

The Survival of the Gathering Economy: A Case Study of the Liangmai Tribe

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Abstract: Manipur, despite being a small state in Northeast India, is home to a diverse population of ethnic groups. The Meeteis/Meiteis, Nagas and Kuki-Chin-Mizo groups are the three major ethnic groups. The Liangmai tribe is part of the Naga tribes. Tamei, a sub district of Tamenglong district, has the highest concentration of Liangmai. Aside from agriculture, this community subsists primarily on wild plant food, fishing and hunting. As a result, they continue to supplement their food supply through gathering economy. This paper aims to shed more light on the nature of this community's procurement, consumption and indigenous methods of preservation. Furthermore, more emphasis is placed on a more accurate interpretation of the role of ecology and environment in this tribe's subsistence pattern and development.

Introduction

The Liangmai tribe is one of Manipur's larger indigenous tribes. Etymologically speaking, the phrase "Liangmai" is made of two words: *Liang* and *Mai*. *Liang* means "support or grouped as one", and *Mai* means "people." Therefore, the people who have banded together in order to provide assistance for one another and to live together as one community or tribe are referred to as Liangmai (Charengna and Haokip 2017). Previously, this community was a part of the Kacha Naga tribe of this state. They are known as Zeliang in Nagaland. It received tribal recognition in 2011 and was added to Manipur's Scheduled Tribe list. This tribe is primarily found in the districts of Noney, Kangpokpi, Senapati and Tamenglong, which are located in the state's west and northwestern regions. It has a population of about 40,000 people, who live in 43 villages. And, they are mostly concentrated in Tamenglong district's Tamei sub-division and Kangpokpi district's Saitu Gamphajol sub-division. Scattered pockets can also be found



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in Tamenglong and Tousem sub-divisions of Tamenglong district, as well as Imphal West and Imphal East districts (Fig. 1). They speak the Liangmai dialect of the Tibeto-Burman language family.

They are primarily agriculturists. However, in the hilly areas, the majority of them still rely on the gathering economy. They collect various types of vegetables (including various types of inflorescences, roots, shoots and leafy spices), edible fungi and lichens, and various types of fruits and nuts for their livelihood as well as commercial purposes. Hunting and fishing also contribute to their food supply to some extent. The current paper is concerned with the gathering economy of this community. Furthermore, the author attempts to highlight how much the people's economy is influenced by local conditions, and how far they may be able to preserve their age-old traditions.

Socio-Political System

There are two separate patrilineal clans in this tribe, and their names are *Newmai* and *Pamai*. In addition, each clan is comprised of twelve lineages (Devi 2001). They are listed below:

Newmai clan: Abonmei, Daimai, Dirinamai, Disongpunamai, Moitamai, Ngomai, Ngunamai, Penmai, Ringkunamai, Thiumai, Thiupuongtamai, and Ziungnamai

Pamai clan: Boijunamai, Bonmai, Charengnamai, Ginpuinamai, Hengmai, Khapuinamai, Langmai, Makhomai, Malangmai, Mariangmai, Renchang, and Renta



Fig. 1: Map of Manipur showing its 16 administrative units

Each Liangmai village has a traditional village court/ council called *Pei/Apai*, headed by the chief of the village concerned, called *Chawang*. The chieftainship is hereditary. It is hereditary in the sense that the chieftainship always goes to a specific clan and his descendants. Though each village is administered by a village council (*Pei/Apai*), the village chief holds the highest position. He serves as the religious and secular head. The hearing of any case is held at his residence, which serves as the village court, and his decision is final. The *Pei/Apai* has its own system of preserving their tradition, maintaining law and order, administering justice, and defending the village. This traditional village council has a number of councillors (*Peimai/Apaimai*), which represent each of the clans, residing in the village concerned. The councillors are equally important and expected to discharge their respective duties in the village administration. Since the laws are customary and divine in nature, there is no necessity for powers. Therefore, the councillors not only execute and administer the laws but also sit as judges, as the village council is the highest court in each Liangmai village. In every Liangmai society, the court and its judges are within easy reach of the poor. Since the poor people compulsorily belong to one clan or another, they are well represented by the ablest member of their clan, who looks after the interests of his own clan. Thus, no one is ignored in any court case. In short, under the leadership of *Chawang*, the traditional village council is in charge of the village's general administration, and everything is under his council (Devi 2001).

Along with *Pei*, there is also a more contemporary form of village administration, called Village Authority, where *Chawang* serves as the ex-officio chairman. The major duties of the Village Authority are to uphold peace and order in the community and to examine all the Block Development Committee's reports and construction projects. It is managed by the village's elected officials.

Liangmai Economy

Agriculture is the major means of subsistence for the Liangmai people. They use a hoe to undertake dry and wet farming, which means that they cultivate on periodically shifted jhum fields in addition to irrigated terraces and wet fields. In all aspects of agricultural labour, women are the most knowledgeable workers. They work the soil in the jhum, the terrace, and even in the wet fields where they are growing crops. In addition to this, they are involved in the process of planting seeds. Following the planting of various crops, women are then involved in a variety of other chores, such as scaring away birds and other wild fowl from their separate fields in order to protect the sown seeds until they have completely germinated. After that, they will, if necessary, transplant the young seedlings. Women of the community are also responsible for weeding. They are also helpful in the process of harvesting (reaping, threshing, and transporting). They grow various kinds of crops, the majority of which are native to the area, including paddy, millet, etc. (see Table 1). In addition to products from agriculture, horticulture, which includes fruits and vegetables such as oranges, bananas, guava, peaches, a variety of chillies, a variety of beans, yam, ginger, brinjal, cucumber, pumpkin, mustard leaves, and others, have been identified as a major source of income (see Tables 1-2) (Figs. 2-9).

Table 1: Different cereals, vegetables and spices grown by the Liangmai people

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
1	<i>Chamui/Chaban</i>	Paddy	<i>Phou</i>	<i>Oryza sativa</i>
2	<i>Tathiu/Tasi/Tasiu</i>	Millet	<i>Chanan</i>	<i>Hordeum vulgare</i>
3	<i>Hindem/Yendem</i>	Taro	<i>Yendem</i>	<i>Colocasia</i> sp.
4	<i>Kabi</i>	Taro	<i>Pal</i>	<i>Colocasia esculenta</i>
5	<i>Chamansa</i>	Pumpkin	<i>Mairel</i>	<i>Cucurbita maxima</i>
6	<i>Chariu</i>	Arum / Yam	<i>Hamacha</i>	<i>Dioscorea alata</i>
7	<i>Tasingriu</i>	Cassava	<i>U-Mangra</i>	<i>Manihot esculenta</i>
8	<i>Mangte/Mate/Mangbon</i>	Maize	<i>Chujak</i>	<i>Zea mays</i>
9	<i>Riuthum/Laithum</i>	Sweet potato	<i>Mangra</i>	<i>Ipomoea batatas</i>
10	<i>Khao thiura</i>	Very hot and large chili	<i>U-morok</i>	<i>Capsicum sinensis</i>
11	<i>Thiura/ Thiuchi</i>	Bird's eye chili	<i>Uchithi morok</i>	<i>Capsicum frutescens</i>
12	<i>Nongmangkha</i>	Malabar nut	<i>Nongmangkha</i>	<i>Adhatoda vasica</i>
13	<i>Jiang</i>	Field mustard	<i>Hanggam</i>	<i>Brassica compestris</i>
14	<i>Kobi</i>	Wild cabbage	<i>Kobiful</i>	<i>Brassica oleracea</i>
15	<i>Ngakchoumanbi</i>	Common bean	<i>Ngakchoumanbi</i>	<i>Phaseolus vulgaris</i>
16	<i>Thangpakpi</i>	Hyacinth bean	<i>Thangpakpi</i>	<i>Lablab purpureus</i>
17	<i>Karampi</i>	Tree bean	<i>Yongchak</i>	<i>Parkia roxburghii</i>
18	<i>Chara</i>	Rice bean	<i>Chak-hawai</i>	<i>Phaesolus calcaratus</i>
19	<i>Maraoba/Mapuna</i>	Bottle gourd	<i>Khongdrum</i>	<i>Lagenaria siceraria</i>
20	<i>Torbot</i>	White gourd	<i>Torbot</i>	<i>Benincasa hispida</i>
21	<i>Aaloo</i>	Potato	<i>Aaloo</i>	<i>Solanum tuberosum</i>
22	<i>Mating</i>	Catmint	<i>Thoiding angouba</i>	<i>Anisomeles indica</i>
23	<i>Tating</i>	Linseed	<i>Thoiding amuba</i>	<i>Linum usitatissimum</i>
24	<i>Magina</i>	Cucumber	<i>Thabi</i>	<i>Cucumis sativus</i>
25	<i>Nuwangpichiu/ Tituangpisi</i>	Cowpea	<i>Kolihawai</i>	<i>Vigna unguiculata</i>
26	<i>Newraipi / Tajuangraipi</i>	Subspecies of cowpea	<i>Hawai ashangbi</i>	<i>Vegina catjang</i>
27	<i>Marigomsi</i>	Sponge gourd	<i>Sebot</i>	<i>Luffa cylindrica</i>
28	<i>Khiong</i>	Deccan hemp	<i>Sougree</i>	<i>Hibiscus cannabinus</i>
29	<i>Talao</i>	Onion	<i>Tilhou</i>	<i>Allium cepa</i>
30	<i>Talao</i>	Spring onion	<i>Eeshing tilhou</i>	<i>Allium escalonicum</i>
31	<i>Raa</i>	Leafy spice	<i>Maroi napakpi</i>	<i>Allium hookeri</i>

(Table 1 Continued...)

(Table 1 Continued...)

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
32	<i>Piuna/Piura</i>	Leafy spice	<i>Maroi nakooppi</i>	<i>Allium odorum</i>
33	<i>Tanam</i>	Garlic	<i>Chanam</i>	<i>Allium sativum</i>
34	<i>Kabiu</i>	Ginger	<i>Shing</i>	<i>Zingiber officinale</i>
35	<i>Gulim</i>	Turmeric	<i>Yaingang</i>	<i>Cucuma domestica</i>
36	<i>Mayangbon</i>	Pungent smelling leafy spice	<i>Mayangba</i>	<i>Ocimum canum</i>
37	<i>Maripiu</i>	Garden mint	<i>Nungshidak</i>	<i>Mentha spicata</i>

Table 2: Different fruits grown by the Liangmai people

Sl.No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
1	<i>Komlasi</i>	Orange	<i>Komla</i>	<i>Citrus aurantium</i>
2	<i>Gasi</i>	Citron	<i>Heijang</i>	<i>Citrus medica</i>
3	<i>Champrasi</i>	Lemon	<i>Champra</i>	<i>Citrus limon</i>
4	<i>Tasingbong / Tasingbangrasi</i>	Papaya	<i>Awathabi</i>	<i>Carica papaya</i>
5	<i>Chalangpusi</i>	Pomelo	<i>Nobab</i>	<i>Citrus maxima</i>
6	<i>Ngua</i>	Banana	<i>Laphoi</i>	<i>Musa paradisiaca</i>
7	<i>Pungdonsi</i>	Guava	<i>Pungdon</i>	<i>Psidium javanicus</i>
8	<i>Chumbreisi</i>	Peach	<i>Chumbrei</i>	<i>Prunus persica</i>
9	<i>Malheisi</i>	Mirabelle / Nectarine	<i>Malhei</i>	<i>Prunus insititia</i>
10	<i>Heikhasi</i>	Plum	<i>Heikha</i>	<i>Prunus indica</i>
11	<i>Heinousi</i>	Mango	<i>Heinou</i>	<i>Magnifera indica</i>
12	<i>Phophorasi</i>	Jackfruit	<i>Theibong</i>	<i>Artocarpus heterophyllus</i>
13	<i>Tatou</i>	Sugar cane	<i>Choo/Chu</i>	<i>Saccarum officinarum</i>
14	<i>Mangtarasi</i>	Pomegranate	<i>Kaphoi</i>	<i>Punica granatum</i>
15	<i>Tarabuja</i>	Water melon	<i>Tarabuja</i>	<i>Citrullus vulgaris</i>

Liangmai people, however, nonetheless continue to practice gathering economics as a means of supplementing their food supply. This is especially true for the people who are living in remote hilly areas. The members of this group who have made their homes in various hilly regions of this state make use of a wide variety of foods that come from wild plants. This community gathers a wide variety of plants in order to supplement the food for their survival during the lean season, and they also sell these plants in order to serve as a form of economic resource for them in order to maintain their way of life. They gather various kinds of vegetables and fruits in the form of whole plants, leaves, shoots and roots. They do not have any specific system for distinguishing between deadly and



Fig. 2: *Kabi* (Aroids)
(*Calocasia esculenta*)



Fig. 3: *Chamansa* (Pumpkin)
(*Cucurbita maxima*)



Fig. 4: *Chariu / Haa* (Arum / Yam)
(*Dioscorea alata*)



Fig. 5: *Tasingrii* (Tapioca)
(*Manihot esculenta*)



Fig. 6: *Jiang* (China cabbage)
(*Brassica compestris*)



Fig. 7: *Kobi* (Cabbage)
(*Brassica oleracea* var. *capitulata*)



Fig. 8: *U-Khamenshinba*
(*Cyphomandra batasea*)



Fig. 9: *Ajangsi* (bitter taste brinjal)
(*Solanum gilo*)

non-poisonous plant foods other than following the paths that were instructed to them by their ancestors and older people. The names of some of the wild plants that are consumed by this tribe are included in Tables 3 and 4, along with their Manipuri, English, and local equivalents. Also included are their scientific names, which may be found under the appropriate headings (Figs. 10-39).

Because they are skilled hunters and anglers, in addition to hunting wild animals and birds, they also catch fish in the surrounding water logging regions or wetland areas (see Tables 5 and 6). They also catch a variety of snails and use these as food items (see Table 7). They hunt many wild games like deer, bear, boar, porcupine, tiger, leopard, monkey, python, and a number of birds to procure their meat (Figs. 40-43). Hunting of animals depends upon the availability of animals in the surroundings. However, only the male members of the community participate in the activity. Although there is no set rule for hunting, they favoured more ferocious animals like lions, tigers, leopards, bears, wild boars and pythons. While group hunting was more preferable, these knowledgeable hunters also participated in individual hunting expeditions. One was regarded as a brave man of the village or community if he could hunt at least one of these wild animals, if not more. In the past, he was also permitted to erect a megalith in his honour as a reward for his valiant effort, but only after the brave hunter had offered a lavish feast (Devi 2011, 2012). Therefore, activities such as hunting and fishing contribute, at least to some degree, to the availability of food.

Since some insects are excellent sources of proteins, entomophagy is widely practised not just for food but also as a kind of medicine. For example, an insect, locally known as the *Taje* (*Omphisa fuscidentalis*), plays a very important role in Liangmai society because of its taste and also because of its medicinal value. It is found only in the winter months (November, December, and January), particularly when the water in the rivulets and streams is drying up. At that time, the people catch this insect from below the boulders of the river beds and also from rivulets and streams. They have a deep rooted faith in the medicinal value of this insect. For those who are suffering from body aches, muscle pain, low-back pain, and rheumatoid arthritis, *Taje* is the best medicine. So they prescribe consuming the *Taje* as the best remedial measure. Another kind of worm known in the area as *Siang* (*Kaloterme flavicollis*) is employed for the treatment of conditions that are analogous to those described before. In addition to this, it is now common practice to recommend the use of this worm to patients who have been diagnosed with hypertension. It can be discovered deep within a species of oak tree (*Quercus lamellose*, locally known as *Uyung*). People choose fully developed, aged trees, cut them down into sections, and then gather the worms from those pieces. Worms are then collected not just for their flavour but also for the medicinal value they possess. Additionally, they are accomplished honey gatherers.

The Liangmai people also keep a few domesticated animals and birds (see Table 8). Both for the sake of ploughing their wet fields and for the production of their meat, cattle are kept as domesticated animals. The pigs, goats, and chickens are kept only for the purpose of producing meat. People are thought to have a higher economic standing on average if they have a greater number of livestock animals. The ability of the Liangmai people to create their own clothing contributes to their overall level of self-sufficiency. The majority of the ladies in Liangmai are skilled weavers. They use the yarns that they make at home to create clothing.

Table 3: Vegetables and spices collected from the wild

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
1	<i>Madang</i>	Edible shoot of the yellow ginger lily	<i>Loklei</i>	<i>Hedychium flavum</i>
2	<i>Madang</i>	Edible shoot of the shell ginger	<i>Poolei</i>	<i>Alpinia nigra</i>
3	<i>Madeng</i>	Edible shoot of a perennial climber	<i>Leipung tharam</i>	<i>Persicaria chinensis</i>
4	<i>Madeng</i>	Edible shoot of a perennial climber	<i>Leiboong tharam</i>	<i>Polygonum molle</i>
5	<i>Tasum</i>	Bamboo shoot	<i>Ushoi</i>	<i>Schima wallichii</i>
6	<i>Sunkhiyang</i>	Fermented bamboo shoot	<i>Soibum</i>	<i>Bambusa tulda</i>
7	<i>Ngunapot</i>	Inflorescence of plantain plant	<i>Laphoo tharo</i>	<i>Musa paradisiaca</i>
8	<i>Chagumbi</i>	New plantain plant and its new shoot	<i>Laphoo</i>	<i>Musa paradisiaca</i>
9	<i>Makhririang</i>	Edible leaf of a creeper (fruit plant)	<i>Monjamhei mana</i>	<i>Tetrastigma bracteolatum</i>
10	<i>Ratian</i>	Edible shoot	<i>Yembum</i>	Not known
11	<i>Khiangleibon</i>	Edible shoot	<i>Ching yenshil</i>	<i>Antidesma diandrum</i>
12	<i>Langbankha</i>	Edible leaf / shoot	<i>Langban Koukhaa</i>	<i>Hedyotis auriculata</i>
13	<i>Chariu</i>	Potato yam	<i>Lamhaa</i>	<i>Dioscorea bulbifera</i>
14	<i>Penia</i>	Edible fungus	<i>Thangjiyel</i>	<i>Tricholoma giganteum</i>
15	<i>Penrao</i>	Edible fungus	<i>Kanglayel</i>	<i>Schizophyllum commune</i>
16	<i>Konsana</i>	Edible fungus	<i>Ucheena</i>	<i>Auricularia delicata</i>
17	<i>Chagumbi</i>	Plantain shoot	<i>Laphoo</i>	<i>Musa paradisiaca</i>
18	<i>Katunpuang</i>	East Indian arrow root	<i>Yaipal</i>	<i>Curcuma angustifolia</i>
19	<i>Peruk</i>	Indian penny wort	<i>Peruk</i>	<i>Centella asiatica/ Hydrocotyle asiatica</i>
20	<i>Chenggum</i>	Edible fungus	<i>Chenggum</i>	<i>Agaricus campestris</i>
21	<i>Tejpataniu</i>	Bay-leaf	<i>Tejpat mana</i>	<i>Cinnamomum tamala</i>
22	<i>Makhhikhikum</i>	A leafy spice	<i>Awa phadigom</i>	<i>Eryngium foetidum</i>
23	<i>Gasi</i>	A citrus fruit, whose peel is used as spice	<i>Heirabob</i>	<i>Citrus macroptera</i>
24	<i>Mukthrubu</i>	Winged leafy prickly ash	<i>Mukthrubu</i>	<i>Zanthoxylum alatum</i>

(Table 3 Continued...)

(Table 3 Continued...)

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
25	<i>Inchat or Chatna</i>	Edible root and shoot	<i>Toningkhok</i>	<i>Houttuynia cordata</i>
26	<i>Yangtu</i>	Spicy plant	<i>Lomba</i>	<i>Meriandra bengalensis</i>
27	<i>Aalook</i>	Spicy plant	<i>Kanghoomaan</i>	<i>Meriandra strobilifera</i>
28	<i>Tagigi</i>	Cinnamon	<i>Ushingshaa</i>	<i>Cinnamomum zeylanicum</i>
29	<i>Kophai</i>	Spicy plant	<i>Phakpai</i>	<i>Polygonum sp.</i>
30	<i>Tekta</i>	Leafy spice	<i>Tekta</i>	<i>Meriandra bengalensis</i>
31	<i>Rapum</i>	Spring onion	<i>Cholang</i>	<i>Allium chinense</i>
32	<i>Puleiman</i>	Galangal	<i>Puleimanbee</i>	<i>Alpinia officinarum</i>
33	<i>Chantruk</i>	Shepherd's purse	<i>Chantruk</i>	<i>Capsella bursa pastoris</i>
34	<i>Pakhol</i>	Leafy spice	<i>Pakhol/Pakhon</i>	Soya species
35	<i>Laibakngou</i>	Worm seed	<i>Laibakngou nakuppi</i>	<i>Artemisia maritima</i>
36	<i>Jiangpui</i>	Rape	<i>Hangam yellah</i>	<i>Brassica campestris</i>
37	<i>Kham</i>	Leaf use for ritual purposes	<i>Leikham</i>	<i>Goniothalamus sesquipedalis</i>
38	<i>Leipungkhang</i>	Indian night shade	<i>Leipungkhangnga Morok maan</i>	<i>Solanum indicum</i>
39	<i>Leipungkhang</i>	Yellow berried night shade	<i>Leipungkhangnga A variety</i>	<i>Solanum surattense</i>
40	<i>Yendang</i>	Wild cycas	<i>Yendang</i>	<i>Cycas pectinata</i>
41	<i>Yai</i>	Wild edible shoot	<i>Yaikhu</i>	<i>Thalictrum foliolosum</i>
42	<i>Alalu</i>	Arrow root	<i>Alalu</i>	<i>Maranta arundinacea</i>
43	<i>Haona</i>	Lemon grass	<i>Haona</i>	<i>Cymbopogon citratus</i>
44	<i>Thing kobi</i>	Brussels sprout	<i>Kobi ukabi</i>	<i>Brassica oleracea</i>
45	<i>Komprek</i>	Drop wort	<i>Komprek</i>	<i>Oenanthe javanica</i>
46	<i>Kanghoo</i>	Greater galangal	<i>Kanghoo</i>	<i>Alpinia galangal</i>
47	<i>Puleiman</i>	Galangal	<i>Puleimanbee</i>	<i>Alpinia officinarum</i>

Table 4: Fruits collected from the wild plants

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
1	<i>Chakhasi</i>	Edible fruit of cane plant	<i>Heiree</i>	<i>Calamus cane/ Calamus tanuis</i>
2	<i>Mazingsi</i>	Olive	<i>Chorphon</i>	<i>Elaeocarpus floribundus</i>

(Table 4 Continued...)

(Table 4 Continued...)

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
3	<i>Takhiusi</i>	Walnut	<i>Heijuga achouba</i>	<i>Juglans regia</i>
4	<i>Khiudisi</i>	Small walnut	<i>Heijuga macha</i>	<i>Anacardium occidentale</i>
5	<i>Khiangsi</i>	Very sour fruit	<i>Heibung</i>	<i>Garcinia anomala</i>
6	<i>Tamengsi</i>	A fruit variety	<i>Heiyai</i>	<i>Elaeagnus latifolia</i> / <i>Elaeagnus umbellata</i>
7	<i>Mantalaosi</i>	Indian goose berry	<i>Heikru</i>	<i>Emblia officinalis</i>
8	<i>Dutsi</i>	Fig variety	<i>Heibong</i>	<i>Ficus carica</i>
9	<i>Thitsi</i>	Fig variety	<i>Ashee heibong</i>	<i>Ficus hispida</i>
10	<i>Seetafon</i>	Passion fruit	<i>Seetafon</i>	<i>Passiflora caerulea</i>
11	<i>Phakshi</i>	Wild apple/ Indian crab apple	<i>Heitup</i>	<i>Docynia indica</i>
12	<i>Kihomsi</i>	Pineapple	<i>Kihom</i>	<i>Ananas cosmosus</i>
13	<i>Kamiusi</i>	Very small sour fruit or a variety of drupe	<i>Heimang</i>	<i>Rhus semialata</i>
14	<i>Heibeesi</i>	A fleshy fruit	<i>Heibee</i>	<i>Meyna laxiflora</i>
15	<i>Sahisi</i>	Fruit of <i>Sahi</i> tree	<i>U-thangjing</i>	<i>Quereres semiserrata</i>
16	<i>Boroisi</i>	Plum/Jujube	<i>Boroi</i>	<i>Ziziphus jujuba</i>
17	<i>Tadansi</i>	A variety of drupe	<i>Thangtoop</i>	<i>Phoenix humilis</i>
18	<i>Heiningsi</i>	Hog plum/wild mango	<i>Heining</i>	<i>Spondias pinnata</i>
19	<i>Heiyensi</i>	Big nay	<i>Heiyen</i>	<i>Antidesma bunius</i>
20	<i>Kabangsi</i>	Common mulberry	<i>Kabrangchak</i>	<i>Morus australis</i>



Fig. 10: Ngunapot (*Musa paradisiaca*)



Fig. 11: Chagumbi (*Musa paradisiaca*)



Fig. 12: Madang / Loklei
(*Hedychium coronarium*)



Fig. 13: Pulei (*Alpinia nigra*)



Fig. 14: Madeng / Leipung tharam
(*Persicaria sinensis*)



Fig. 15: Katunpuang
(East Indian arrow root)
(*Cucurma angustifolia*)



Fig. 16: Saneibi ushoi
(*Schima wallachi*)



Fig. 17: Warakushoi
(*Bamboosa oliveriana*)



Fig. 18: Yebum
(*Androcalamus diandrum*)



Fig. 19: Yendang (Sago palm)
(*Cycas revoluta*)



Fig. 20: Penrao / Kanglayel
(*Schizophyllum communis*)



Fig. 21: Kansana / Uchina
(*Auricularia delicata*)



Fig. 22: Penia / Thangiyel
(*Lentinula edodes*)



Fig. 23: Mukthrubu
(*Zanthoxylum acanthopodium*)



Fig. 24: Tejpatanu
(*Cinnamomum tamala*)



Fig. 25: Awa Makikhum / Awa phadigom
(*Eryngium foetidum*)



Fig. 26: Gasi / Heirabob
(*Citrus macroptera*)



Fig. 27: Ushingsha
(*Cinnamomum* sp.)



Fig. 28: Inchat / Chatna
(*Houttuynia cordata*)



Fig. 29: Aalook
(*Elsholtzia blanda*)



Fig. 30: Gasi / Heijang
(*Citrus aurantifolia*)



Fig. 31: Chakhasi / Heiree (*Malaca cane* / *Calamus cane* / *Calamus tanuis*)



Fig. 32: Takhiusi / hejuga achouba
(walnut) (*Juglans regia*)



Fig. 33: Khiangsi / Heibung
(*Garcinia anomala*)



Fig. 34: Tamengsi / Heiyai
(*Elaeagnus latifolia*)



Fig. 35: Passion fruit
(*Passiflora caerulea*)



Fig. 36: Mantalaosi / Heikru
(*Embelica officinales*)



Fig. 37: Phaksi / Heitup
(*Mocrocos peniculata*)



Fig. 38: Kamiusi / Heimang
(*Rhus semialata*)



Fig. 39: Heibeesi / Heibi
(*Meyna laxiflora*)

Table 5: Animals and birds hunted by the tribe

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
1	<i>Tathi</i>	Blackbuck	<i>Sajee</i>	<i>Antelope cervicapra</i>
2	<i>Chaheng</i>	Sumatran serow	<i>Sajal</i>	<i>Capricornis sumatraensis</i>
3	<i>Chahui</i>	Jackal	<i>Huithou</i>	<i>Canis aureus</i>
4	<i>Tani</i>	Wolf	<i>Keisahaal</i>	<i>Canis lupus</i>
5	<i>Inguuwang</i>	Procupine	<i>Sabou</i>	<i>Hystrix indica</i>
6	<i>Tathiu</i>	Brown bear	<i>Lammok</i>	<i>Ursus arctos</i>
7	<i>Tajong</i>	Monkey	<i>Yong</i>	<i>Macaca radiata</i>
8	<i>Chakhaojong</i>	Gibbon	<i>Yongmoo</i>	<i>Hoolock hoolock</i>
9	<i>Tachu</i>	Brown rat	<i>Uchi angouba</i>	<i>Rattus norvegicus</i>
10	<i>Ashathi</i>	Fox	<i>Lamhui</i>	<i>Vulpes bengalensis</i>
11	<i>Sajal</i>	Stag	<i>Sajal</i>	<i>Cervus unicolor</i>
12	<i>Tachu</i>	Rabbit	<i>Uchi angouba</i>	<i>Oryctolagus cuniculus</i>

(Table 5 Continued...)

(Table 5 Continued...)

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
13	<i>Kalikhumpuina</i>	Squirrel	<i>Kheiroi</i>	<i>Funambulus</i> sp.
14	<i>Thatre</i>	Guinea pig	<i>Theba</i>	<i>Cavia porcellus</i>
15	<i>Sanamba</i>	Fishing cat	<i>Sanamba</i>	<i>Prionailurus viverrinus</i>
16	<i>Inke</i>	Parrot	<i>Tennawa</i>	<i>Psittacula eupatria</i>
17	<i>Takaoleina</i>	Kite	<i>Umaibee</i>	<i>Aquila</i> sp.
18	<i>Langja</i>	Vulture	<i>Langja</i>	<i>Vulture gryphus</i>
19	<i>Chareng or Chahui</i>	Hornbill	<i>Uchek Langmedong</i>	<i>Buceros bicornis</i>
20	<i>Gaa</i>	Crow	<i>Kwaak</i>	<i>Corvus splendens</i>
21	<i>Utoobee</i>	Woodpecker	<i>Utoobee</i>	<i>Dryobates cathpharius</i>

Table 6: Various types of fishes caught by the tribe

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
1	<i>Ngakha</i>	<i>Puntius</i> species	<i>Ngakha</i>	<i>Puntius ticto ticto</i>
2	<i>Ngakha meingangbee</i>	<i>Puntius</i> species	<i>Ngakha meingangbee</i>	<i>Puntius manipurensis</i>
3	<i>Ngaprum</i>	Eel	<i>Ngaprum</i>	<i>Monopterusuchia</i>
4	<i>Ngareel</i>	True eel	<i>Ngareel</i>	<i>Macrognathus aral</i>
5	<i>Ngarel</i>	Devil catfish	<i>Ngarel</i>	<i>Bagarius bagarius</i>
6	<i>Ngakra</i>	Cat fish	<i>Ngakra</i>	<i>Clarias batrachus</i>
7	<i>Nakijou</i>	Loach	<i>Nakijou</i>	<i>Lepidocephalichthys irrorata</i>
8	<i>Ngashang</i>	Flying barb	<i>Ngashang</i>	<i>Esomus danrica</i>
9	<i>Ukabi</i>	Climbing perch	<i>Ukabi</i>	<i>Anabas testudineus</i>
10	<i>Ngapemma/Phetin</i>	Colisa	<i>Ngapemma/Phetin</i>	<i>Colisa fasciatus</i>
11	<i>Ngamu</i>	Goroi	<i>Meitei ngamu</i>	<i>Channa orientalis</i>
12	<i>Ngamu</i>	Goroi	<i>Ngamu bogra</i>	<i>Chana punctata</i>
13	<i>Ngamu</i>	<i>Gara</i> species	<i>Ngamu sengum</i>	<i>Garra manipurensis</i>
14	<i>Nunga</i>	<i>Balitora</i> species	<i>Nun-nga</i>	<i>Balitora brucei</i>
15	<i>Naosek</i>	Giant water bug	<i>Naosek</i>	<i>Belostoma</i> sp.

Table 7: Different types of snails used by the tribe

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
1	Tharoi	Snail	Tharoi ningkhabee	<i>Angulyagra oxytropis</i>
2	Tharoi	Snail	Leikang tharoi	<i>Achatina fulica</i>
3	Tharoi	Common periwinkle	Nung tharoi	<i>Littorina littorea</i>
4	Tharoi	Great pond snail	Tharoi	<i>Lymnaea stagnalis</i>
5	Tharoi	Snail	Lai-Tharoi	Not known
6	Tharoi	Tharoi	Labuk-Tharoi	<i>Pila globosa</i>

Table 8: Animals and birds (Domesticated)

Sl. No.	Local Name	English Equivalent	Manipuri Equivalent	Scientific Name
1	Kami	Goat	Hameng	<i>Capra hircus</i>
2	Yao	Sheep	Yao	<i>Ovis aries</i>
3	Kabuichi	Bull	Shaal laba	<i>Bos indicus</i>
4	Kabuipi	Cow	Shaalbee	<i>Bos indicus</i>
5	Alui	Buffalo	Ero	<i>Bubalus bubalis</i>
6	Buichang	Mithun	Sandang	<i>Bos frontalis</i>
7	Kabak	Pig	Ok	<i>Sus domesticus</i>
8	Tathi	Dog	Hui	<i>Canis familiaris</i>
9	Na/Ngeochi	Cat	Houdong	<i>Felis domesticus</i>
10	Maruireng	Cock	Yenba	<i>Gallus domesticus</i>
11	Maruipui	Hen	Yenbee	<i>Gallus domesticus</i>
12	Makhao	Pigeon	Khoonoo	<i>Columba livia</i>
13	Kaniu	Duck	Nganoo	<i>Anas platyrhynchos domesticus</i>



Fig. 40: Ngaprum (eel)
(*Monopterus albus*)



Fig. 41: Nakijou
(*Lepidocephalus irrorata*)



Fig. 42: Ngamu / Meetei Ngamu
(*Chana orientalis*)



Fig. 43: Naosek (giant water bug)

The Liangmai People's Dietary Preferences

Food and food habits have deep psychological roots and are associated with love, affection, warmth, self-image, and social prestige. The diet of the people is influenced by the local conditions, particularly the soil and climate, religious beliefs, and customs. Various types of vegetables, spices, fruits, animals, birds, fish, and insects are used as their food items.

Rice (*Chamiiu*) is the staple food of this tribe. In addition to this, there are two types of millet locally known as *Thathiu* and *Tasi/Tasiu*. They consume these two species of millet during the lean season. Previously, they used to take roasted or boiled maize, boiled roots, and millets as their staple food, but nowadays, cooked rice is being accepted by this tribe as their staple food. The Liangmais prefer boiled foods. Therefore, they cook any type of meat (red or white) by boiling, but roasted meat is also used during the lean season. Edible oil was hardly used. Nowadays, however, some changes can be seen while cooking. The youngsters have started using cooking oil, but the quantity of the oil is very low compared with others (residing in the plain areas). There is no special process involved in cooking. They simply boil the meat with locally available leafy spices and a kind of root. They also add ground rice (but not rice flour) while boiling. It was customary for each fisherman or hunter to eat the smaller fishes, insects, or games within the family, whilst the larger games were typically slaughtered and sold in order to cover the costs of maintaining the family. Some hunters prepared the meats to be preserved by smoking them once they had reached the proper size. The detailed process of the same has been discussed in the next section. If they have been successful in catching a python, then they are obligated to provide some of it to each and every household in the hamlet so that it can be eaten.

Preservation of the Animal Products

They use a variety of preservation methods for animal products. Smoking is by far the most popular practice. The roasting procedure comes next after this step. The smoked meats and the roasted meats are both stored in a covered storage basket that is then placed above the hearth or fireplace in a bamboo shelf. This method not only helps to keep the processed meats free from insects, but it also contributes to improving their flavour and ensuring that they remain dry for a longer period of time. The items

obtained through these two processes are intended to be preserved for a longer period of time and utilised during times of great scarcity. The third method (preservation through fermentation) is an additional technique that has the potential to be utilised for day-to-day consumption. It is a rather straightforward process. They began by exposing the meat to the sun in order to hasten the drying process. Next, they place the meat into a bamboo container (a bamboo internode with a node at one of its ends) and pack it as tightly as they could before sealing it. They can store it away in a shed for at least one quarter of a year. After that, they put it to use in the preparation of their many unique and flavorful vegetable curries and chutneys. They do so in such a way that allows them to consume it in the form of a variety of flavours.

Processing and Preservation of the Plant Products

They collect the edible plant foods either from their cultivated fields, jhum fields, or terrace fields, or from the forest that is close by, or both. The various plant products are processed and preserved by the Liangmai people in a variety of ways. For example, bamboo shoots are sliced into thin pieces before undergoing fermentation in order to preserve them. When it comes to some vegetables and spices, which are only available during certain times of the year, the harvesting procedure involves drying them in the sun first, and then putting them away in the appropriate storage baskets thereafter. In a similar manner, the seeds of a variety of beans can be kept through processing. On the other hand, they are also able to preserve soya bean for a longer amount of time, and this is done after the fermentation process. First, the soya seeds are allowed to soak in water for the night, and then, the following morning, the seeds are boiled until they become pliable. After that, they pour out the mixture completely, transfer the seeds that have been cooked to a covered basket that has been specifically prepared (by lining it with the leaves of wild fig) for the process, and then store the basket inside a barn for five days. These days are necessary for the soya seeds to undergo complete fermentation. After that, they remove the fermented soya beans by taking the basket out of the barn where it had been stored. They are able to continue eating the fermented soya beans from that day onward for a total of three days without noticing any change in flavour. In order to ensure the seeds' long-term viability, they used to dry them in the sun after the fermentation process.

Animals in Rituals and Sacrifices

Animals play an important part in various rituals and sacrifices. Animals are offered as sacrifices to '*Charawang*' (the supreme God), on behalf of the Liangmai people so that they may receive benefits for their lives, members of their families, harvests, fields, and domestic animals. Rituals and sacrifices play a larger role during times of great significance, such as the sowing of paddy seeds, the harvest, natural disasters, illness, festivals, epidemics, marriage, the birth of a new child, and the grieving of a loved one's death.

During the seed sowing ceremony, a pig (*Sus domesticus*) or a mithun (*Bos frontalis*) is slaughtered as an offering to *Charawang*, in hopes of a bountiful harvest and a prosperous future for the villages. This is followed by a feast in which the locals partake.

Everyone in the community comes to attend this feast. These people believe that by looking at the position of liver and spleen of the pig that was sacrificed as an omen, one can see and predict how well the harvest will go and how well the people will do in the coming year. The omen-reading procedure is typically performed by the village's knowledgeable residents.

In fact, the pig is an important four-legged animal for the Liangmai people. On multiple occasions, they slaughter this animal, which is a predominantly male pig. Moreover, if the village council decides to impose some fine upon any culprit or wrongdoer, this animal may also be used as a fee (as a punishment). Depending on the severity of the offence, the animal's size also varies. They use their traditional way to determine the size of the pig based on counting the number of *Wai/Eajum* (i.e., the girth of the thorax).

Offerings were also made in an effort to placate the disease. These sacrifices consisted of either shedding the blood of domestic animals or releasing them into the wild. Both of these options were considered acceptable. *Phaimiu*, also known as "the Priest", dispenses curative treatments in the form of rites and sacrifices involving an egg, a hen, or a goat, accompanied by the chanting of hymns, in order to treat illness, natural disasters, and epidemics. When a wealthy member of the community passed away, a number of domesticated animals, including cows, buffaloes, dogs, and chickens, were slaughtered and presented as sacrifices. Near the tomb of a common person, the members of the deceased person's family would execute rituals consisting of offering sacrifices of cooked rice, rice beer, and both vegetarian and non-vegetarian items that were wrapped in plantain or banana leaves. These offerings were given the name *Chagumnui*.

Conclusion

In the paper, we addressed the many methods by which the tribe obtains its food supplies. The gathering of wild flora and engaging in agricultural activities are both significant components of their way of life. In a similar manner, they not only raise domestic animals, but they hunt many different kinds of animals and birds that are found in the wild. In order to satisfy their need for supplemental food, they also gather snails, fish, and insects from the areas that are frequently flooded nearby. The climate, geography, and other aspects of the environment have an impact on the food that people eat. In terms of the way they prepare their food, they stick to the age-old practices of hunting and gathering. It is a reality that even though they are farmers, they still rely heavily on the gathering economy for their livelihood. They are sometimes referred to as scavengers, which is another term for them. They have been using their rudimentary technology as an alternative to agriculture for the production and consumption of their food up until this day. Within this context, ecology plays a very significant role. The heavily wooded, steep terrain surrounding Liangmai provides all the necessary components for a thriving gathering economy. Another aspect that is contributing to the community's inability to develop to its full potential is the state of the roads and other modes of transportation, notably the roads.

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