

**A DOCUMENTARY ON
HIMALAYAN HERBAL TREASURE
YARCHA GUMBA IN DOLPA**

A Documentary Proposal



**A Proposal Submitted
To**

Submitted by

**Mountain Alteration Society Service (MASS)
Dunai V.D.C ward no.1
Dunai Bazaar,
Dolpa.**

Application

GENERAL INFORMATION

Title

A documentary on Himalayan Herbal Treasure - Yarcha Gumba in Dolpa

Film Category

Long Documentary

Project Start/Finish Dates

May.2007 – Aug. 2007 (Tentative)

PRODUCTION ORGANIZATION INFORMATION

Name

Mountain Alteration Society Service (MASS)

Address

Dunai V.D.C ward no.1,Dunai Bazaar, Dolpa.
Ph. No: 00977-087-550171

Contact office in Kathmandu

Bagdole-4, Lalitpur, Nepal.
Ph. No: 00977-01-5555729
Fax : 00977-01-5526150
E-mail Address : ngoproject_mass@yahoo.com

Principal Contact Person

Surya Singh Thapa
E-mail Address: thapasurya@yahoo.com
Mobile: 9851084868

A DOCUMENTARY ON HIMALAYAN HERBAL TREASURE YARCHA GUMBA IN DOLPA



SYNOPSIS

Nepal Himalaya is an ocean of medicinal herbs which, if explored and utilized properly can cure many diseases without incurring any side effects because they are natural and acceptable to human body.

There are many countries having similar type of landscapes and the climate, but the medicinal herbs in big number are found only in the Himalayan region and foot hills that are highly available in Nepal. It is not a researched report but one of the reasons could be – the Himalaya. It is the youngest mountain system on Earth. The unique soil of the Himalayas having millions of year old sea minerals where different types of vegetations started to grow, out of which many of them have medicinal value among which **Yarcha Gumba** is known as the king of all herbs.

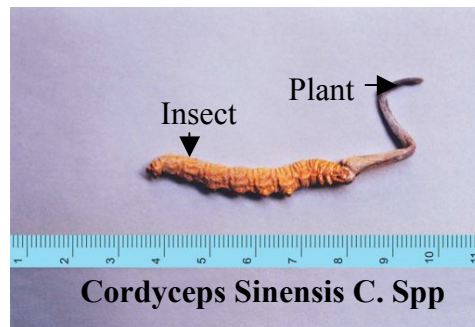
One of the herbs most popular among them is **Yarcha Gumba**. This word is derived from Yarcha which means grass and Gumba which means a kind of insect, in full from half grass half insect. According to Botanical classification it falls under the family of Clavicipitaltes and Clavicipitaceae, and is called *Cordyceps Sinensis* C. Spp.. By the recent result of research on Yarcha Gumba-Cordyceps Sinensis, C. Spp. The joint team of Nepali and South Korean scientists are very optimistic about the medicinal use of Yarcha Gumba – Cordyceps Sinensis C. Spp for curing several types of cancer in the future, if provided enough funds for research.

There are 2000 kinds of medicinal herbs in the Himalaya and the medicines made from those herbs are harmless to human body. Specially in Dolpa more than 800 kinds of medicinal herbs are available and the altitude range of the district ranges from 1525m to 7754m (Dhaulagiri Mountain) above mean sea level. In Nepal it is believed that the medicinal herbs are the most valuable gift of nature to human being. So, if the Himalayan herbs are promoted globally it could be hope for both – alleviating poverty of the indigenous people living in the remote areas of Nepal and reducing illness of the Global population.

Herbs and indigenous people of the Himalaya

Nepal is a landlocked and under developed country, but it is one of the richest countries in the world in terms of bio-diversity due to its unique geographical position and altitudinal

variation. The elevation of the country ranges from 60m above sea level to the highest point on the earth Mt. Everest at 8,848m, all within a distance of 150 km with climatic conditions ranging from sub-tropical to arctic. The length of the country is 855 km with east-west and breadth varies from 145-241 km north-south. The country can be divided into three main geographical regions.



The medicinal herbs are found in all regions of Nepal but the herbs with high medical value are found only in the mountain region and mostly the areas are without any means of transportation, very few District HQs are provided with stall air services. Due to the remoteness of the regions the indigenous people living in the area have no economic and social security. They belong to backward communities so they don't have any body in policy making level of the Government, and the policy made by the Government of Nepal is not favorable to them. For example, the herb Dactylorhiza Hatagirea locally known as Panchaunle, it became expensive herb because of the high levy taxed by the Government, NRs. 450/- per piece which merely weighs 15-25 grams.

The policy and tax for Cordyceps Sinensis C. Spp. is also very unfavorable for the local beneficiaries. Recently the Government of Nepal reduced the tax for Cordyceps Sinensis C.Spp. At the rate of 10,000/- per Kg. to control the illegal business of herbs, but according to the Dept. of Forest, there is no any record of the tax paid by the local business man but very few amount of Cordyceps Sinensis C.Spp. was bought by Singaporean and Indian business concerns.

And the rules and regulations for exporting the herbs from Nepal are also very complicated, especially for Cordyceps Sinensis C.Spp., because of this reason the local people were compelled to sell the herbs illegally. The highlanders they very close tie with Tibetan refugees and the Tibetan traders who buy most of the herbs collected in the area, because of the open border the business is flourishing without any obstacles. This documentary is a conscious effort to put ideas into action by drawing attention of Global communities and individuals about the usefulness of the herbs and the existing policy on herbs that could help making the policy more transparent and benefit all in the future.

Treatment of the documentary

This documentary is insight story of the indigenous people and Yarcha Gumba of the Dolpa . And it will also provide information on herbal medicines unveiling the ancient texts on medicines and the importance of these herbs. The life in the Nepalese Himalaya revolves around the medicinal herbs, some of the medicinal herbs are the life line of those indigenous people, giving them the inspiration to live and face adversities amidst often hostile nature.

The documentary will focus on the local economy, culture and how the lives of the local people are inter-related with Yarcha Gumba. During the monsoon season most of the schools are closed because the students and teachers go far away from the village to collect the Yarcha Gumba (Cordyceps Sinensis). Later, the children buy books, pay school fees by selling the herbs and majority of the children they support their parents with the money they earn by selling herbs.

In the Himalayan region, due to the lack of awareness, tons of herbs are being sold for the price of peanuts and the rest of the herbs are being wasted without use. The local people do not sell Yarcha Gumba in Nepalese markets because the tax is very high, so they go to the Tibetan border and sell it to the Tibetan traders.

Himalayan medicinal herbs are not only for curing illness but are used as health boosters and cosmetics also. The tests on different herbs suggest that many herbs stimulate the immune system, Singhadurbar Baidyakhana, a Nepal Government owned company, Dabur and Himalayan Drug Company of India and some other drug companies produce herbal products which contain high amounts of herbal tonics and cosmetics. The tonic and powders made from Yarcha Gumba (*Cordyceps Sinensis*) are sold as remedies for conditions ranging from asthma and chronic bronchitis to impotency. Yarcha Gumba (*Cordyceps Sinensis*) steadily gained popularity among western athletes since 1993, when Chinese long-distance runners broke three women's world record during the World Track and Field Championships in Stuttgart Germany. And later in an interview, their coach attributed their success partly to the respiratory benefits of a caterpillar fungus tonic and the tonic was made none other than from Yarcha Gumba (*Cordyceps Sinensis*)

In research work of this documentary and interesting facet of the Nepali medical world is unveiled, many Nepali doctors prescribe modern medicines to the patients but the doctors themselves prefer to use herbal medicine when they fall sick.

Nepal is one of the poorest country in the world but richest in natural resources, only the problem is poor management and undeveloped infrastructure, beside that the political conflict of over a decade that ruined the local livelihood, thousands of families were displaced and more that thirteen thousand people were dead. Most of the rural areas where medicinal herbs are found were controlled by Maoist (rebel) and hence their approval was crucial to all activities in the area. And its impact on all activities was very negative, the local people, who depend on medicinal herbs for their livelihood, were not allowed to collect the herbs from the natural habitat without paying tax to Maoist group that led to flagging economic condition of the local people and many of them were displaced from the village. The peace process is already started in November, 2006. The management of arms is going to be under the super vision of United Nations. However, one fact is realized that the nation has sacrificed much to translate people's aspiration for peace into practice. The documentary will highlight some facets of extreme poverty which is and undesired outcome of the conflict.

Beside this we will be focused on the Tourism promotion. As Dolpa itself is known as Hidden Heaven of Nepal by its unique natural scenario, cultural and bio-diversity. The Documentary will highlight Phoksundo Lake, Shey-Gumba, Suligad Water falls, Famous Bala-Tripurasundari temple and Hot Spring.

The Medium /Channel

A channel is the way a message is disseminated. It is important to know which channels can most effectively reach particular target populations. Messages can be delivered through mass media—for example, television or radio spots; articles in periodicals; or material in brochures, posters, flip charts, picture codes or comics—or in-person, by health workers, peer educators, counselors, or other trained personnel.

Research has shown that mass media can raise awareness of specific facts, because the mass media are assumed to carry a certain authority and reliability. Mass media can also model behaviors and positive attitudes in the person of respected members of the target community.

Activity schedule

Activities	Months from commencement of Project			
	1	2	3	4
Literature review				
Pre-Production survey				
Script and screen play development				
Shooting				
Post-production activities				
Submission of the final documentary				

Geographical location of documentary activities

The coverage area of this documentary is Dho, Majphal, Shey-Phoksundo, Raha and Tripurakot V.D.Cs. All these V.D.Cs are located in Dolpa district of Karnali zone in the mid-western development region of Nepal. Which lies between 28° 24' to 29° 43' northern latitude and 82° 24' to 83° 38' eastern longitude and surrounded by Mustang and Tibet (China) in the east, Jumla & Mugu in the west, Jajarkot, Rukum, Mustang, & Magdi in the south and Tibet (China) in north.