

RESEARCH REPORT

Documentation of some wild edible plants of Yavatmal District, Maharashtra, India

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Manuscript details:	ABSTRACT
Received: 22.10.2017 Accepted: 21.12.2017 Published: 31.12.2017 Cite this article as: Lachure PS and Dhore MM (2026) Documentation of some wild edible plants of Yavatmal District, Maharashtra, Int. J. of. Life Sciences, Volume 5(4): 803-807. Copyright: © Author, This is an open access article under the terms of the Creative Commons Attribution-Non-Commercial - No Derives License, which permits use and distribution in any medium, provided the original work is properly cited, the use is non-commercial and no modifications or adaptations are made. Available online on http://www.ijlsci.in ISSN: 2320-964X (Online) ISSN: 2320-7817 (Print)	India is well known for its “Indus-Vedic” cultural heritage. The study of this civilization has been made by the help of biodiversity. The ancient people of India had very good and sufficient knowledge about the use of plants from the ancient time. The plants have been used as source of food, medicine, shelter, clothing's, fiber, oil, gum, etc. The knowledge of consumption of fruit and their use is only limited to senior peoples of tribe. Yavatmal district has a large population of tibals like Banjara, Adivasi, Gond, Gawali, etc. Several wild plants are used as food by tribals and other local people living in and around the forest area of villages. The knowledge of using wild edible plants is very interesting. These plants play incredible role in their life. So it is necessary to keep this knowledge of tribe alive. The present study deals exclusively with first hand information of 24 wild edible plant species belonging to 15 families. This work is helpful to explore the food habits of tribals of Yavatmal district, Maharashtra, India. Plants botanical name, family, common name along with their parts used is discussed in present paper. Keywords: Indus-Vedic, Banjara, Adivasi, Gond, Gawali INTRODUCTION Ethanobotany can be defined as the total natural and traditional relationship and interactions between man and his surrounding plant wealth. Documentation of traditional knowledge on the ethanomedicinal uses along with the other uses of the plants is essential for conservation effort for the plants source and new drug development and to get their use in future. An ethanobotanical survey with respect to food plants and their medicinal values shows that tribals of this area are much depend upon the products obtained from the plant which available in or around the forest area. The knowledge of consumption of fruit and their use is only limited to senior peoples of these tribe; on the other hand the younger people or generation of these tribe has very insufficient and quite knowledge about the plant parts used. There is need to developed awareness as well as interest in younger generation of tribe about the use of edible plants. Out of the 24 hot spots of the world, India has 2 hot spots therefore India is mega-biodiverse country.

The traditional knowledge about the use of plants is on sharp decline due to lack of awareness and interest of younger generations. This knowledge is now only limited to senior people of small town, villages or the people who are residing near by the forest area. Unless efforts are made to educate the younger generations about their importance, this traditional knowledge may be lost in the near future. In Yavatmal district some villages are having about more than 60% population of tribe. The tribe population mainly includes the Banjara, Adivasi, Gond, Gawali, etc. which immensely used the plant species in their routine life for their welfare as food, medicine, household purposes, etc. The knowledge of using wild edible plants is very interesting. These plants play incredible role in their life. So it is necessary to keep this knowledge of tribe alive. A study on native wild edible plant used by the tribe and local peoples of this area was carried out with major objective of how to use the wild edible plants and also to understand their conservation. Also the goal of this study is that to explore the knowledge of tribe.

This paper deals with exploration of 24 plant species belonging to 15 families consumed by tribals and other local peoples of Yavatmal district, Maharashtra, India. Plants botanical name, family, common name along with their parts used is discussed in present paper. In Yavatmal district, there are about 80% population of tribals like Banjara and other tribes are Andh, Gawali, Adivasi, etc.

MATERIALS AND METHODS

The ethanobotanical study with respect to the wild edible plants used by tribals was carried out during March 2009 to February 2011. During this period this region was frequently visited. Local peoples and tribes were interviewed and the data of 24 wild edible plants were collected and documented. Edible plant species were located or searched by the help of informants. Plant parts used as food and the method of preparation was noted down along with local, common name was recorded. Plants were identified using relevant scientific literature Hooker 1872-1877; Cooke 1967 (Rpr.); Naik 1998; Karthikeyan 2000.

1. *Abrus precatorius* L. (V. Gunj) Family- Fabaceae Leaves are sweet testing. Flowers are also sweet eaten raw. Leaves are chewed as mouth freshner and also as ingredient of Pan.
2. *Amaranthus spinosus* L. (V. Kanta, Katili-Chaulai) Family – Amaranthaceae Leaves and whole plant

chopped, mixed with onion and made into vegetable.

3. *Amaranthus polygamus* L. Hook f. (V. Laal Shaak) Family – Amaranthaceae. Young leaves mixed with onion and made into vegetables. It is supposed to be more nutritious and tasty than *Amaranthus spinosus* L.
4. *Bauhinia racemosa* Lam. (V. Bhosa, Apta) Family – Caesalpinaceae. Flowers are used as vegetable. Pods are also said to be eaten after roasting, but not commonly used.
5. *Bauhinia purpurea* L. (V. Kachnar) Family – Caesalpinaceae. Flower buds and flowers are large, used as a vegetable, it is fried in purified butter. This preparation is also useful for patients suffering from dysentery. Flowers are used after removing calyx.
6. *Boswellia serrata* Roxb. Ex Coleber. (V. Salai) Family – Burseraceae. The drupe i.e. fruit of plant is pickled, they are strongly scented. The fruit along with twig is used in marriage ceremony of tribe people. Gum obtained from plant is also used.
7. *Capparis zeylanica* L. (V. Vagati) Family – Capparidaceae The fruits are edible. The fruits are eaten at the time of fast in some festivals like Mahashiv ratri.
8. *Careya arborea* Roxb. (V. Kumbhi) Family – Lecythidiaceae. The flowers are large and showy used as vegetable. The fruits of this plant is also used in marriage ceremony of some tribe.
9. *Cassia fistula* L. (V. Amaltaasa) Family – Caesalpinaceae Leaves of the plant is used as vegetable. The flowers and pods are have medicinal value and are edible in some part of this district.
10. *Cassia tora* L. (V. Tarota) Family – Caesalpinaceae. Leaves are used as vegetables. It is said that this vegetable if eaten in rainy season gives immunity towards seasonal disease. Equal parts of leaves and seeds is given for jaundice.
11. *Celosia argentea* L. (V. Kurdu) Family – Amaranthaceae Tender leaves are used as vegetable. This plant is usually grown on marshy places and on non-useable lands as weed.
12. *Cicer arietinum* L. (V. Chana) Family – Fabaceae The fruits are well known eaten raw but the leaves of the plant is used as vegetable, it has sour taste.
13. *Commelina behghalensis* L. (V. Keena) Family – Commelinaceae. Leaves of this plant is used to make pakodas. Leaves and flowers are used in worship of God and Poojas on specific occasions

- like Ganesh puja, Teej, Haritalika pooja and Mahalaxmi pooja.
14. *Cordia dichotoma* Frost f. (V. Bhokar) Family – Boraginaceae The fruits are used to make vegetable and also make pickles in some tribe of Puasd tahsil.
 15. *Cordia gharaf* (Forsk.) Ehrenb and Ash. (V. Gondani) Family – Boraginaceae The fruits are used as vegetable and pickled.
 16. *Digera muricata* (L.) Mart. (V. Kunzar, Lat-Mahuria) Family – Amaranthaceae. Young leaves used as vegetable. Flowers and seeds are also used.
 17. *Dioscorea bulbifera* L. (V. Matalu, Banalu) Family – Dioscoreaceae. Dried and pounded tubers and bulbils are edible. The tubers are bitter, they lose their bitterness on roasting and are then eaten. Some tribe boil the tubers like potato and eaten.
 18. *Ficus glomerata* Roxb. (V. Umbar) Family – Moraceae Ripe fruits (receptacles) are eaten raw.
 19. *Ficus religiosa* L. (V. Pipal) Family – Moraceae Young leaves and shoots are used as vegetable. The plant is also worship in some festivals of tribe.
 20. *Ficus hispida* L. f. (V. Anjir Dashti, Peyatti) Family – Moraceae Leaves are large in size and used as vegetable. It also have fruit which is eaten raw. Fruits are recommended in treatment of jaundice.
 21. *Ipomoea batatas* (L.) Lam. (V. Ratalu) Convolvulaceae The fruits are eaten raw or in some cases they are boiled like potato and eaten with sugar. They are rich in starch content.
 22. *Lannea coromandelica* (Houtt.) Merr. (V. Moin) Family – Anacardaceae Young leaves are used as vegetable by some community of tribe. Fruits are edible and also made into pickles.
 23. *Oxalis corniculata* L. (V. Ambushi, Amlikaa) Family – Oxalidaceae Leaves are used as vegetable or used in salad as they are acidic in taste. The plant when boiled with butter milk is home remedy for diarrhea in children. Leaf paste apply over forehead to cure headache.
 24. *Soymida febrifuga* A. Juss. (V. Rohan) Family – Meliaceae these fruits are edible and it also used in marriage ceremony of some tribe. *Amaranthus polygamus* L. *Boswellia serrata* Roxb. Ex Coleber



Abrus precatorius



Bauhinia racemosa



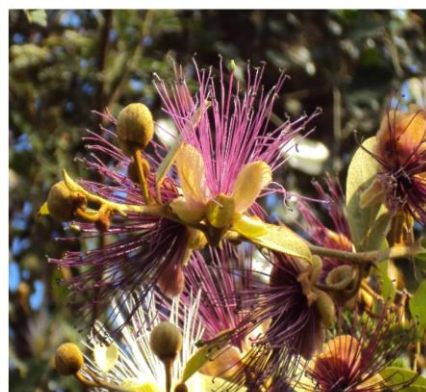
Cassia tora



Cordia dichotoma



Soyimida febrifuga



Capparis zeylanica

RESULTS

The life of tribal and other local peoples were very much depends upon the plant products because mainly they used the plants as vegetables; few species were used as fruit and also for grains. They were very simple people and the knowledge of them is very interesting. During this study local 24 plants belonging to 15 families were studied, whenever possible, the local names were also noted down. Known, commonly used edible species were excluded from the given data. Only those species are enumerated which form interesting part of eating habits of tribals of Yavatmal district. It was observed that only old people know about the use of wild edible vegetables and fruits; on the other hand the young generation of these tribe rely on the vegetables and fruits that dominate the market of plain area and have poor knowledge about the wild edible plants. The knowledge of using wild edible plants is very interesting. These plants play incredible role in their life. So it is necessary to keep this knowledge of tribe alive. Survey of weekly market of this area show that people are trying to cultivate the popular vegetable and fruits. It is necessary to readvocate the use of wild vegetables and edible fruits to young generations of tribe.

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Conflict of interest

The authors declare no competing interests

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