

## **Dutaraj Titung**

Ward Chairperson, Ward No. 5, Indrasarovar Rural Municipality

### **"Ayurveda has taught me that good health begins with prevention"**

"I had heard the word *Ayurveda* before, but I knew very little about its true meaning or its relevance to everyday life. My perspective began to change after I came into contact with Sagun. By participating in the various training programs on Ayurveda and medicinal herbs organized by the organization, I gained a much deeper understanding of the importance of Ayurveda, the value of medicinal plants, and the foundations of a healthy lifestyle."



Dutaraj Titung, the Ward Chairperson of Ward No. 5 in Indrasarovar Rural Municipality, now practices an Ayurvedic lifestyle by maintaining a home herbal garden. He says, "I have realized that Ayurveda is not simply a system of treating diseases after they occur; it is a way of living that teaches us how to stay healthy."

Under his leadership, a campaign has been launched to establish a home herbal garden in every household in Makaibari village. He is actively encouraging community members to conserve, cultivate, and promote medicinal plants, believing that valuable herbal resources can be protected and utilized locally.

"Today, I clearly understand that if we want to live a healthy and happy life over the long term, we must adopt an Ayurvedic lifestyle. Even a small effort, such as growing medicinal herbs in our home gardens, can make a significant contribution to improving the health of our families and communities."

Dutaraj Titung's experience highlights not only the growing public interest in Ayurveda and medicinal plants but also the potential to build healthier, more self-reliant communities through local action.

## **Narayan Dimdung**

Medicinal Herb Farmer, Purundi, Ward No. 4, Indrasarovar Rural Municipality

### **“From Simply Recognizing Medicinal Plants to Teaching Others: My Journey with Herbal Medicine”**

In the past, I had only basic knowledge of medicinal herbs. I could identify many of the plants that grow in the forests and hills around my village, but I did not have the scientific or practical knowledge of which herbs should be used for specific illnesses, the appropriate dosage, or the correct methods of preparation and use. Although I knew a little, I lacked the confidence to recommend or use them myself.

About four years ago, representatives from Sagun contacted me and asked if I could help identify medicinal plants in the forest. At first, I was surprised and wondered why they had chosen me. At the same time, I felt encouraged because I realized that someone valued the local knowledge I had accumulated over many years.

For about a week, we explored forests, fields, and hillsides together. I introduced the medicinal plants found locally and connected the team with other knowledgeable people in the community. This experience deepened my interest in medicinal herbs.

Later, I had the opportunity to participate in two training programs organized by Sagun. These trainings provided me with new knowledge on the proper identification of medicinal plants, their safe use, appropriate dosage, and medicinal properties. The knowledge I gained greatly increased my confidence. Today, I regularly use a variety of medicinal herbs myself and have personally experienced their benefits.

At present, I cultivate more than 25 species of medicinal plants on my farm. People from neighboring villages visit my farm to learn about medicinal herbs and seek information. I find great satisfaction in sharing the knowledge I have gained. In the past, I lacked confidence in my own understanding, but today I am able to teach others with confidence.

My next dream is to develop medicinal herb farming as a business. I hope not only to increase my own income but also to encourage other farmers in my community to engage in medicinal herb cultivation. I strongly believe that medicinal herb farming can simultaneously promote better health, generate income, and conserve biodiversity in our village.

I would like to express my sincere gratitude to Sagun for recognizing the value of local knowledge, providing opportunities to learn, and encouraging me to use that knowledge for the benefit of the community. The opportunities they provided have transformed not only my knowledge but also my confidence, my way of thinking, and my vision for the future.

## Krishna Bahadur Lama

Medicinal Herb Farmer, Rakaskhola, Ward No. 4, Indrasarovar Rural Municipality

### **“Turning my interest in medicinal herbs into better health and livelihood”**

My name is Krishna Bahadur Lama, and I am a vegetable farmer from Rakaskhola in Ward No. 4 of Indrasarovar Rural Municipality. Alongside vegetable farming, I have always had a strong interest in medicinal herbs. However, despite my efforts to learn more from different sources, I was unable to find practical guidance on the scientific cultivation of medicinal plants, their proper use, and their economic potential.



About four years ago, I had the opportunity to participate in an Ayurveda and medicinal herbs training program organized by Sagun. That training became a turning point in my life. I learned how to identify medicinal plants, cultivate them, understand their medicinal properties, and use them to promote health in everyday life. From then on, I began to see medicinal herbs not only as a farming activity but also as a pathway to healthier living and a potential source of future income.

Today, I grow a variety of medicinal plants on my farm, including holy basil (*Tulsi*), lemongrass, and *Ashwagandha*, among many others. I have also successfully established medicinal plants provided by Sagun. Recently, I developed a home herbal garden where my family can easily access fresh medicinal herbs whenever they are needed.

My goal now is to expand organic medicinal herb cultivation and develop it into a sustainable source of income. I believe that I have reached this stage largely because of the training, technical guidance, and continuous encouragement provided by Sagun. Programs like these equip farmers like me with knowledge, practical skills, and confidence, enabling us to become more self-reliant while improving our health and livelihoods.

## **Shramik Lama**

Woman activist

Kafleni, IRM-4,

### **“I want to promote indigenous health practices among women of IRM”**

My name is Shramik Lama. I am a resident of Kafleni, Ward No. 4 of Indrasarovar Rural Municipality, and I serve as the Chairperson of the Active Women's Cooperative.

My grandfather and father had extensive knowledge of medicinal herbs and traditional healing practices. They not only cared for our family but also provided herbal treatment to many people in the community. From an early age, I had the opportunity to learn from them about the value of medicinal herbs, their proper use, and the importance of serving others. As a result, I developed a strong interest in medicinal herbs from childhood.



After becoming involved with Sagun, my interest gained new direction and purpose. I had the opportunity to deepen my understanding of Ayurveda, the scientific use of medicinal herbs, healthy lifestyles, and their importance for community well-being. More importantly, I found a meaningful platform where I could pursue my passion while contributing to the welfare of my community.

My goal now is to promote the cultivation of medicinal herbs throughout Indrasarovar Rural Municipality and to lead a campaign encouraging their safe and effective use, particularly for improving women's health. I have also come to realize that good health depends not only on medicine but also on adopting healthier lifestyles, improving our diet, and making positive changes in our daily habits.

In the years ahead, I am firmly committed to working through the women's cooperative to empower local women with knowledge and confidence, while advancing a community-wide movement that promotes healthier living through Ayurveda and the responsible use of medicinal herbs.