

## Editorial

# Bioresources as Traditional food of Eastern Himalaya: Scientific research and Prospect for development of quality food

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Healthy food and life saving medicines are the primary requirement for any society across the world. India is a country with more than 1.3 billion population is self sustained today with her food production in both organized and unorganized agricultural sector. Food security is one of the primary requirements for these populations. Peoples' quality of life is directly attached with the availability of food, shelter, health, education and economic empowerment. The eastern Himalayan region is endowed with diversity of endemic flora and fauna and at the same time various indigenous group of populations. They have rich indigenous knowledge and practice of traditional food, its preservation and preparation methods. Many of such food for example, crabs, snails, and insects are sold in local market used as traditional delicacy among certain communities of Brahmaputra valley. A variety of insects like silk worm pupa, crickets, Tari are some of the examples which are used as delicacies among groups of communities in north east India. Wild rat and squirrel are one of the most favourite delicacies among certain group of communities of north east India. Similarly, a number of wild fauna are being used by various communities not only in north east India, but could be other parts of the country. History of eating wild animals/ insects among various communities of the world is not new. Many of such food have been recorded while, a numbers of such food items in corners of the world yet to be documented scientifically. Time has already knocked the door now to document such

unrecorded traditional food materials not only in north east India but also from various nook and corner of Indian Republic to make India "ATMANIRBHAR" (self dependent), at least on food being "vocal for local" . Scientific documentation and research on these food items is the primary requirement for value addition, sustainability and commercial utilization of the material. It could be obvious, a traditional delicacy which is acceptable for one society either may not be acquainted or part of tradition for another society. Proper scientific analysis of the food materials could vanish this barrier over the period of time. Social acceptability for food and medicines changes with the passes of time and pace of development. Toxicity of certain traditional food cannot be ignored. For example, the insect Tari (*Coridius nepalenseis*) which is one of the favorite delicacies either in raw or cooked form shows toxic effects frequently among the consumers. Consumers very often shows unusual behavior of sleeping, suffers from stomach disorder. However, the toxic materials can be identified, removed from the preparations and served as a food additive for the communities.

The medicinal value of this traditional food is an undiscovered area for the science. Traditional knowledge prevails on the medicinal property and use of such food materials. For wide acceptance of these traditional food materials a strong scientific reasoning proved by robust methodology shall be the much needed base in the present society.

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