	Heinou	Used in rituals. Leaves are used in marriage ceremony and leaves garland are used in the door of the foundation ceremony of newly constructed house.	Antidiabetic, anti-oxidant, anti-viral, cardiotonic, hypotensive, anti-inflammatory properties, dentri- frice, antiseptic, astringent, diapho- retic, stomachic, vermifuge, tonic, laxative and diuretic and to treat diarrhoea, dysentery, anaemia, asthma, bronchitis, cough, hypertension, insomnia, rheumatism, toothache, leucorrhoea, haemorrhage and piles. Diabetes, tonic, gastric disorders, constipation	Laxative, gastric problems; bark decoction used for diarrhoea and diabetes	Polyphenolics, flavonoids, triterpenoids. Mangiferin, a xanthone glycoside, is major bio-active constituent, isomangiferin, tannins and gallic acid derivatives. protocatechic acid, catechin, mangiferin, alanine, glycine, p -aminobutyric acid, kinic acid, shikimic acid and the tetracyclic triterpenoids cycloart-24 en- $3\beta_2$ 26diol, 3-ketodammar-24 (<i>E</i>)-en- $20S_2$ Co-diol, C-24 epimers of cycloart-25 en $3\beta_2$ 4.27-triol and
Nelumbo nucifera	Thambal	Related with gods – Vishnu and Lakshmi. Considered as sacred holy plant. <i>Meitei</i> community believes that any unhygienic practices on this plant lead to scab disease	Diuretic, dizziness, stomachic	Diuretic, dizziness, stomachic	(E)-3-hydroxymegastigm-7-eno. (E)-3-hydroxymegastigm-7-eno. (3S,SR,6S,7E)-megastigma-7-eno. 3,5,6,9-tetrol, dendranthemoside B, icariside B2, sedumoside F1, luteolin, quercetin 3- <i>O</i> -β-D- glucuronide, quercetin 3- <i>O</i> -β-D- glucoside, isorhamnetin 3- <i>O</i> - rutinoside, alphitolic acid, maslinic acid, and <i>N</i> -methylasimilobine; Norescuniternenoids and tritemenes
Nymphaea nouchali Nymphaea stellata	Esing tharo	Used in ritual	The powdered rhizome is given in dyspepsia, diarrhoea and piles. Rhizome and stem are considered emollient and diuretic.	The blooms are in great demand for religious festivals and offering to the gods.	Glucosides, nupharine and nymphaeine, flavone glucoside, myricitrin, tannic acid, phytosterin, steroids and flavonoids; cardiac olvooside-avomhalin
Ocimum sanctum	Tulsi	Incarnation of Brinda. Water mixed with its leaves is used to spray over the body after the funeral death ceremony to remove evil from the body. Every household of <i>Meitei</i> community has one plant in the courtyard to worship the god in the morning and in the evening.	Epectorant, menstrual disorder, cough and fever, antimicrobial, bronchitis, bronchial asthma, malaria, diarrhoea, dysentery, skin diseases, arthritis, painful eye diseases, chronic fever, insect bite, etc.	Expectorant, cough, antimicrobial, antiseptic	Eryconterny implant acid, palmitric acid, stearic acid, essential oil-aromadendrene oxide, benzaldehyde, borneol, bornyl acetate, camphor, caryophyllene oxide, cis-terpineol, cubenol, cardinene, D-limonene, eucalyptol, eugenol, heptanol, humulene, limonene, <i>n</i> -butylbenzoate, ocimene, oleic acid, sabinene, selinene, phytol, veridifloro, methyl chavicol, linalool. Aesculectin, acsculin, apgenin, etc.
					(Contd)

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Table 1. (Contd)					
Botanical name	Local name	Ritualistic uses	Medicinal uses/properties	Local traditional uses	Bioactive content
Oroxylum indicum	Shamba	Associated with Meitei legend	Diarrhoea, fever, immunostimulant antiinflammatory, antiarthritic anticancer, hepatoprotective, antioxidant, photocytotoxic, antiproliferative, antimicrobial, antimutagenic, antiulcer	Treating cancer, scabies, mouth ulcer, gastric problems	Baicalein-7-O-diglucoside (Oroxylin B), baicalein-7-O-glucoside, chry- sin, apegenin, prunetin, sitosterol, oroxindin, biochanin-A, ellagic acid, baicalein and its 6- and 7-glucuronides, scutellarein, tetuin, ortroorinona and aloa anodin
Plectranthus ternifolius	Khoiju	Repels evil spirits. Every household of <i>Meitei</i> commu- nity smoked the households and surrounding area during <i>'Lamta thangja'</i> every Saturdav of May	Antiseptic, stimulant and for treating skin diseases	Antifungicide, disinfectant	antraquitoric and aroc-emount. Diterpenoids, monoterpenes, sesquiterpenes
Phlogacanthus thyrsi- floris	Nongmang-kha	Medicinal uses	Coughs, colds, asthma, antidote to pox, prevents skin diseases like sore, scabies, jaundice, etc.	Cold and cough	Diterpenoid and terpenoids, β -sitosterol, lupeol and betulin; diterpene glucoside, phlozanthoside
Syzygium jambos	Gulapjat	believed to be the incarnation of deity, Soraren	Tonic for the brain and liver and as a diurctic, fever, diarrhoea, dysentery and catarth, anesthetic, antihypergly- cemic agents, diurctic, an expectorant in the treatment of rheumatism; to treat sore eyes; and as a febrifuge, asthma, bronchtits, evilensy, etc.	Antipyretic and anti-inflammatory	Tannins, saponins, alkaloid, jambosine, tannins, oleoresin, Ocimene, <i>a</i> -pinene, camphene, cadinene, borneol and <i>a</i> -terpineol
Terminalia arjuna	Mayokpha	Believed to be the incarnation of <i>Ebudhou Pakhangba</i> , a deity of the <i>Meite</i> community	Anti-oxidant, heart disease, asthma, dysentery, etc.	Bark is used in treating diabetes	Tannins, arjunglucosides, phytosterols
Toona ciliata	Tairen	Used in rituals and to repelevil from the household by local veds – <i>Maiba</i> and <i>Maibis.</i> Leaves are used to cleanse the house after the birth of new child	Emmenagogue, menstrual disorders, astringent, tonic, expectorant, anthelmintic, approdisiac, antiperodic, chronic, dysentery, ulcer, leprosy, cures fever, headache, blood complaints, cardiotonic	Chronic dysentery, ulcer, leprosy, fever, headache, expectorant.	Cedrelone, sesquiterpene, cycloartene stigmasterol, campesterol, apotirucallene, tirucallene, catechin, proanthocynidin, leucoanthocya- nidin, toonacilin, teonacilid, geranyl geraniol, & cadinene, calamenene, α-calacorene, siderin, deoxycedrelone, Cedrelone, 5-methylcoumarins, limonoids,
Zanthozyłum acanthopodium	Mukthrubi	Medicinal uses	Digestive, antipyretic, expectorant, dyspepsis, bronchitis	Expectorant, mouth ulcer	Terpenoid; <i>B</i> -linalool, bergamot mint oil, <i>œ</i> -limonene diepoxide, <i>œ</i> -pinene, <i>B</i> -Myrcene and D-limonene

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Meiteis have a tradition of growing ritualistic plants around their houses or preserve them in sacred groves. They protect them based on indigenous cultural and religious beliefs and taboos. The people in the community are advised and taught right from childhood that deities or evil spirit reside on these plants/trees and they should not be cut. Urination, disposal of garbage and dirty items are not permitted in the vicinity of these plants, as it is believed that it will anger the deity or brings bad omen to the family or to the person. These plants are exclusively used in rituals and worship and are strictly guarded. Plucking of flowers, fruits and cutting of plant parts are strictly prohibited, especially on certain days of the week and during night time. There is a strong bond between the people and the sacred plants and they are sometimes regarded as a local deity.

A study of these sacred plants revealed that these plants have one or more great healing powers and the local people use it for many medicinal purposes time and again. Most of the sacred plants have many important medicinal properties and uses; and the people are using it for curing many day-to-day ailments⁸⁻²⁴. Phlogacanthus thyrsifloris is used for treating cold and cough. The leaf decoction is taken orally and used for bathing in times of ailment. Even the leaves are kept under pillow and blanket for quick recovery from cold and cough. Leaves of Eupatorium birmanicum are chewed to reduce the effect of burning sensation of chilli in the mouth and bowel. Table 1 lists sacred plants along with their medicinal properties, traditional uses and chemical constituents. The sacred plants are either mentioned in religious books or are related with religious incidence in the past because of which they are sacred to these people. It may be hypothesized that, in the past these sacred plants might have been incorporated with some social taboos by the ancestors to conserve them from destruction or over exploitation. Ancestors might have thought that these instant sources of medicines with healing powers need to be conserved for posterity so that they are always available to the community whenever needed. They are mostly grown around the houses so that they are easily available in times of need. Restrictions and taboos associated

with these plants are justified on the ground that most of the medicinal plants are either consumed directly or as decoction. Practice of plucking or cutting only on specific days and prohibition of cutting during night times may be a form of conservation of these plants from over exploitation and destruction. Local people also follow ancestral worship and animism in the form of deity worship, with the central focus on worship in forest patches. These beliefs and taboos associated with the Sylvan deities (Umanglais) in the forest patches do not permit any sort of disturbance to flora and fauna. Such social taboos help conserve the organism as a whole in the sacred groves²⁵

The traditional beliefs and taboos associated with sacred plants contribute to some extent to conservation of biodiversity from the ever increasing urbanization. The local people try to conserve these plants with their traditional beliefs. Due to such beliefs and taboos, many of the medicinally important plants are preserved and are seen grown in the vicinity of houses escaping the force of urbanization. Even at this time of modern medicine, these medicinal plants are popular amongst local people as herbal medicine. Documentation of these sacred plants along with traditional medicinal uses is needed for posterity, conservation and sustainability.

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