

CRUSADE/TAMWED
Mooligai Thottam (Herb Garden Project) Report
June 2010- March 2011

1. AIMS AND OBJECTIVES

The aim of the project is to enable local people in Tamil Nadu State in South India to reconnect with traditional methods of healthcare through education and the creation of family Kitchen Herb Gardens. It will relate to other forms of medicine and healthcare to enable the treatment of everyday ailments that do not require advanced medical intervention. In the long term, the aim is for the programme to be financially self-sufficient as herb production and processing from the gardens is developed.

The project will:

- Support rural families which would otherwise find it difficult to pay for healthcare treatment.
- Revitalise knowledge about the use of herbs in a safe and effective way for everyday ailments and simple first aid.
- Increase the biodiversity of previously unkempt and derelict land.

It will achieve this during a 22 months programme, launched in June 2010, by:

- Training 20 women as trainers in medicinal plant growing methods.
- Supporting the training of 10 further women and families by each of the 20 trained women.
- Setting up 2 demonstration herb gardens with indigenous plants that will lead to an increased knowledge of local flora by local people.
- Creating a nursery for the provision of herb plants
- Supporting the creation of 220 family herb gardens thus reaching an estimated 880 people.

The project is being implemented by CRUSADE working with communities in their area with technical support from the Foundation for Revitalisation of Local Health Traditions (FRLHT), Bangalore.

2. Project Orientation

10 CRUSADE field staff and 10 health workers were given orientation on the project by the FRLHT team in June 2010. Seven local traditional healers also attended the day-long session which was facilitated by Mr. Harirama Moorthy from FRLHT who explained the overall objectives and plans of the project.

3. Project manager

There were some difficulties in employing a project manager at the start of the project. Jothi interviewed a number of people who turned down the position due to the salary which was subsequently increased. The post was re-advertised, following which Lakshmi Pria was appointed in September. Unfortunately she decided to leave at the end of February as she wanted to continue her studies. She has since been replaced by Bhavani, a botany graduate (Annex B). Both have been paid Rs8,200 per month + travel expenses. From April her wages will increase to Rs10,000, the additional amount being met by CRUSADE. Therefore she will be working for Mooligai Thottam for 80% of her time.

4. Baseline Survey and PRA

The training on baseline surveying and Participatory Rural Appraisals (PRA – a method of assessing the status and needs of a community) for CRUSADE staff and Health workers was conducted by the FRLHT Team in August 2010. Subsequently 430 households were covered by a baseline survey which established which herbs are being used for the treatment of minor ailments. Following the baseline survey, PRAs were conducted in 17 villages and diseases in the area were recorded, prioritising those that are highly prevalent, those which affect women and those which need expensive treatment. On an average, 45-50 women participated in PRA sessions and listed 55 diseases. About 20 diseases were prioritised on the basis of grading and around 20 plants were identified by the participants along with the uses of these plants.

Currently in Sholavarm block there are 158 potential members identified for home herb garden and in Minjur there are 172 (total 330, exceeding the project's initial target of 220).

5. Exposure Visit

CRUSADE staff and volunteers (21) went for an exposure visit to LEAD, an NGO based in Trichy district and to FRLHT's base in Bangalore. The visit helped them understand better the concept of home herb garden and gain more knowledge about the identification of herbal plants and their uses in primary health care. The staff and volunteers are being trained as trainers so that they can facilitate the development of home herb gardens in the villages.

6. Documentation of Local Health Traditions

Documentation of herbal treatments practiced by local traditional healers for the prioritised diseases was the next step. One day training on documentation was facilitated by Mr. Harirama Moorthy in October for CRUSADE field staff and health volunteers in the presence of some traditional healers.

7. Commencement of Demonstration Garden

Demonstration gardens were established in Pudupakkam and Thinaipakkam in August 2010.

8. Nursery training at FRLHT

The project manager and the gardeners from CRUSADE were sent to FRLHT, Bangalore for one day hands-on experience in establishing a herbal nursery.

Janardhanan (male) was the gardener at Pudupakkam who joined at the start of August but left at the end of December. He was replaced by Rukku (female) from January this year. Both were paid Rs2,000 per month. Anjali who is a watchwoman at Pudupakkam is also helping a lot but her salary is not under MT.

Rajeswari is a part time gardener at Minjur and being paid Rs300 per month. This is incurred from Memorial Garden fund provided by TAMWED to maintain the garden established in memory of Gill Gorbutt (Chair of TAMWED) and not from this project. But travel and food expenses for the Bangalore nursery training at FRLHT has been added to the expenses as it relates specifically to the nursery.

9. Establishment of nursery

A herbal nursery was established in Pudupakkam in November 2010. Presently the nursery has 20 varieties of herbal plants (Annex A) and of these varieties, 100-300 seedlings have now been raised. Both gardens were already owned by CRUSADE, however they did need upgrading. Pudupakkam in particular was an embryonic garden which needed some infrastructure put in place. The nursery is different to the demonstration garden, although it will act as both. It will provide the plants for the beneficiaries of the project. The 20 varieties are those that were identified in original PRA and rapid assessment.

10. Training of Trainers

The first Training of Trainers (TOT) session focused on 2 of the prioritised diseases: leucorrhoea and fever, and was conducted in Pudupakkam facilitated by Mr. Subanandhan from FRLHT. He explained the symptoms and treatment of these diseases using herbs available in the nursery.

The second TOT session focused on 2 more diseases: cold and cough and joint pain. It was conducted in January at Pudupakkam, facilitated by Mr. Subanandhan from FRLHT. He explained and demonstrated the preparation of medicine for these diseases.

The third TOT session focused on 8 diseases: anemia, leucorrhoea, heart block, kidney problems, blood pressure, piles, insomnia and general immunity. It was conducted in February 2011 at Pudupakkam, facilitated by Mr. Subanandhan and Mr. Harirama Moorthy on behalf of FRLHT and traditional healers Mr. Jayaprakash from Vadalur and Mr. Arjun from Vellore. They explained the preparation of medicines for the above diseases.

The last TOT session focused on 4 diseases and was conducted in March 11 at Pudupakkam facilitated by resource person Mr. Saravanan from Madurai and traditional healer Mrs. Marikannu from Pudukottai. They explained the preparation of medicines for deworming, insect bites, skin diseases and any non-healing wounds. Mr.Saravanan and Mrs. Marikannu visited the home herb gardens of one cluster coordinator and 3 health workers and gave suggestions for improvements. In the afternoon there was an awareness/open day event when 131 women members previously identified for developing home herbal garden participated.

11. Project Review

CRUSADE's Secretary visited FRLHT in Bangalore for a day in early April to review progress and to have discussions with Mr. Hari on taking the project forward. Based on these discussions, a Rapid Assessment Workshop is planned for May. Although most herb saplings are ready for distribution to the 20 workers for their home herb gardens, this has been postponed due to a rainless summer and will be completed in June after rain.



Henna



Hibiscus

ANNEX A

Herbal plants grown in nursery:

1. Hibiscus rosasinensis (sembarathai) - Hibiscus
2. Vitex negundo (nochi) – 5 leaved chaste tree
3. Coleus aromaticus (karpura valli) – Mother of Herbs
4. Adhatoda zeglanca (adhatoda) – Malabur nut
5. Aloe vera (katralai) – Aloe vera
6. Tinospora cordifolia (sindil) – Moon creeper
7. Wedelia chinensis (manjal karisilankanni) – Chinese wedelia
8. Ocimum tenuniflorum (thulasi) – Holy basil
9. Solanum trilobatum (thuduvalai) – Purple fruited egg plant
10. Bryophyllum pinnatum (ranakanni) – Air plant
11. Punica granatum (madhulai) – Pomegranate
12. Acorus calamus (vasambu) – Sweet flag
13. Centella asiatica (vallarai) – Gotu kola
14. Cissus quatrangularis (pirandai) – Devils backbone
15. Alpinia galangal (chitrarathai) - Galangal
16. Andrographis paniculata (siriyangai) – Indian echinacea
17. Cymbopogon citrates (vassanapillu) – Lemon grass
18. Sansevieria roxburghiana (marul) – Indian bow string hemp
19. Ervatamia divanicata (nandhiyavattai) – Crape jasmine / moonbeam
20. Lawsonia inera. (marudhani) - Henna

ANNEX B

ROLE AND RESPONSIBILITIES OF M.BHAVANI

Job title: Project Manager (Mooligai Thottam).

Job purpose: Promotion of Home herbal gardens to achieve the objectives of Mooligai Thottam project.

Key Responsibilities

- Maintaining and monitoring herbal gardens and nursery at the centres.
- Organising practical training programmes for cluster coordinators, health workers and village level potential women in home herbal garden uses and preparation medicines..
- Survey and documentation.
- Raising rare medicinal plants in the demonstration garden.
- Propagation of select plants in our nursery to promote home herb gardens.
- Visiting cluster coordinators, health workers, and selected village level potential members for screening and home herbal garden promotion.
- Collecting feedback about medicinal uses from practitioners of herb medicines.
- Liaison with FRLHT team in training, exposure and documentation.

Bhavani has an MBA (HRD) with graduation in Botany.

ANNEX C

BUDGET APRIL 2010 TO MARCH 2011

No	Activity	22 month Budget (Rs)	Expenses
	CRUSADE		
1	Project Coordinator (P/T) @ Rs. 8,200 p.m ⁱ	180,000	58,639
2	Gardener/Nursery Worker @ Rs 2000 p.m.	44,000	23,010
3	Equipment for Demo Garden and Nursery	15,000	17,803
4	Plants, Seeds, Compost etc. R 24,000 (200 houses)	24,000	19,080
5	Village Level Training 200 (Households)	30,000	
6	Monitoring & Participatory Evaluation	15,000	2,930
7	Demonstration Garden Open Day	2,500	7,400
8	Administration, Office costs, Staff Supervision etc	14,000	6,974
9	Contingency fund (authorised use only)	15,000	0
	TOTAL	339,500	135,836
	FRLHT		
10	FRLHT Input & Training ⁱⁱ	45,000	43,232
11	Rapid Assessment	10,000	7,000
12	Production of training manuals 200 @ Rs100	20,000	10,000
13	Exposure visit 21 people	25,000	28,648
		100,000	88,880
	TOTAL	439,500	224,716
	Extra expenses in additional budget (see below)		30,712
	TOTAL		255,428
	Balance available	27,422	

ADDITIONAL BUDGET

No	Particulars	Budget (Rs)	Expenses
1	Advertisements (2) + Travel expenses of candidates	7,376	7,376
2	Transport of soil at the nursery site	15,000	18,200
3	FRLHT Orientation Training on 12.06.10 ⁱⁱⁱ	2,267	2,267
4	Thatched shed for compost pit at nursery site	3,500	2,869
	TOTAL	28,143	30,712

Grand Total **467,643** **255,428**

ⁱ increased from Rs5,000 to Rs 8,200 per month

ⁱⁱ Rs18,232 will be deducted from the second payment to FRLHT.

ⁱⁱⁱ Rs2,000 will be deducted from FRLHT's second installment.