

Ethno Medicinal uses of Plant Resources among Traditional Bone Setters of East Sikkim, India for the Treatment of Various Bone Related Problems

Suman Kumar Sharma, B.C. Basistha and Rajdeep Gurung

Sikkim State Council of Science and Technology, Vigyan Bhawan, Deorali - 737102

Abstract—*Traditional Bone Setters (TBS) play an important role in the treatment of various bone related problems in Sikkim. The present investigation was conducted to identify traditional bone setters and different resources (mostly plants) used by them, along with mode of treatment, mode of preparation of drugs and also to observe the trends of bone settings among the traditional bone setters of different communities. Since traditional bone setting is still considered to be one of the most consulted upon category of traditional healing in the region the carried out investigation will give a brief account of Traditional Bone Setting of the study area. Survey was conducted in 131 villages of East District of Sikkim which is the most densely inhabited district of this Indian state. The primary data was collected in consultation with the traditional bone setters and using Participatory Rural Appraisal Tools to understand the community's perception and Semi structured interviews to validate the efficacy and reliability of community towards this traditional way of treating bone related problems. The present study records the use the Thirty Nine (39) species belonging to Thirty Nine (39) Genera and Thirty Four (34) Families by the traditional bonesetters of the study area for the treatment of bone fractures, bone dislocations, broken bones and other minor bone related cases. Although majority of the TBS were using the same resources, the method of preparation, beliefs about collecting resources and their perception about bone setting varied among the traditional bonesetters. Total of 41 Traditional bonesetters, commonly referred to as Baidyas, Bongthings, Baedangs, Amchis, etc were consulted during the study.*

Keywords: *East Sikkim, Baidyas, Bongthings, Baedang, Traditional Bone Setters, Medicinal Plants.*
