The history of Manipur (Kangleipak in ancient times) is reflected by archaeological research, mythology and written history. However, with the finding of old lost Puya (written documents) called "Wakoklol Heelen Thilen Ameilon Pukok " which was written around 1398 BCE (verified by National Archives of India, New Delhi on 29/11/1989) at the time of King Mongyamba, the kings of Kangleipak need to be updated.

Since ancient times, the Meitei people have lived in the valleys of Manipur alongside the highlanders in the hills and valley in peace. Pangal (Muslims) people settled in the valleys during the reign of Meidingu Khagemba in the year 1606. Since then, they also lived along with the Meitei.

Mythological origins begin with the reign of the "Konchin Tukthapa Ipu Athoupa Pakhangpa" (Pakhangpa was the name given to him meaning "The one who knows his father"), who gave birth the seven clans of Meitei society.

The pre-Hindu era is set forth in the sacred writing puya "Wakoklon Heelel Thilel Salai Amailon Pukok". Introduction of the Vaishnavism school of Hinduism brought about changes in the history of the state. Manipur's early history is set forth in the Cheitharon Kumbaba, a chronicle of royal events which is believed to record events from the foundation of the ruling dynasty.

Manipur became a princely state under British rule in 1891, the last of the independent states to be incorporated into British India. During the Second World War, Manipur was the scene of battles between Japanese and Allied forces. The Japanese were beaten back before the Allies could enter Imphal. This proved to be one of the turning points of the war.

After the war, the Manipur Constitution Act, 1947, established a democratic form of government with the Maharaja as the Executive Head and an elected legislature. In 1949, Maharaja Budhachandra was summoned to Shillong, capital of the Indian province of Meghalaya where he signed a Treaty of Accession merging the kingdom into India. Thereafter the legislative assembly was dissolved and Manipur became part of the Republic of India in October, 1949. It was made a union territory in 1956 and a full-fledged state in 1972.Mairembam Koireng Singh became the first Chief Minister in 1972 of the State of Manipur.