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# USE OF ZOOTHERAPY IN THE TREATMENT OF MALARIA BY DIFFERENT ETHNIC GROUPS OF NORTH-EAST INDIA

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#### ABSTRACT

#### Article History

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#### Key words

Malaria, zootherapy, ethnic groups, north-eastern India.

Malaria is a long-standing public health issue around the world. It is estimated that India contributes 4% of the world's malaria cases and deaths. Out of this, north-east (NE) India contributes 15.2% of the country's total malaria cases. High transmission in the aforementioned region is fuelled by several factors. NE India is often contemplated as the goldmine of immense flora, fauna as well as cultural diversity with many ethnic communities who predominantly rely on the traditional medicinal system for their primary health care. The present review addresses the application of zootherapy in case of malaria among different tribes residing in the north-eastern states of India. Documentation and evaluation of this indigenous remedial knowledge may be convenient in establishing new drugs for human health.

### **INTRODUCTION**

Northeast (NE) India (22°04'–29°31'N; 89°48'–97°25'E) is largely a mountainous territory of area of 255,128 km<sup>2</sup> with two-thirds being covered with hilly and mountainous terrain with heights ranging from 50m in Brahmaputra valley to 7000 m above mean sea level in the Himalayan borderland (Dikshit and Dikshit, 2014). The area comprises of seven administrative states viz. Assam, Arunachal Pradesh, Manipur, Meghalaya, Mizoram, Nagaland and Tripura (Figure 1). NE India is



Figure 1. Map showing north-eastern states of India

acknowledged for its huge contribution (about 15.2%) of malaria cases in India (Sarma *et al.*, 2019). Intense malaria transmission in NE India is fuelled by its unique geo-ecological diversity and climatic variability, complex epidemiology, prevalence of drug-resistant strains, international borders, intense jhum cultivation and deforestation, etc.

One of the distinctive features of NE India is that this area is inhabited by a total of 427 tribal groups which have their own traditional cultural identity (as per 2011 Census). It is reported that these tribal groups are at the highest risk of malaria (Dev *et al.*, 2003). The tribal people are accustomed to heal health disorders using various traditional methods. They use plants parts, animals and/or their body parts/ byproducts as a means to cure several diseases.

Zootherapy is defined as the healing of human ailments by using therapeutics based on medicines obtained from animals or ultimately derived from them (Costa-Neto, 2005). Animals and their parts/byproducts form important ingredients in the preparation of curative, protective and preventive medicine (Adeola, 1992). In modern societies, zootherapy constitutes an important alternative among many other known therapies practiced worldwide. Traditional method of healing in the form of traditional Chinese medicine, Indian Ayurveda and Arabic Unani medicine have proved their utmost best in curing several ailments. In comparison to complementary

and alternative medicine, traditional medicine is more prevalent in developing countries. Of the 252 essential chemicals that have been selected by the World Health Organization (WHO), 11.1% come from plants, and 8.7% from animals (Marques, 1997). According to WHO Traditional Medicine Strategy of 2002-2005, about 80% of African population uses traditional medicine to help meet their health care needs. In China, this accounts for around 40% of the health care needs. In India, about 65% of the population rely on traditional medicine. In India, nearly 15–20 percent of the Ayurvedic medicine is based on animal-derived substances (Unnikrishnan, 1998). Mahawar and Jaroli (2008) compiled and listed approximately 109 animal species used in the treatment of different kinds of ailments in India. In Tamil Nadu, nine tribes of four districts reported traditional therapeutic uses of sixteen different animal species, consisting of 6 species of mammals, 5 species of birds, 2 species of reptiles, 2 species of arthropods and 1 species of annelid for the treatment of over 17 kinds of diseases (Solavan et al., 2004). In Chhattisgarh, Oudhia (1995) reported over 500 species of insects, mites and spiders useful to cure common and complicated ailments. A recent review by Das et al. (2017) portrayed lists of 77 species of mammals, 65 species of arthropods, 24 species of birds, 22 species of fishes, 18 species of reptiles, 6 species of annelids, 5 species of amphibians and 4 species of molluscs that are used by several ethnic groups of NE states in treating different ailments.

The present study attempted to list all the animal species used by the tribal/ ethnic communities of NE India to treat malaria. Data was collected from 16 research papers published by different authors on zootherapeutic studies in NE India (Table 1). The present study focussed only on the application of zootherapy in curing malaria. From each and every included study, details such as scientific name, common English name and body parts of the animals used were listed. The mode of application by different tribes was also discussed in detail.

#### Mammals used by the ethnic groups

Mammals are one of the widely used groups of animals by the ethnic groups of NE India. Most commonly used body parts include gall bladder and bile of different mammals like Asiatic Black bear (*Ursus thibetanus*), fox (*Vulpes bengalensis*), porcupine (*Hystrix sp.*), hoolock gibbon (*Hoolock leuconedys*). Fresh warm blood of non-human primates such as slow loris (*Nycticebus coucang*), Assamese macaque (*Macaca assamensis*) were found to aid in the treatment of malaria. Flesh of clouded leopard (*Neofelis*)

# Table 1: List of published research works on zootherapy application (in the treatment of<br/>malaria) by different tribes of NE India

Tribes/ ethnic groups/ region	Studied by	No. of animals reported for the treatment of malaria
Lushais of Mizoram	Lalramnghinglova, 1999	) 5
Biate tribe of Dima Hasao district, Assam	Betlu, 2013	3
Karbis of Assam	Ronghang et al., 2011	1
Major ethnic groups in Karbi Anglong district, Assam	Verma et al., 2014	1
Meitei community of Bishnupur District of Manipur	Chanu <i>et al.</i> , 2017	1
Ao tribe of Nagaland	Kakati <i>et al.</i> , 2006	1
Chakhesang tribe of Nagaland	Kakati and Doulo, 2002	2 3
Tangsa tribe of eastern Arunachal Pradesh	Jugli <i>et al.</i> , 2020a	6
Wancho tribe of eastern Arunachal Pradesh	Jugli <i>et al.</i> , 2020a	2
Nyishi and Galo tribes of Arunachal Pradesh	Chakravorty et al., 2011	a 3
Nyishi and Galo tribes of Arunachal Pradesh	Chakravorty et al., 2011	b 1
Monpa of Arunachal Pradesh	Solanki and Chutia, 200	9
Adi tribe of Arunachal Pradesh	Borang, 1999	3
Khasis of East Khasi Hill District of Meghalaya	Mihsill and Kehsan, 202	17 3
Thadou tribe of Karbi Anglong, Assam	Teronpi et al., 2012	1
Adi tribe of Arunachal Pradesh and local tribes of Mizoram	Chinlampianga et al., 20	13 12
Tribal communities of Arunachal Pradesh	Solanki and Chutia, 200	99 45

*nebulosa*), common leopard (*Panthera pardus*) and wild cat (*Felix sp.*) are widely used in treating malaria. Musk of deer (*Moschus chrysogaster* or *M. moschiferus*) is also used for such purposes.

# Aves used by the ethnic groups

Fat of crow (*Corvus splendens*) and eagle (*Spilornis cheela*) are used by the Monpa tribe of Arunachal Pradesh. Meat of different species of eagle, drongos, crow, hornbill and barbet were also found to aid in the treatment of malaria.

# Reptiles used by the ethnic groups

Snakes such as *Hydrophis sp., Vipera russelli* and *Python molurus* were used in treatment of malaria. Other reptiles used were Indian pond terrapin (*Melanochelys trijuga*), tortoise (*Testudo sp.*) and monitor lizard (*Varanus bengalensis*).

# Pisces used by the ethnic groups

Spiny eel (*Mastacembelus armatus*), climbing perch (*Anabas testudineus*) and Channa punctata were found to be used by the tribes of Arunachal Pradesh in treating malaria.

### Annelids used by the ethnic groups

One of the common annelids used in treating malaria is fresh raw earthworms.

# Anthropods used by the ethnic groups

Flesh of crab (*Cancer pagurus*) is used in the treatment of malaria. Eggs, larvae and adults of several ants were found to be used in treating malaria.

# DETAILED STUDY ON THE MODE OF APPLICATION

According to Betlu (2013), Biate tribe of Dima Hasao district of Assam often prescribes to swallow 3 whole bedbugs (*Cimex lectularius*) daily for one week. For ease of ingestion, the bedbugs are often inserted in a banana. They are also prescribed to swallow one whole piece of (either sun- or smoke-) dried gall bladder of golden jackal (*Canis aureus*). Nearly 100 ml of fresh warm blood of slow loris (*Nycticebus coucang*) is also prescribed to drink in case of chronic malaria. Like the Biate tribe of Assam, Meitei community of Bishnupur District of Manipur were also found to treat malaria by swallowing *Cimex rotundatus* (Chanu *et al.*, 2017).

Karbi community of Assam roast a portion of smoke-dried gall bladder of sloth bear (*Melursus ursinus*) and take it directly for the treatment of malaria (Ronghang *et al.*, 2011). They are also observed to consume raw bile of bear (*Selenarctos sp.*) for treating malaria (Verma *et al.*, 2014). In contrast, the Ao tribe of Nagaland were found to boil the bile of bear in sufficient water prior to drinking (Kakati *et al.*, 2006). Teronpi *et al.* (2012) reported the use of bile of an unidentified fish by Thadou tribe of Assam. The bile is prescribed to be taken thrice a day till recovery. According to Mihsill and Kehsan (2017), the Khasis of East Khasi Hill District of Meghalaya claim that malaria can be cured by eating the hill mole after it was simply burned to cook. Some of them also reported to use bile juices of cows or bears along with some medicinal plants.

Adi tribe of Arunachal Pradesh claimed to prefer to use musk of dear, flesh of Indian rock python (*Python molurus*), bile and gut of Indian porcupine (*Hystrix hodgsoni*) for the treatment of malaria (Borang, 1999). They are also reported to use fishes such as *Channa punctata* and *Anabas testudineus* for treating malaria (Chinlampianga *et al.*, 2013). Based on the empirical study by Chinlampianga *et al.* (2013), the women of Adi tribe collect larvae of ants *Oecophylla smaragdina* to administer to a patient suffering from malaria. The adults of these ants are left on the back of a malaria patient. It is believed that these ants after coming in contact with the patient's body frequently bite and inject some acids or hormones into the body of the patient. This process eventually reduces the body heat which further aids to cure malaria. Another interesting insect scientifically known as *Aspongopus najus* is also given to malaria patients after mixing with some local leafy plants. During the treatment of malaria, the patient is asked to avoid eating bamboo shoots (in fresh or fermented form) as they believe this might cause hindrances in the curing process.

Like Adi tribe, the Mishings tribe and the Ahom Community of Assam also use *Oecophylla smargdina* as one of the food items during the Assamese Bohag Bihu Festival in the month of April. It is presumed that consuming these ants might keep their health free from various diseases including malaria (Doley and Kalita, 2012). It was found that these ants contain very high levels of polyunsaturated fatty acids (PUFAs) that might cause a marked *in vitro* inhibition of *Plasmodium* (Ragunath *et al.*, 2017).

Chinlampianga *et al.* (2013) reported that the local tribes of Mizoram insert 3-5 whole bed bugs (*Cimex lectularis*) in an empty capsule and take it orally for the treatment

of malaria. Two or five times of such ingestion is reported to be sufficient to alleviate chronic fever. This method is also reported by Lalramnghinglova (1999) Fresh warm blood of Assamese macaque (*Macaca assamensis*) is taken orally for treating malaria. Earthworms are also prescribed in such cases. For ease of ingestion, earthworms are sometimes crushed and mixed with honey prior to drinking. Cooked meat of turtle (*Melanochelys trijuga*) and cooked bile of monitor lizard (*Varanus bengalensis*) and *Vipera russelli* were also taken by them in treating malaria. Lalramnghinglova (1999) reported that the Lushais (also known as Mizos) swallow cooked bile of Assamese macaque and monitor lizard, cooked meat of Indian pond terrapin for treating malaria. They are also reported to take 2-3 tablespoons of water of cooked stomach or intestine of porcupine twice a day till recovery.

Jugli et al. (2020a) reported traditional zootherapeutic application by Tangsa and Wancho tribe of eastern Arunachal Pradesh. Tangsa tribe of Arunachal Pradesh preserve freshly extracted gall bladder and bile of animals through smoke-dried or sun-dried method prior to application and/ or ingestion. They preferably rely on the gall bladder and bile of Asiatic black bear (Ursus thibetanus), fox (Vulpes bengalensis), porcupine (Hystrix sp.) and hoolock gibbon (Hoolock leuconedys). It is believed that the medicine prepared using gall bladder and bile of the bear can potentially uproot healthy teeth within a few months or 1-2 years. As a result, this medicine is consumed by putting it inside some solid eatables such as cooked rice, banana, etc. The Tangsa tribe of eastern Arunachal Pradesh treats enlarged spleen (i. e., a major symptom of malaria) by rubbing dried/ fresh bile of hoolock gibbon onto the stomach with the aid of a leaf. It is believed that direct contact with the bile can make the spleen disappear completely which compels them to avoid direct contact of the bile with the stomach. Cooked spiny eel (Mastacembelus armatus) is also prescribed to consume for curing malaria. The Tangsa tribe crushes and sprinkles a small piece of sun/ smoke-dried shell or carapace of tortoise (Testudo sp.) on hot charcoal. The smoke emitted from this is believed to be a cure for malaria. The patient is asked to inhale the smoke by covering the head with a piece of cloth. This traditional healing method is, however, strictly prohibited for pregnant women. Like the Tangsa tribe, the Wancho tribe also consume dried gall bladder of porcupine as a treatment of malaria. They are also found to consume thin, reddish and small earthworms (Pheretima sp.) in raw form. The Tangsa tribe has developed a taboo against eating freshwater crabs

(Maydelliathelphusa lugubris) as they believe eating this in large quantity might cause malaria (Jugli et al., 2020b).

Nyishi and Galo tribes of Arunachal Pradesh use gall bladder and umbilicus of deer to cure malaria (Chakravorty *et al.*, 2011a). They cook rice with fresh gall bladder and about 100-200 g of the mixture is taken once in a day till some improvement is seen. A pinch of smoke-dried umbilicus of deer is mixed in about half litre of water and fed to the patient till recovery. These tribes are also reported to use gall bladder of bear as a remedy in case of malaria. The bladder is filled with rice powder and smoke dried. A pinch of this mixture is either mixed with rice or taken directly once a day till some improvements are seen. Chakravorty *et al.* (2011b) reported that these tribes prescribe intake of crushed black ants (*Bothroponera rufipes*) along with other edibles during morning hours as a great remedy in case of malaria. Solanki and Chutia (2009) reported about 45 different species of animals that had great remedial potential in case of malaria. The study listed 26 different mammalian species, 1 reptile species and 18 avian species whose cooked meat was widely used by the tribal communities of Arunachal Pradesh for the treatment of malaria (Table 2).

# CONCLUSION

In conclusion, fauna-based traditional knowledge is of utmost importance in curing malaria and other related disorders. However, this has posed a serious threat to endangered and rare animal species. As such banning such age-old traditions without giving an alternative is ought to bear its own social repercussions.

# LIMITATIONS

As with the majority of studies, the design of the present review is subjected to few limitations. Firstly, the review listed small (though appropriate) list of animals and their body parts/ byproducts used in traditional healing of malaria. Secondly, the review focussed only on the research articles found in databases available online such as Pubmed. Only full papers were considered. Articles with only abstracts or no abstracts were not included in the current review. Other offline sources such as library books based on ethnobiology and ethnomedicine could have yielded more information pertaining to this issue.

Table 2: List of	animals used in t	he treatment o	f malaria	used by	different
	tribes/ ethnie	c groups of NI	E India		

Studied by	Tribes/ ethnic groups	Common name	Scientific name	Body parts
Jugli et al., 2020a	Tangsa tribe of AP	Asiatic Black bear	Ursus thibetanus	Gall bladder, bile
		Fox	Vulpes bengalensis	Gall bladder, bile
		Porcupine	Hystrix sp.	Gall bladder, bile,
		1	5 1	stomach,
				intestine
		Hoolock	Hoolock leuconedys	Flesh, liver,
		gibbon		blood, gall
				bladder, bile
		Tortoise	Testudo sp.	Shell/ carapace
		Spiny eel/	Mastacembelus armatus	Whole body, gall
		Bami		bladder
		fish		
	Wancho tribe of	Porcupine	Hystrix sp.	Gall bladder, bile
	AP	Earthworm	Pheretima sp.	Whole
Chanu et al., 2017	Meitei	Bed bug	Cimex rotundatus	Whole
	community of			
	Bishnupur			
	District of			
	Manipur			
Mihsill and Kehsan,	Khasis of	Hill mole	-	-
2017	Meghalaya	Cow	-	Bile juice
TT 1 0044	T-1 - 1 - C	Bear	-	Bile juice
V erma <i>et al.</i> , 2014	Ethnic tribes of Karbi Anglong district, Assam	Bear	Selenarctos sp.	Bile
Betlu, 2013	Biate tribe of Dima Hasao	Golden jackal	Canis aureus	Gall bladder (dried)
	district, Assam	Slow loris	Nycticebus coucang	Fresh warm blood
		Bed bug	Cimex lectularis	Whole
Chinlampianga et al.,	Local tribes of	Indian	Hystrix indica	Intestine, rectum
2013	Mizoram	porcupine		
		Assamese	Macaca assamensis	Fresh warm
		macaque		blood
		Turtle	Melanochelys trijuga	Flesh
		Monitor lizard	Varanus bengalensis	Bile
		Russell's V iper	V ipera russelli	Bile
		Earthworm	Pheretima sp.	Whole
	<u> </u>	Bed bug	Cimex lectularis	Whole
	Adi people of	-	Channa punctata	-
	AP	Climbing	Anabas testudineus	-
		percn	· ·	
		Bug	Aspongopus najus	- T 1 1 1
		Green ants	Oecophylia smaragdina	Larva and adults
		ants)	-	Eggs and adults

Chakravorty et al.,	Nyishi and Galo	Moon bear	Ursus thibetanus	Gall bladder
2011	tribes of AP	Black bear	Selenarctos thibetanus	Gall bladder
		Deer	Moschus chrysogaster or	Gall bladder,
			M. moschiferus	fresh blood,
				umbilicus
Chakravorty et al.,	Nyishi and Galo	Black ant	Bothroponera rufipes	Whole
2011b	tribes of AP			
Ronghang et al., 2011	Karbi	Sloth bear	Melursus ursinus	Gall bladder
	community of			
	Assam	-		
Solanki and Chutia,	Tribal	Flying fox	Pteropus giganteus	Flesh, gut
2009	communities of	Bat	Cynopterus sphinx	Flesh, gut
	AP	Chinese	Manis pentadactyla	Flesh, gut
		pangoline		
		Leopard cat	Felis bengalensis	Flesh
		Marbled cat	Felis marmorata	Flesh
		Large Indian	Viverra zibetha	Flesh
		civet		
		Himalayan	Paguma larvata	Flesh
		palm civet		
		Yellow	Martes flavigula	Flesh
		throated		
		marten		·
		Beech marten	M. foina	Flesh
		Yellow bellied	Mustela kathiah	Flesh
		weasel	26 11.1	
		Siberian	M. sibirica	Flesh
		weasel	36 11	
		Back striped	M. strigidorsa	Flesh
		weasel		T-1 1
		Common	Herpestes edwardsu	Flesh
		mongoose	TT	F1 1
		Small Indian	H. auropunctatus	Flesh
		Ottor	I utna lutna	Flash
		Assemant	Maaaa accessio	Flesh
		Assamese	ividiaca assamensis	FIESH
		Rheene	Macaca mulatta	Flesh
		macaque	iviaiaaa mnaalla	1 10 511
		Stump	Macaca arctoidas	Flech
		tailed	IVIALALA ATLIOTACS	1.10.511
		macaque		
		Hoolock	Bunatitherus hoolock	Flesh
		aibhan	Danopuncias 10010115	1 10.011
		Clouded	Neofelis nebulosa	Flesh
		leonard	1 100/000 100000000	1 10011
		Tiger	Panthera tioris	Flesh
		Common	Panthera bardus	Flesh
		leopard		- 10011

		Sloth bear	Ursus ursinus	Flesh, gall
		Himalayan	Selenarctos thibetanus	Flesh, gall
		Black bear		bladder
		Eagle	Nisaetus nipalensis	Flesh
			N. cirrhatus	Flesh
			Hieraaetus fasciatus	Flesh
			Spilomis cheela	Flesh
		Drongos	Dicrurus adsimilis	Flesh
			D. paradiseus	Flesh
			D. aeneus	Flesh
			D. hottentottus	Flesh
		Crow	Corvus macrorhynchos	Flesh
		Raven	C. corax	Flesh
		House crow	C. splendens	Flesh
		Great hornbill	Buceros bicornis	Flesh
		Indian pied	Anthracoceros	Flesh
		hornbill	malabaricus	
		Wreathed hornbill	Aceros undulates	Flesh
		Rufous	A. nipalensis	Flesh
		hornbill		
		Blue troated	Megalaima asiatica	Flesh
		Himalayan	Muirons	Flesh
		great barbet	111. 00 005	1 10311
		Lineated	M. lineata	Flesh
		barbet		
		Monitor lizard	Varanus bengalensis	Flesh
Kakati et al., 2006	Ao tribe of Nagaland	Bear	Selenarctos sp.	Bile
Solanki and Chutia, 2004	Monpa of AP	Common leopard	Panthera paradus	Flesh
		Himalayan Black bear	Selenarctos thibetanus	Gall bladder
		Deer	Moschus moschiferus	Musk
		Hoolock	Bunopithecus hoolock	Flesh
		gibbon		
		Assamese	Macaca assamensis	Flesh
		macaque		
		Capped	Trachypithecus pileatus	Flesh
		langur	<i>31</i> 1	
		Rhesus	Macaca mulatta	Flesh
		monkey		
		Jungle Crow	-	Fat
		Hawk-eagle	-	Fat
		(shahin falcon		

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Kakati and Doulo,	Chakhesang of	Wild cat	Felix sp.	Flesh
2002	Nagaland	Snake	Hydrophis sp.	Liver
		Crab	Cancer pagurus	Whole body
Lalramnghinglova,	Lushais of	Indian	Hystrix indica	Stomach,
1999	Mizoram	porcupine		intestine
		Assamese	Macaca assamensis	Bile
		macaque		
		Indian pond	Melanochelys trijuga	Flesh
		terrapin		
		Monitor	Varanus bengalensis	Bile
		lizard		
		Beg bug	Cimex lectularis	Whole
Borang, 1999	Adi people of	Indian	Hystrix hodgsoni	Bile, gut
	AP	porcupine		
		Deer	Moschus chrysogaster	Musk
		Indian rock	Python molurus	Flesh
		python		

AP= Arunachal Pradesh

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