

SACHA INCHI (Star Bean) CHIN DAN

Scientific Name : Plukenetia volubilis

Thu Hma hruai :

Sacha inchi hi a tobul chu Andean Rain forest, South America a ni. Thuziak (Literature) tam tak atanga a lan danin Peruvian Amazon hmunah chuan hnim tual to chi khat angin a to thin a ni. Tun hma chuan helai ramch chengte hian a rah leh a hnahte chu chaw atan an hmang thin a, mahse tunah huan a mu/chi atanga hriak her chhuah chu natna chi hrang hrang enkawl nan damdawi atanch hman leh hriat lat a ni tawh zawk.

Sacha inchi hi South East Asia lamah te la lutin an ching tan a, a bikin Thailand ramah an ching uar hle a ni. Sacha inchi hi a botanical hming chu Plukenetia volubilis a ni. Sacha inchi, Sacha Peanut, Mountain Peanut, Incha Peanut te chu an koh dan tlanglawn tak takte chu a ni.

Sacha inchi hi a kung duap lam deuh, a nu par leh a pa par hmun khat a par kawp (Monocious), thlai kum hlun leh zam chi niin, a hnah pianhmang chu heart-shaped a ni. A zam chi a nih avangin, a zamna siam sak ngai a ni. A rah chu Arsi ang deuh a kil zum pali atanga pasarih thlengin a awm thei. Tin, a chhung mu/ a chi chu a rawng uk/brown niin artui(oval shape) ang deuh a pian hmang nei a ni.

Chin dawn a hriattur pawimawh te :

- 1. Elevation/Altitude :** Sea level atanga metre 900-1700 ah te a chin theih.
- 2. Ruahtui /rainfall (Tui mamawh dan) :** - Kum khatah a Average ruahtui/rainfall mamawh chu 850-1000 mm ani. Thal laiin a hnawng tawkw chauh a tui pek thin tur a ni. Tui pek tam lutuk chuan a kung natna a hluar bik.

3. Sik leh sa/temperature range :

Sik leh sa a mamawh dan chu 0° C- 36°C (Cecius) a ni. Hemi inkarah hian tha takin a chin theih. Temperature/khaw lum zawng 36°C aia a san chuan a par a til duhin, a rah a fumfe thin lo ani. Tin, 0°C aia a vawh chuan a than a thu mai bakah a par har thin bawkw ani.

4. Leilung mamawh dan/soil types :

Sacha inchi hi lei thur lam atanga neutral 5.5.-7.8 pH ah a tha duh deuh ber a, a tlangpuiin kan ram leilungah chuan a chin theih deuh vek ti ila a sual lovang. A ram leilung chu tui in thli hul zung zung theihna, lei chung lang dur tha chu duhthusam a ni. Lei thawl lutuk, entir nan lei tui pai tam theih lohna leh lei sakhal ah chuan chin loh a tha

5. Leilung buatsaih :

Kan chinna tur hmun chu ni kang tha tak a ni tur a ni. Thing zar hnuaiah chuan a par tha duh lovin a rah a tlem phah thin a ni.

Kan china tur hmun chu tha taka leh a, tui tling theilo tura level tha tur a ni. A leilung chu ran ek nena chawhpawlh chu duhthusam a ni..

6. Chin hun :

Sacha inchi hi a chi atanga chin pun a. A chi chu a rah chang tha atanga lak a 2-3 cm a thuk a tuh tur a ni. Duhthusamah chuan a chi Nursery a kui a phunsawn thin tur a ni. A chinna tur hmunah chuan a bi in kar hlat zawng chu metre 2.5 atanga metre 3 a tuh/phunsawn tur ani.

Ruahtui ring tur a nih chuan June-July a ni. Tui pek tur remchanna hmunah chuan kumtluanin a chin theih a ni. A tlangpuiin ram hectare khat (tin 2 ½ hmun) ah a chi Kg 2.5. atanga kg 3 a mamawh a ni. A hriak atana ching tur kan nih chuan a bi kar hlat zawng chu metre 1.5 a tuh/phunsawn tur a ni.

Kui tur atan ah a chi sawngbawl :

- A chi chu tuiah darkar 18-24 chhung chiah tur.
- A chi kan chiah kha sai ip emaw bawmah a ui ngho thlenga up tur. A tlangpuiin a chi ui ngho chhung hi ni 12-14 ani. A chi ui ngho tawh chu nursery bed a chuan cm 2-3 a thukin kui tur.

7. Zamna siam sak /Staking/Support/:

Sacha inchi hi a zam chi a ni a, a tlangpuiin metre 2-3m a sang te in a zam thin. Hemi a nih avang hian a zamna siam tur ani.

8. Lei tha pek dan tur :

Kan thlai phun/chin chu a lo than that theih nan lei tha kan pe thin tur a ni. A pek dan tur chu lei sawngbawl laiah kan pek bakah,tuh/phunsawn atanga ni 35 hnua leh a par laiin leh a rah insiam tan lai te in pek thin tur a ni.

Lei ti tha thei tur ang chi thlai entirnan be lam chi te nen chinpawlh chu duhthusam a ni.

9. A seng hun :

A rah chu phunsawn atanga thla 8 na atangin a seng theih tawh thin a ni. A rah chu kum 2/3-na atangin a hlawkna kan tel thei dawn chauh a ni.

A kung a rah tan tawh chuan kar 3/4 velah a rah seng tur a awm deuh reng mai bakah sik leh sa a zirin kum thluanin seng tur a awm thin a ni.

A rah seng dawn a hriattur pawimawh te :-

- (1) A rah chu a kungah ngei a chang tha tur a ni.
(i.e. Lei a a tlak hmaah seng tur)
- (2) A rah kan seng tawh chu dan pangngaiin ni sa a em ro thin tur, hei hian a rah chu a lo ti keh anga tichuan a chhung mu chu awlsam takin a lak hran thei ang.
- (3) A chi/chhung mu seng tawh te chu uluk taka sai ip/buara a khung a hulhar tha lai ah dah that tur.

SACHA INCHI THATNA TE :-

A tlangpuiin a chi ah hian 35-60% hriak a pai a ni. Chaw tha a pai tlangpui te chu Protein (27%), Iodine, Vitamin A leh Vitamin E te an ni.

Heng bakah kan diet atang chauh a kan dawn theih Omega -3, Omega -6 leh Fatty Acids te a pai tel bawk a ni. A hriak atangin cosmetics siamna ah te, nghapui thau angin capsule te leh a hnah te hi thingpuiife atan an siam bawk. A rah pawh a sat zawng tawk chiahah urhminin a ei mai theih bawk a ni.

- Sacha inchi hian thau chhia a tih hniam avangin cholesterol level tih hniam nan an hmang thin bawk a ni.
- Sacha inchi ah hian tryptophan a awm avangin, rilru hah leh chau a chhawk zang khai thei. Sacha inchi a Omega -3 hian thluak chhe tur a ven mai bakah lu na leh taksa nuam lo a tizawm thei bawk.
- Sacha inchi hian thisen sang a ti hniam a , thau chhia a paih a, lung a lo ti hrisel thei bawk.
- Sacha inchi a Omega 3 hian glucose level a thunun avangin zunthlum a ti hniam thei bawk.
- Sach inchi a Omega 3 hian ruh a ti chakin, tar hnuah ruh mawih leh chhe tur a veng. Tin vitamin A, Vitamin E leh Omega te hian khawhmuh a ti fiah thei a ni.
- Sacha inchi a awm Omega 3 fatty acids hian sam leh vun hriselna a thlen thei bawk a ni.

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