VOLUME-6 | ISSUE-2 | FEBRUARY-2017 • ISSN No 2277 - 8179 | IF : 3.508 | IC Value : 78.46

Wild Edible Plants Used By the Tribal In Area of Dahanu Taluka,Palghar District, Maharashtra State, India

Botany

KEYWORDS: Wild Edible,Tribal, Dahanu Taluka, Palghar District.

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ABSTRACT

The present study deals with wild edible plants used by Dahanu tribes of Palghar District. A total of 26 species of edible plants are documented in which 11 species are consumed as leafy vegetables, 08 are fruits, 06 are edible tubers and rhizome, 03 species of flower.The main aim of, this research is to record different uses of wild edible species by the rural people uses in traditional way of wild edible plant and reduces the problem of malnutrition.

Introduction

The livelihood of the rural people do not depend only on the agriculture and animal products ,but also on other natural resources ,such as plants and forests.(Tosh 1996,2004 and 2012,Sundriyal & Sundriyal, 2004, Khan et.al.2011,Alam et. al.2011).Most of the rural communities depend on wild resources including wild edible plants to meet their food requirement in period of food crisis as well as for additional food supplements. Tribals and other rural population of Dahanu use wild edible plants for various purposes e.g. food, fodder, medicine, various religious activities, making agriculture tools, and house making etc. The high nutrient and vitamin value of many wild edible plants (Wehmeyer& Rose 1983, Hussain, et.al 2009) makes them particularly important contributor towards a balanced diet in resource poor communities. Tribal people fulfill their nutritional requirement from wild resources. Our aim was to document the indigenous knowledge of these plant taxa of Dahanu taluka by evaluating the importance of edible plants gathered as food.

Materials andMethods

The present investigations were carried of Dahanu taluka in Palghar District.The geographical location of Dahanu is 19.58 N 72.44 E .Main tribal communities present in Dahanu are Adivasis (Warli,Dubla,Dhodi) Bhandari (Agri) Mangela and Bari. The ethnobotanical surveys were carried out in rural areas of Dahanu areas. The data recorded through discussions and interviews with experienced persons and traditional healers. For this purpose, priority was given to elders because they have better knowledge then young generation. The data on wild edible plants were collected using preparation of questionnaires in local language and group discussions.At the same time plants species were collected and herbarium sheets were prepared. Plant species identified with the help of flora Cooke (1901-1908).

Table1: List of Wild Edible Plants used by Dahanu Tribes of Palghar District

Sr No	Botanical Name	Family	Vernacular Name	Parts used	Uses
1.	*Amaranthus spinosus* L.	Amaranthaceae	*Katemath*	Leaves	Leaves used as vegetables
2.	*Amaranthus viridis* L.	Amaranthaceae	*Math*	Leaves	Leaves used as vegetables
4.	*Asparagus racemosus* Willd var.javanica	Liliaceae	*Shatavari*	Tubers	Tubers used as vegetables
5.	*Bauhinia variegate* L.	Leguminosae	*Kanchan*	Leaves, Flower and buds	Leaves, Flower&, Buds used as vegetables.
6.	*Boerhavia diffusa* L.	Nyctaginaceae	*Ghetuli*	Leaves	Leaves used as vegetables
7.	*Bombusa bamboos* L.	Poaceae	*Bamboo*	Tender shoots & Leaves	Tender shoots & Leaves used as vegetables.
8.	*Bombax ceiba* L.	Bombacaeae	*Savar*	Flower	Flower used as vegetables.
09	*Bridelia retusa* (L.)A. Juss.	Euphorbiaceae	*Asan*	Ripe fruit	Ripe Fruit eaten as raw
10.	*Cardiospermum helicacabum* L.	Sapindaceae	*Kapalphodi*	Leaves	Leaves used as vegetables
11.	*Corchorus capsularis* L.	Tiliaceae	*Banpat*	Leaves ,shoot	Young leaves eaten in salad and mature leaves cooked as vegetables.
12.	*Cassia tora* L.	Fabaceae	*Takla*	Leaves & Stem	Leaves used as green vegetables
13.	*Dioscora alata* L.	Dioscoreaceae	*konphal*	Tubers & Bulbils	Tubers boiled an eaten Tubers & Bulbils used as vegetables.
14	*Dioscora bulbifera* L.	Dioscoreaceae	*Kudukarana*	Tubers	Tubers used as vegetables.
15	*Diospryos melanoxylon* Roxb.	Ebenaceae	*Tembhuri*	Ripe fruit	Ripe Fruit eaten as raw
16	*Flemingia tuberose* Dalz.	Leguminosae	*Alinde*	Tuber	Tuber boiled and eaten
17.	*Grewia tiliaefolia* vahl	Tiliaceae	*Dhaman*	Ripe Fruits	Ripe Fruit eaten as raw
18.	*Hemidesmus indicus* L.	Periplocaceae	*Anantamul*	Tubers	Tubers boiled an eaten
19.	*Holostemma rheedianum* Spreng.	Asclepiadaceae	*Shidodi*	Flower	Flower eaten as raw
20	*Manilkara hexandra* Roxb.	Sapotaceae	*Rajan*	Ripe Fruits	Ripe Fruit eaten as raw
21.	*Salvadora persica* L.	Salvadoraceae	*Khakan*	Ripe fruit	Ripe Fruit eaten as raw
22	*Schleichera trijuga* willd	Sapindaceae	*koshim*	Fruit	Ripe Fruit eaten as raw
23.	*Semecarpus anacardium* L.	Anacardiaceae	*Bibba*	Ripe Fruit	Ripe Fruit eaten as raw
24	*Woodfordia fruticosa* (L.)	Lythraceae		Flowers	Flowers eaten are edible
25.	*Vigna vexillata* (L.)	Leguminacae	*Halunda*	Young pods	Young pods - cooked and
26.	*Ziziphus rugosa* Lam	Rhamnaceae	*Toran*	Ripe fruit	Ripe Fruit eaten as raw

Result

All plants are arranged alphabetically in the tabular form followed by families, local nameand plant parts used (Table No.01).Some wild edible plants also have medicinal properties .Such dual role of wild edible plants are common in the rural areas. Percent contribution of different parts of plants used indicated that leaves of majority of species are edible (42.30%), fruits contributed 30.76%, tuber& rhizome contributed 23.07% while flower contributed 11.53 % only (Figure 1.). Fruits are mostly consumed raw and leafy vegetables are cooked, boiled or fried. Plate 1indicates some wild edible plants.

Discussion

Wild edible plants provide food and nutrients to local communities, such as essential amino acid, various vitamins and minerals which are needed to keep healthy and enhance immunity against diseases and infections. Most of these plantsare known to the elder people as they go the collect they have knowledge about their medicinal and nutritional value. The tribals know the exact location where these tubers are available. After digging out the tuber, a small piece is left out there for regeneration, *Dioscorea* sp., is generally consumed after removing the toxic chemicals present in the tuber.In order to remove the itching caused by the *Dioscorea*, Dahanu tribes peeled the tuber and boil it in water mixed with turmeric powder.The availability of fruits is seasonal.

During this project work, it was observed that uses of these plants gradually decreasing. Due to lack of interest among the younger generations as well as their tendency to migrate to cities for lucrative jobs, there is possibility of losing this wealth of knowledge in near future. Therefore, study is needed for the documentation of wild edible plants used by tribes. Increased use of these plants may prove to be one of the major solutions to the problem of malnutrition and other increasing health issues among the tribals.

Acknowledgement

Authors are highly grateful to resident tribes of study locations for their response and participation in survey. Author is also thankful to Principal and Management of the S.D Arts, V.S. Apte Commerce and M.H Mehta Science College for encouragement and facilities.

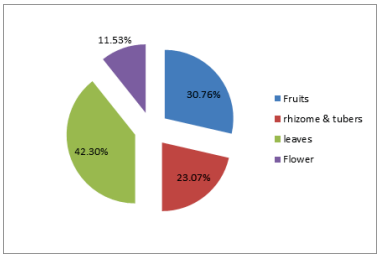
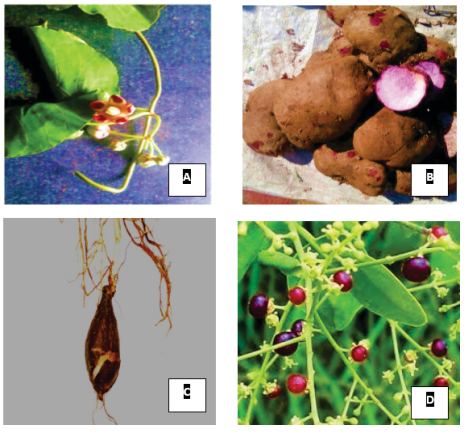


Fig.1Percentage of Wild Edible Plants recordedin terms of parts used

Plate 1 : Some Wild Edible Plants.



A. *Holostemma rheedianum Spreng.* **B.***Dioscora alata L.*
C. *Flemingia tuberosa Dalz.* **D.***Salvadora presica L.*

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