



**ADD-ON COURSE  
OFFERED BY THE DEPARTMENT OF ASSAMESE  
BIJNI COLLEGE::BIJNI**

<b>Course Title</b>	: Folk Medicine of Assam
<b>Course Code</b>	: FML-101
<b>Course Duration</b>	: 30 Hours
<b>Credit</b>	: 2(1 Credit = 15 Hrs.)
<b>Course Designed by</b>	: Dr. Jumi Das, HoD & Assistant Professor : Debajyoti Sarma, Assistant Professor : Mrigen Barman, Assistant Professor : Dr. Gobinda Baisya, Assistant Professor : Beauty Das, Assistant Professor : Darsana Sarma, Assistant Professor
<b>Course Co-ordinator</b>	: Mrigen Barman, Assistant Professor
<b>Approved by</b>	: Governing Body, Bijni College
<b>Date of Approval</b>	: 14-02-2025

**Course Description:**

This course provides an in-depth exploration of the traditional medicinal practices and ethno-botanical knowledge indigenous to Assam. Students will examine how local communities use plants, rituals, and natural resources to treat ailments and maintain health. Through a multidisciplinary lens, the course blends cultural anthropology, ethno medicine, botany, and historical perspectives. Field visits, case studies, and interactions with traditional healers will offer experiential learning opportunities.

The course aims to document, preserve, and critically evaluate these practices, considering their relevance in contemporary healthcare, sustainable development, and cultural preservation.

**Course Objectives:**

- Understand the cultural and historical context of folk medicine in Assam.
- Identify major plant species used in traditional healing and their applications.
- Explore the roles of traditional healers (Ojhas, Bej, Kabiraj, etc.) and their methodologies.
- Assess the scientific basis and limitations of selected folk remedies.
- Develop skills for ethical field research and documentation of indigenous knowledge.

**Course Outcomes:**

- Demonstrate knowledge of key medicinal plants and folk remedies of Assam.
- Critically evaluate the integration of folk medicine with modern healthcare systems.

- Conduct and present ethno medicinal fieldwork with appropriate ethical considerations.
- Recognize the significance of preserving traditional knowledge for cultural identity and biodiversity conservation.

### **Course Structure:**

#### **Unit-1 –Introduction to Folk Medicine (10 Hours)**

- Definition, scope, and relevance of folk medicine
- Difference between folk, Ayurvedic, and modern medicine
- Importance of oral tradition in knowledge transfer

#### **Unit-2- Traditional Healing Practices in Assamese Society (10 hours)**

- Role of Ojha, Bej, Kabiraj, and Gunia
- Healing rituals, chants (mantra), and local beliefs

#### **Unit-3- Food Habits and Common medicinal plants of Assam and its medical Value. (10 Hours)**

- Role of ethnobotany in folk medicine
- Food of Assamese Society and their Medical Values.

### **Activities:**

- Field visits to villages or interaction with traditional healers
- Herbarium or medicinal plant documentation project
- Assignment/Presentation on local folk remedies or case studies

### **Evaluation Process**

1. A minimum of 75% class attendance is mandatory for course completion. 5 marks will be assigned for attendance. 1 mark for 75%-80% attendance, 2 marks for 81%-85% attendance, 3 marks for 86%-90% attendance, 4 marks for 91%-95% attendance and 5 marks for 96%-100% attendance.
2. Evaluation will be based on- attendance, class tests/assignments, and practical.
3. Students must attend all the above-listed evaluation components.
4. To receive the course completion certificate, students must secure a minimum of 40% aggregate marks.
5. The percentage of Marks secured by students will be converted into a Grade as follows-  
40%-50%: Grade A  
30%-40%: Grade B  
20%-30%: Grade C

