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TRADITIONAL KNOWLEDGE OF WILD EDIBLE PLANTS USED IN TORANMAL REGION OF NANDURBAR DISTRICT, MAHARASHTRA, INDIA

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ABSTRACT

The people reside in and nearby forests possess a rich knowledge of wild edible plants and regular consumption of wild plants in various ways is quiet an integral part of these people. These people consume plants or parts of them as food source and depend on these resources to meet their food needs particularly during times of food shortage as a means of survival. Wild edible plants play an important role in the sustenance of people in Toranmal region. The present work is aimed to document the wild edible plants gathered and consumed by tribals and other original people from Toranmal. The paper gives the information of 39 plant species belonging to 31 families.

INTRODUCTION

Since the time immemorial plants have been used as a source of food, shelter, clothing, medicine, fodder, etc. Several wild plants are used as food by tribal and other local people living in and around the forest areas.

Evidences of consumption of wild plants have been documented from the distant past. Nutritional potential of wild fruits, nuts, seeds, and leaves can be traced in several records throughout the world. Some notable works which are worth to mention are, from India (Jain, 1991); Sharma, 1981), Nepal (Shrestha and Dhillion, 2006), Nigeria (Lockett et al, 2000), Ethiopia (Balemie and Kebebew, 2006). Egypt (Darby *et al.* 1977), Greece (Athenaeus,1942), Rome (Apicius, 1958), China (Simoons, 1991) and the Medieval era (Arano, 1976). Italy (Nebel*et al*, 2006; Ghirardini*et al*, 2007). Latin America (Díaz-Betancourt et al, 1999), Spain (Tardío*et al*, 2006). At present dependency of people for food is mainly on few crops and the supply seems to be quite lesser and demand is much higher. The use and awareness of wild plants is insignificant. Infact, popularisation and cultivation of wild food plants can provide additional nutritional food. The nutritional value of several wild plants is higher than a number of today's known and commonly used vegetables and fruits (Sundriyal and Sundriyal, 2001; Orech*et al.* 2007). Now a day's most of the people prefer wild fruits and vegetables as they posses better nutritional value and moreover, noteworthy aspect is the tradition of consuming wild plants still continues in the remote areas of India. some examples of such works are, Maikhuri*et.al.* (2000); Sharma and Singh (2001); Kala (2007); Dhyani*et al*. (2007); Dinesh and Sharma (2011); Sharma and Savant (2012); Vijigiri*et al* (2013); Mulay and Sharma (2014). The nutritional value of traditional wild plants is higher than several known common vegetables and fruits (Nordeide*et al.* 1996; Sundriyal and Sundriyal, 2001; Orech*et al.* 2007). Nutritional role and health benefits of wild food plants have been reported in many surveys worldwide, Ansari *et al* (2005), Karakaya, (2004), Lockett *et al* (2000), Heinrich*et al* (2005).

Toranmal is the part of Satpuda Mountain comes under the DhadgaonTalika of Nandurbar district of Maharashtra, India. Highest elevation of satpuda mountain is recorded at Toranmal hills rising up to 3373 ft. with a lake on its top. Tribals in toranmal includes the Pawaras, Bhils, Gamits, Gavits, Kokanis, Mavachis, Pasvis, Tadavi, Valvis and Vasaves are the various ethnic group. Bhil and Pawara are the most dominant tribes in the area.

Methodology

Survey with respect to wild edible food plants was carried out during July 2012 to 2015. The ares was frequently visited. Local people were interviewed and the information on wild edible plants was gathered using semi-structured questionnaire and discussions with local people. Information on plants local names, plantparts consumed, mode of consumption, preparation, etc. were recorded. Plants were identified using relevant scientific literature, Cooke (1967,Rpr.ed.); Sharma *et al.*(1996), Singh and Karthikeyan(2000), Singh *et al*. (2001), Patil, (2003),. Voucher specimens were collected and deposited in herbarium ShriMuktanand College, Gangapur.

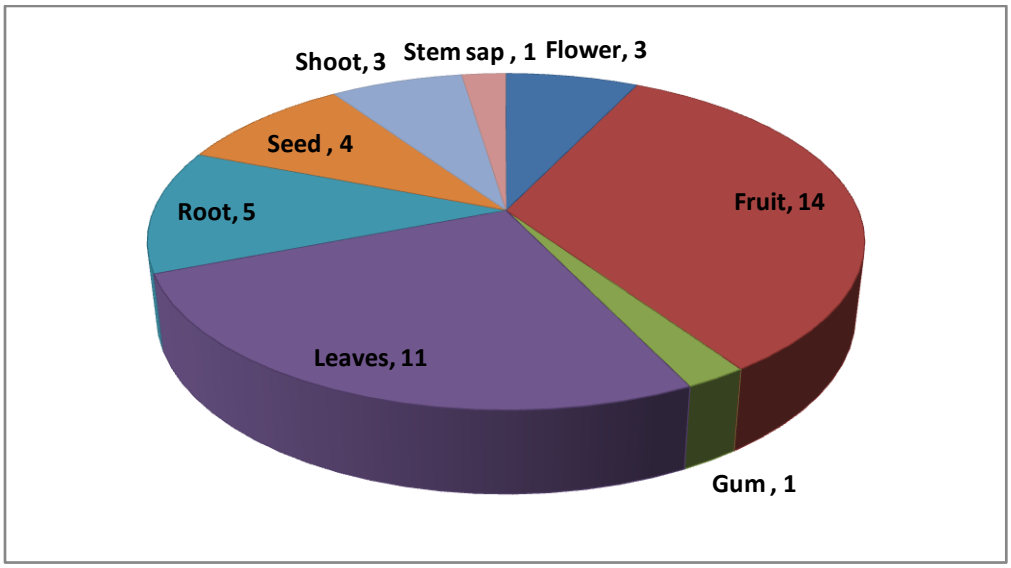
RESULT AND DISCUSSION

Fourteen wild edible plants were used as vegetables. Of these nine were harvested for their leaves or tender twigs and five were for their fruits and two are for flowers.

Out of fourteen fruits consumed, seven were wild edible ripened fruits consumed and ninefruits also eaten raw / boiled / used to make juices mixed with water/ pickled/curry is made /boiled to make sauces as a relish to porridge.

Total 39 plant species of 31 families were collected which are consumed by local people in the region. Out of these fruits of 14 species are used, leaves of 11 species, underground parts of 5 species, seeds of 4 species, flowers and tender shoots of 3 species each and gum and plant sap of 1 species each is being consumed.

Following figure shows the number of plant parts consumed.



CONCLUSION

The wild edible plants used as supplements to the crops and as famine foods between harvesting seasons. The information on the wild edible plants may serve as lead for future studies on nutritional values and possible side effects, and to identify plants for rich nutrition. These wild edible plants may have the potential to be valuable food sources and may be promoted as food.

Table: Edible plants

Sr. No.	Botanical Name &Fmaily	Local Name	Parts Used	Preparation
1.	*Abrusprecatorius*L. Fabaceae	Gunj	Leaves	Leaves chewed and eaten
2.	*Aegalmarmelos*L. Corr. Rutaceae	Bel	Fruit	Ripe fruit pulp eaten
3.	*Aervalanata*L. Juss. Amaranthaceae	Kapurmadhura	Leaves	Curry is made by using leaves
4.	*Alangiumsalvifolium*L.f.Wang.Alangiaceae		Fruit	Ripe fruits eaten
5.	*Alternantherasessilis*L.R. Br. Amaranthaceae	Chimutkata	Leaves	Curry is made by using tender leaves
6.	*Amaranthusspinosus*L. Amaranthaceae	Katemath	Leaves	Curry made with onion
7.	*Basella alba* L. Basellaceae	Mayol	Leaves	Curry is made
8.	*Bauhinia racemosa*Lamk. Caesalpiniaceae	Apta	Flower	Curry is made
9.	*Boerhaviadiffusa*L.Hook. Nyctaginaceae	Punernawa	Leaves	Curry is made
10.	*Bomaxceiba* L. Bombacaeae	Sawar	Flower	Curry is made
11.	*Boswellia serrata* Roxb. ex Coleber Burseraceae	Salai, Kadai	Gum	Fried and 'laddus' are made
12.	*Buchananialanzan*Spreng. Anacardiaceae	Charoli	Seeds	Seed cotyledons eaten
13.	*Canavaliaensiformis*L.DC. Fabaceae	Abai	Fruit	Curry is made by using unripe fruits
14.	*Cappariszeylanica*L. Capparaceae	Waghati	Fruit	Curry is made by using unripe fruit
15.	*Carallumaadscendens*R.Br. Asclepidaceae	Makadsing	Shoot	Curry is made
16.	*Celosia argentea*L. Amaranthaceae	Kombada	Tender leaves	Curry is made
17.	*Cocciniagrandis*L.Voigt. Cucurbitaceae	Tondli	Fruit	Ripe fruit eaten Unripe fruit used for curry
18.	*Cocculushirsutus*L.Theob. Menispermaceae	Vasnvel	Leaves	Curry is made by using tender leaves
19.	*Colocasiaesculenta*Schott. Araceae	Alu	Leaves & Tuber	'Pakodi' is made
20.	*Cordiadichotoma*Forst. f. Boraginaceae.	Bhokara	Fruit	Pickled Ripe fruits are eaten
21.	*Dioscoreabulbifera*L. Dioscoreaceae	Dukarkand	Tuber	Slices and kept overnight and curry

				made
22.	*Dioscoreapentaphylla*L. Dioscoreaceae	Babrakand	Tuber	Tubers boiled and curry is made
23.	*Emblicaofficinalis*Gaertn. Euphorbiaceae	Awala	Fruit	Pickled and eaten raw
24.	*Ficusracemosa*L. Moraceae	Umbar	Fruit	Ripe fruits eaten
25.	*Grewiahirsuta*Vahl. Tiliaceae	Korti	Root	Roots boiled and eaten by mixing sugar
26.	*Hygrophilaauriculata*K. Schum.Heine. Acanthaceae	Talimkhana	Leaves	Tender leaves used for curry
27.	*Ipomoea aquatica*Forssk. Convolvulaceae	Bhuikohala	Leaves	Curry is made
28.	*Lablab purpureus*L. Sweet. Fabaceae	Walpapadi	Fruit	Curry is made
29.	*Madhucalongifolia*Koen. Mac Bride. var: *latifolia*Roxb. Chev.Sapotaceae	Mohwa	Flower	Flowers eaten
30.	*Momordicadioica*Roxb. Ex Willd.Cucurbitaceae	Kantorli	Fruit	Curry is made
31.	*Nelumbonucifera*Gaertn. Nelumbonaceae	Kamal	Stems and tuber	Curry is made by tuber and stem Tubers are boiled and eaten
32.	*OpuntiaelatiorL.*Cactaceae	Niwdung	Fruit	Eaten
33.	*Phoenix sylvestris*Roxb. Arecaceae	Shindi	Stem sap & fruit	Stem sap as an dring ‘sharbat’ Ripe fruits eaten
34.	*Pithecellobiumdulce*Roxb. Benth. Mimosaceae	Gorakshchinch	Seed karnel	Seed karnel of ripe eaten
35.	*Sterculiaurens*Roxb. Sterculiaceae	Kahandol	Fruit	Fruits roasted and eaten
36.	*Terminaliabellirica*Gaerth.Roxb.Combretaceae	Behada	Seed	Seed cotyledons eaten
37.	*Terminaliachebula*Retz. Combretaceae	Hirda	Seed	Seed cotyledons eaten
38.	*Ziziphusmauritiana*Lam. Rhamnaceae	Bor	Fruit	Ripe fruits eaten
39.	*Ziziphusoenoplia*L. Mill. Rhamnaceae	Ghotibor	Fruit	Ripe fruits eaten

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