

**CONTRIBUTION OF HARRA (*TERMINALIA CHEBULARETZ*) TO
TRIBAL LIVELIHOODS AND RURAL ECONOMY: A CASE STUDY
FROM FOREST REGIONS OF GARIABAND**

Sahdev¹, Amit Tandan², Kuldeep³, Dr. Shweta Choubey⁴, Tameshwari⁵

¹*Research Scholar, Chemistry, Department of Basic Sciences and Humanities, Government Engineering College, Raipur, (C.G.) – 492015*

²*Assistant Professor, Department of Geography, Sant Guru Ghasidas Government P.G. College, Kurud, District Dhamtari (Affiliated to Pt. Ravishankar Shukla University, Raipur, Chhattisgarh – 493773)*

³*Department of Soil Science, College of Agriculture, Indira Gandhi Krishi Vishwavidyalaya (IGKV), Raipur, Chhattisgarh – 492012*

⁴*Professor, Chemistry, Department of Basic Sciences and Humanities, Government Engineering College, Raipur, (C.G.) – 492015*

⁵*Department of Sociology, Seth Phoolchand Agrawal Smriti College in Nawapara Rajim, Raipur, (C.G.) – 493881*

Abstract

Harra (*Terminalia chebula* Retz.), an important non-timber rating product (NTFP) of the *Combretaceae* family, is key to maintaining the presence of tribes living in the forested areas of Gariaband District, Chhattisgarh. This article explores the collection, socio-economic implications, transformation, and marketing of rural forest families in forests covered with Chhura, Mainpur, and Gariaband. This study highlights seasonal meetings in Harra as a source of strengthening employment, agricultural income, and traditional forestry livelihoods. Using field research, interviews, and discussions with local foresters and merchants, this study establishes that Harra is useful for important economic real estate outside the

season and during the agricultural period. The study examines issues such as market price volatility, lack of storage, and limiting value added. The results highlight the value of stable practices of Harra harvesting and expanding market access as a means of stimulating income and maintaining forest preservation. The study on this subject aims to shed light on politicians and forest management regarding the importance of NTFPs in forest conservation and rural development.

Keywords: *Gariaband Forest, Harra, Medicinal Plants, Rural Economy, Tribal Livelihoods.*

Introduction

The Chhattisgarh province holds 44% of the forested areas, so natural resources determine this. Chhattisgarh forests are very dense and insignificant forest products [1-2]. Non-timber forest products (NTFPs) are traditionally important to support the means of existence of forest-dwelling communities, especially in areas of India where tribes prevail. Among the various NTFP Harra (*Terminalia chebula* Retz.), environmental, drug, and economic importance are of great importance. Harra is a deciduous tree belonging to the family *Combretaceae*. Its fruit is widely used in traditional medicine and is an integral part of the Triphala in Ayurvedic training. There is more Harra than drug products in the forest economy of rural areas, especially in the Indian Centre states such as Chhattisgarh. This is a profitable seasonal revenue stream for marginal communities. The Chhattisgarh Gariaband district, consisting of blocks of Chhura, Mainpur, and Gariaband, is made up of dense forests containing a huge tribal population. These populations are closely associated with forest resources for natural and economic survival. After the monsoon, we put together the Harra fruits of the main forest tool organized during the season. In a few months, not particularly agriculture, sales of raw or additional costs of Harra are the main participants in household income. Nevertheless, given its economic importance, the cost chain in Harra is largely

unorganized and suffers from problems such as a lack of treatment, a lack of access to the market, and exploitation of intermediaries. This study evaluates Harra's contribution to the presence of tribes and the presence of a rural economy, lists collection and marketing issues, and provides a means to increase income by adding costs using sustainable methods. The findings of this subject's research provide political information on the increase in existence based on NTFP and are expected to encourage management of forest resources based on similar environmental fields, as well as the Gariaband community. The oldest medical system, Ayurveda, offers an essential philosophy of health, healing, and longevity. Ayurveda is a very old medicinal system deeply rooted in ancient Indian culture. Someone who argues that almost 80% of the world's population considers it primarily to be a folk remedy for primary care [3-4]. All former doctors around the world use plant medicines as a valuable source of opening new medicines drugs [3-5]. During the screening of various therapeutic plants, researchers submitted one of the most valuable therapeutic plants. In other words, it is the terminal of chebula, which contains many therapeutic activities of various ingredients. The fruit portion exhibits various health benefits and also serves as a folk treatment for many human diseases since ancient times [3, 6, 7].



Figure 4.1 Harra (*Terminalia chebula* Retz) tree Fruit Collected by Local Tribals in the Forest Regions of Gariaband, Chhattisgarh

Materials and Methods

Study Area

This study was conducted in three large tribal forest blocks in Gariaband district. Chhattisgarh is the Chhura, Gariaband, and Mainpur Blocks. These regions are rich in dense mixed forests, abundantly populated tree Harra, and high density of tribal forest groups such as Gond, Halba, and Kamar. The area is primarily a hilly area with red and late soils, with mild precipitation at an annual level. The natural climate contributes to the growth of the Harra trees traditionally used by income families and internal tribes.

Data Collection: The survey involves data collection from primary and secondary sources, as well as field surveys in villages selected primarily in three blocks.

Fieldwork focuses on gathering habits, traditional applications, and the Harra economic situation in tribal fields.

Primary data were collected through households, with discussions in focus group discussions (FGDs) and interviews with tribal Harra collectors, GSP members, local merchants, and forest managers. Most important information:

- Timing and Harra harvesting methods
- Amount of price collected for the household
- Other income and contribution to the rural economy
- Gender role and traditional knowledge
- Practice adding trends and values for the market.

Van Dhan Yojana reported that secondary data had been collected in a Forest Service report and in a previous study by NTFPs Chhattisgarh.

Result

The results of this study demonstrate the extraordinary socio-economic contributions made by Harra to support the presence of tribal families in forest blocks in Chhura, Gariaband, and Mainpur. The results will be discussed in the Main Themes section.

Seasonal Availability and Collection Trends

- Harra Fruits meet mostly in October and December (after the monsoon).
- Tagavers 35-50 kg of dried fruit Harra comes from each household during the season.
- Normally, all families are created, including children and women.

Income Contribution

- Price revenue received by each Harra House during the season ranged between ₹1,500 and ₹4,000, depending on the number of gatherings and market accessibility.
- Harra, up to 42% of households surveyed, represented more than 20% of the family's annual income.
- The Tin Mainpur block has grown this share by more than 30% in most families due to insufficient other sources of income.

Value Chain and Market Access

- Fruits are sold by most collectors to local merchants or Van Dhan Kendra by most collectors (not converted).
- Prices range from ₹25-50 per kg, depending on the quality and demand of the market.
- Lack of cooperative or organizational handling is limited to the addition of collector costs and benefits.

Gender and Participation

- Women played an important role in the collection, drying, and storage of Harra fruits.
- However, they did not introduce less introductions due to final negotiations on sales and prices.

Traditional Knowledge and Use

- In addition to its economic benefits, Harra is traditionally used by local residents for gastrointestinal diseases, healing injuries, and homemade Ayurvedic agents.

- Ancients reported a decrease in the density of the tree of recovery and a lack of recovery efforts.

The problem has been identified

- Functions of market rate fluctuations and average age. Lack of training in fruit evaluation, storage, and value-added.
- Forest access and conflict restrictions regarding forest rights in certain villages.

These results highlight the economic value of Harra to maintain rural presence, and the need for interventions to support sustainable harvesting, additional costs, and direct access to tribal community markets.

Table 4.1 Chhattisgarh State Minor Forest Produce 2024-25 [2]

Chhattisgarh state minor forest produce 2024-25 (CGMFPFED)					
Name of Forest produce	Category (MSP/SP)	Collector rate (Rs.Per kg)	Collector period		Criteria
			Form	To	
Harra Sabut (Dry)	MSP	25	15th March	15th May	Fully dried whole fruits, free from pests, mold, and excessive moisture.
Harra Kachariya	SP	17			Clean, sliced and dried Harra pieces, free from mold and foreign material.

Discussion

The research shows that Harra is a seasonal survival resource for tribal families in the forest areas of Gariaband, especially in the Chhura, Gariaband, and Mainpur

blocks. The findings complement the general literature for the socio-economic importance of Non-Timber Forest Products (NTFPs) in supporting forest-dependent people, especially for coping with lean agricultural periods. The mean income earned from Harra collection, though small in absolute value, is a sizeable percentage of annual cash income for economically disadvantaged households. This conforms to earlier research showing NTFPs account for 20–40% of household income in tribal tracts of central India. In the Mainpur block, where there is weak connectivity to the markets and limited agriculture, Harra serves an even more critical role in income shock buffering. Despite this, the study identifies a number of structural and systemic issues. To begin, the value chain is captured by middlemen, with primary collectors obtaining returns that are low because there is no processing, grading, or direct access to the markets. Despite the potential of Harra in the herbal and pharmaceutical industries, local collectors are mostly unaware of its broader commercial value. Second, lack of institutional support such as storage infrastructure, training, and market information further constrains income enhancement.

The gender dynamics experienced show that although women are significantly engaged in collection and primary processing, they tend to be left out of decision-making and trade negotiation processes. This calls for gender-sensitive interventions that strengthen the position of women as collectors as well as key actors in forest-based enterprises. The second issue at hand is the reduction of Harra tree regeneration due to overharvesting, degradation of forests, and the lack of community-based conservation efforts. Lacking support from forest management and regeneration, the sustainability of this resource is threatened. This result is echoed in other NTFP-based economies where removal outpaces natural capacity for regeneration. Prominently, programs such as Van Dhan Vikas Kendras under the TRIFED scheme provide a template for enhancing value addition and cooperative marketing. But their coverage and impact in the

Gariaband area are still limited, in need of more comprehensive and locally modified adoption.

In general, this study indicates that with proper policy support, training, market linkages, and sustainable harvesting procedures, Harra can transition from a subsistence-level NTFP to a sustainable economic resource to increase tribal livelihoods while encouraging forest preservation. Harra is a significant minor forest product in Chhattisgarh. Chhattisgarh produces harra annually in approximately 50000 quintals, although the actual production is variable. It is an important source of revenue for inhabitants of the forests. Harra is also referred to as Harrad, which has several ayurvedic medicinal advantages. It is an extremely beneficial herb that can be useful in hair loss control and the development of hair because it contains vitamin C, iron, manganese, selenium, and copper, which provide complete nutrition to the scalp. The application of Harra is useful for the eyes and overall weakness. It is also used to control body aches. It is also useful in controlling cough and related issues like shortness of breath. It is also useful in controlling digestive disorders. Oil extracted from Harra seeds is beneficial in the case of chronic constipation. Harra powder contributes to increasing immunity by minimizing cell damage because of its antioxidant activity [7]. Harra powder, combined with coconut oil in the form of a paste, is applied to treat wounds. Harra is one of the significant sources of livelihood for individuals residing around areas of forests [1].

Medicinal properties of *Terminalia chebula* (Harra):

Harra is a very high medicinal plant in the Ayurveda, Siddha, Unani, and Tibetan medicine systems. He is also known as the King of Medicines of a wide range of pharmacological activities. Dried Harra fruits are primarily used as drugs and contain a variety of biologically active compounds such as tannins (chebulagic

acid, chebulinic acid, gallic acid, ellagic acid, flavonoids, polyphenols, and glycosides).

Important Medicinal Properties:

- 1. Antioxidant:** Harra is rich in powerful free radical mass removal molecules that protect cells from oxidative stress [3, 9].
- 2. Anti-inflammatory:** Inhibits tissue swelling, pain, and inflammation, and inhibits pro-inflammatory mediators [3, 9].
- 3. Antimicrobial & Antifungal:** Extracts of Harra exhibit strong activity against a variety of bacterial and fungal strains, making it effective in skin infections and wound healing [3, 9].
- 4. Digestive & Detoxifying:** It improves digestion, constipation, and acts as a natural antidote for the digestive system [3, 9].
- 5. Antidiabetic:** Polyphenols present in Harra stabilize blood glucose levels and increase sensitivity to insulin [3, 9].
- 6. Hepatoprotective:** Protects the liver from toxins and improves overall liver function [3, 9].
- 7. Cardioprotective:** Daily consumption of Harra lowers cholesterol levels and supports cardiovascular health [3, 9].
- 8. Anti-aging & Immunomodulatory:** It is an immune modulator, anti-aging, increasing the body's resistance to disease [3, 9].

Conclusion

This study highlights the important contribution of Harra as a wooden product for the presence of tribal communities in the forest blocks of Chhura, Gariaband, and Mainpur. Harra, a seasonal character, is the main source of particularly poor agricultural households. The introduction into the rural economy highlights the persistent dependence of rural societies on forest ecosystems. Nevertheless, the

potential as an economic intake of Harra is not achieved, including low market communication, a lack of value, dependence on mediators, and limited awareness of collectors. Furthermore, the problems with unstable harvesting and poor regeneration of trees threaten the long-term stability of this forest's support. A multifaceted approach is required to reach Harra's economic value and its environmental stability. Here is:

- Strengthening community-based forest management,
- Potential development and training improvements to add value;
- Increased access to organized markets and
- Include trade in Harra in a broader approach to the development of rural areas and forest policy.

This study demonstrates political action and institutional support for improving Harrah as a sustainable source of income, expanding the rights and capabilities of tribal communities as security guards for forest biodiversity. With proper support, Harra can become a balanced model for improving the presence and environmental conservation of forest areas such as Gariaband and other places.

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