

Medicinal plants Garden project

INTRODUCTION

Ayurveda Health Home and Research Centre was operating since 1995 in Thamel. Later, in 2001 the research centre officially introduced itself as the first panca karma center, Ayurveda Health Home in Kathmandu. It was established with the joint effort of Dr. Rishi Ram Koirala and Badri Koirala with the motive to preserve and practice the traditional knowledge on Ayurveda healing and wellness. Dr. Rishi Ram Koirala and Badri Koirala are brothers who came from a traditional healer family. Witnessing that over the time people are slowly forgetting the traditional knowledge of Ayurveda and medicinal plants leading to its decrease in the existence which was once found in abundance.

The new medicinal plant garden will be in a peaceful, serene and natural environment. Furthermore Dr. Rishi and his team are building an Ayurvedic centre, an organic and animal farm and vocational training center in this location. Their motto is to provide peaceful and close to nature experience the new location. So the new project location is located in wider serene natural forest setting. The new center is at Tarkeswor Municipality about 10 km far from Thamel city center- and this is outside of Kathmandu valley. The new project area covers 6 acres.

BACKGROUND

The main objective of cultivating this medicinal garden is to preserve and protect the endangered and general species of medicinal plants. This garden will serve as an educational site for the scientists, scholars, and young learners. The centre has planned to establish a digital library along the garden where all the data about the medicinal plants will be recorded. This digital library will store texts, audio and visual data collected from different sources. Interviews of the traditional healers are also an important part of the library. The library will be made available to all the interested individuals. Within this project the centre will train people about the proper cultivation, nature conservation and harvesting procedures. The technical know-how will be transferred further so that they can even work independently on herbs farming.

OBJECTIVES

The main objective of this project is to protect, preserve, good cultivate, utilize and provide opportunity for study (students and research scholars) and educating communities on Ayurveda, medicinal plants and related resources. Followings are the objectives.

a. Medicinal Plants Garden

- a. Protection of medicinal plants which are extinct and endangered species and they are possible to grow in climatically in house cultivation.
- b. Cultivation of different species of medicinal plants.

- c. Preservation of medicinal plants related resources knowledge, technology, skills, practices and products. Working on applied bio prospecting aspects also.
- b. Additionally following activities will be done in our vocational school:**
 - a. Applying Good Cultivation and harvesting practices (Organic practices) of medicinal plants:
 - b. Collecting existing practices and utilizing on small scale cultivation
 - c. Providing education and research opportunities for herbs growers, students, scholars and researchers.
 - d. Conducting awareness programs for herbs collectors and cultivators or traders.
 - e. Environmental conservation awareness and field activities will also be done.
- c. Additional Research and TKDL (traditional medical knowledge library) activities will be done Ayurveda Health Home:**
 - a. Generating evidences and adding Inventive steps and Innovations from aged old knowledge on medicinal plants and related resources
 - b. Working with knowledge holders (individuals and communities) and old texts based knowledge.
 - c. Recording these on digitalized form
 - d. Meditation garden based on plants and planets relations and etc.

Project Rationale

Global demands for herbs, herbal products and herbal medicine are accelerating. So people sometimes tend to exploit the resource which has lot of demand. This may lead to the uncontrolled exploitation of such herbs and the resources can get endangered or may even become extinct. Following this trend some species are already extinct and many are on the verge of extinction. Preservation of such endangered species and common species are lacking in and whole biodiversity is degrading day by day. Some knowledge about the herbs uses is also gone extinct and it is danger state. Making awareness and giving opportunity in filed site is very much lacking in Nepal. So, this project is the need of present time (though it has been late) and can be pivot for the awareness, education and utilization of medicinal plants. It has multiple impact on country context also like protection, preservation, sustainable utilization and environment protection also.

Expected outcomes:

- Preservation of herbs and related resources, protection of the endangered species and contributing environment protection.
- Species will be in one place in nature garden.
- All related information of medicinal plants will be provided in garden.
- Many scholars or students will have opportunities for education, training and research purposes.
- Will help to revive these resources.

- This ultimately helps to give and share knowledge for preserve, protect, utilization and environments protection.

Project activity area: 10000 square meter

Activities:

- **Land or ground work (protection wall or levelling) fencing**
- **Digging ground making plants planting sites, manure and water irrigation.**
- **Procuring live plants from different parts of Nepal (government or private nurseries or wild or community forest areas.**
- **Making tunnels for nursery and small plants, planetary and meditation garden**
- **Naming of plants and developing digital data.**

Time framework:

First year

- Land work (walls, fencing and walking etc.)
- Procuring and planting medicinal plants
- Tunnels construction and nursery development
- Naming and digitizing information

Second year:

- Continuity of 1st year (more and more plants and taking care of existing plants)
- Giving opportunity for scholars, students

Third year

- Continuity of 2nd year (more and more plants and taking care of existing plants)
- Giving opportunity for scholars, students

Fourth year

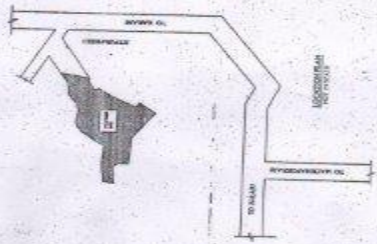
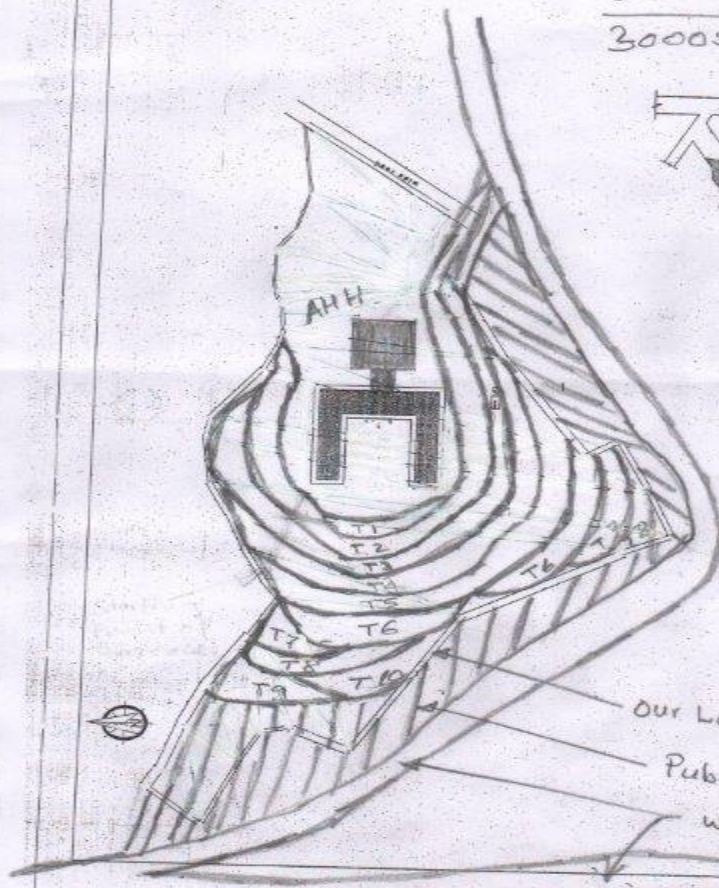
- Continuity of 1st year (more and more plants and taking care of existing plants)
- Giving opportunity for scholars, students

Budgetary estimation:

- **First year:**
 - Land development
 - Procuring of plants
 - Planting medicinal plants

- **Second year**
 - Land development
 - Procuring of plants
 - Planting medicinal plants
 - Tunnel house
 - Nursery
 - Digitalization resources
- **Third year**
 - Procuring of plants
 - Planting medicinal plants
 - Nursery
 - Digitalization resources
 - Training opportunities
- **Fourth year**
 - Procuring of plants
 - Planting medicinal plants
 - Nursery
 - Digitalization resources
 - Training opportunities
- **Human resources**
 - **Permanent**
 - **Seasonal**

6500 sq m — Our Land
 3000sq m — Public Land



- T. (Terrace) width 15' to 30'
- T1 - 125 ft
 - T2 - 350 + 150 ft
 - T3 - 300 + 150 ft
 - T4 - 280 + 150 ft
 - T5 - 250 ft
 - T6 - 100 + 50 ft
 - T7 - 100 + 50 ft
 - T8 - 50 + 50 ft
 - T9 - 50 ft
 - T10 - 50 ft

Our Land boundary
 Public Land
 water stream