

## The Indigenous Perspectives on the Greater Known Verbanaceae Vegetable

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### Introduction

Asia's tropical and subtropical regions, including India, Myanmar, Bangladesh, Malaysia, Indonesia, Thailand, Bhutan, and Nepal, as well as temperate China, are home to the East Indian Glory (Wu *et al.*, 1994). Phuihnam' (Mizo) is a threatened species in India that is only found in the region in the North-East of the country, which includes West Bengal (ENVIS). *Clerodendrum colebrookianum*, commonly known as East Indian glory bower, is a perennial shrub that tolerates drought and is a member of the Lamiaceae family, though it is frequently grouped with the Verbenaceae. It is one of the 400 species of *Clerodendrum* that is most well recognised since it is frequently used in traditional medicine for ailments like diabetes, hypertension, coughing, and rheumatism.

### Description

*C. colebrookianum* is a flowering shrub or small tree, characterized by a foetid smell. It is erect reaches up to 1.5-3 m in height and is evergreen. Branchlets are usually 4-angled when young. Leaves are simple, opposite or rarely whorled. Leaf base is wedge-shaped to heart-shaped, margin entire to slightly wavy, tip long-pointed.

		
<p><b>Fig.:</b> East Indain glory plant</p>	<p><b>Fig.:</b> Flower and fruits</p>	<p><b>Fig.:</b> Ripened fruits</p>

### **Chemical constituent**

Major phytochemicals in the leaves of *C. colebrookianum* are steroids, phenolics, terpenoids, flavonoids, tannin, glycosides and reducing sugars (Adeneye *et al.*, 2008). A novel compounds such as such as colebroside A are identified by Wu *et al.* (1994), which is a diglucoside of fatty acid ester of glycerin (Yang *et al.*, 2000a) and colebrin A-E (1-5) (Yang *et al.*, 2000b)

### **Propagation:**

For mass multiplication, invitro propagation (Mao *et al.*, 1995) and semi-hardwood cutting are used to propagate.

### **Intercultural and Pruning:**

The chemical concentrations on leaves are elevated during the rainy season, that give strong foetid smell; hence, are not consumed in this season. The tall shrubs for leafy vegetable purpose are pruned heavily during rainy season for obtaining new flush. It is either done by heading back the stem or plucking the leaves. After pruning, the crops should be provided with nitrogenous fertilizer

### **Ethnobotanical value**

Locally known as 'Anphui / Phuihnam' leaves finds its way in Mizo cuisine as leafy vegetables and is always a special ingredient in preparing meat. Like their Mizo brethren, the Hmar, the Garos of Meghalaya and Kukis of Manipur, Assam, Meghalaya, Nagaland and Myanmar used the leaves as a popular folk remedy for hypertension throughout north-eastern India (Nath and Bordoloi, 1991; Sharma *et al.*, 2001). More often than not, is used extensively in the preparation of pork curry.

It is a common medicinal plant where leaves are used for rheumatic pains by the Khasi and Jaintia tribes of Meghalaya. It is believed that the smell of the wood relieves children from many diseases. Leaves and roots are used by Manipuri tribes for skin diseases, cough, and dysentery. (Singh, and Singh, 2009). The root, bark and leaves are used against malaria and fever by Naga tribes of Nagaland. The tribal natives Assam use the leaf as an anthelmintic. In addition, the Arunachalee of Arunachal Pradesh use the leaf to cure fever, cough, diarrhea and stomach pain; the leaf juice mixed with garlic extracts are given in treating blood pressure or cooked leaf is taken for the same. (Yonggam, 2011)(Singh *et al.*, 1996)

## Conclusion

The IUCN has classified "Phuihnam" as endangered and red listed. The Chin tribe of Myanmar and the tribal communities of North Eastern India both value this crop as a significant source of leafy vegetables. However, the crop is mostly harvested from wild sources and is grown in semi-cultivated forms. Therefore, it is imperative that we delve deeply into the scientific production technology that will save the crop from extinction and provide food security as well as the raw materials for the pharmaceutical industry.

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