



Ethnobotanical Survey of Some Edible Wild Vegetables Used by Local Ethnic Community of Satpuda Region in Buldhana District, Maharashtra.

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Abstract: From the ancient era to current civilization hilly area are rich in vegetation and residing tribal people mostly benefited it for their livelihood. The wild edible vegetable and plants have been a main source of food and medicine for local ethnic community of hilly region. Ethnic community are using vegetable either raw or cooked as food to compensate their daily calories requirement. These vegetable and plants have rich nutrition and medicinal values. The wild edible vegetable not only provide nutrition but also perform duties for prevention and cure of innumerable ailments. Urban people widely depend on agricultural cultivated food therefore sometimes due to daily workload they do not get accurate nutritional diet and bodily needed medicine. Followed by tribal community many rural people of developing countries depends on wild edible vegetable for food in rainy season but urban people are away from traditional way therefore multiple health related issue arises. Regular consumption of wild vegetables also favor for good health and management of various persistent diseases. The present research focus on exploration and conservation of the traditional knowledge regarding wild edible vegetable and plants. The ethno medicinal knowledge of these plant taxa will be beneficial in future for rural and urban communities.

Key words: Tribal people, Wild vegetable, Ethnic community, Nutrition, Traditional knowledge.

I. INTRODUCTION

Vegetables that grow naturally without any cultivation are called wild vegetables at early period of the monsoon season, the vegetables begin to grow naturally and become available for consumption. They grow in forests, edges of farmlands, wilder areas, barren lands and waste areas (Rao, 2020). The present situation is, our world is facing major challenge about Food and nutrition security. Roughly two billion people are estimated to suffer from micronutrient deficiencies that make them more susceptible to disease and this can be a significant barrier to economic growth. In the world since near about one billion people use wild foods (mostly from plants) on a daily basis. Wild edible plants are nutritionally rich and can especially provide vitamins and micronutrients (Duguma, 2020). The wild ethnomedicinal plants forest provides many essential

nutrients which helps to improve both the mental as well as physical well-being of rural and tribal. It is evaluated that near about 80% of the forest dwellers by 25-50% of their annual food requirements depends on forests (Singh, 2011). The rich plant diversity of the area is utilized by the tribal community in various purpose like food, fodder, medicine, timber, fuel, agricultural tools, etc. Sometimes wild edible plants play an important role during scarcity of local inhabitants food supplements (KUMAR, 2013). Consumption of traditional diets which is well known and used daily by Tribal community have multiple beneficial effects such as prevention of some age related degenerative diseases – arteriosclerosis, stroke etc (Misra et al., 2008). The wild edible plant have play important role in security of food availability, diversification of agriculture, generation of income resources (Bhatia et al., 2018). The wild vegetables are excellent sources of Vitamin A and C as well as minerals, fibers, carbohydrates and proteins. Trace elements play a important role in maintaining certain physiochemical processes that are essential to life which include Fe, Cu, Mn, Co, F, I and Zn. Iron is a mineral element which found in every cell of the body (Joesoef, 2022).

II. RESEARCH METHODOLOGY

The site for field survey of the Wild Vegetables included rural and tribal area and vegetable market area of Buldhana district of Maharashtra. The data was collected with the aid of local and ethnic people by conducting interviews. Repeated inquiries were done for appropriate identification. The plants were brought to laboratory in Department of Botany G. S. Science, Arts and Commerce College Khamgaon, Dist. Buldhana (M.S.). The collected plants were identified with the help of available literature and Floras (Patil et al., 2011; Naik V.N, 1998; Cooke T, 1958; Singh N.P. and Karthikeyan S, 2000). and data entries were registered in proper format for further analysis and studies.

III. RESULTS AND DISCUSSION

Some wild edible vegetables were collected from their wild habitat while some were collected cultivated fields. The results reveal that 26 species of vegetables of 23 genera and belonging to 18 families were recorded from this study area.

	Botanical Name	Local Name	Family	Habit	Season	Edibility	Medicinal uses
1.	<i>Abelmoschus ficulneus L.</i>	Ran bhendi	Malvaceae	Shrub	Winter	Leaves (cooked)	Stomachic, antipyretic
2.	<i>Amaranthus cruentus L.</i>	Rajgura, Lal math	Amaranthaceae	Herb	Rainy/ Summer	Whole plant (cooked)	Anti-diabetic, diuretic
3.	<i>Amaranthus viridis L.</i>	Chopada math	Amaranthaceae	Herb	Rainy/ Summer	Whole plant (cooked)	Antiviral, Diarrhea, Antiulcer, Antiallergic.
4.	<i>Argyrea nervosa</i>	Vidhara	Convolvulaceae	Herb	Annual	Leaves	Wounds, skin diseases, joint pain.
5.	<i>Basella alba L.</i>	Mayalu	Basellaceae	Climber	perennial	Leaf	Laxative, diuretic, diarrhea.
6.	<i>Canavalia cathartica Thouars</i>	Abai	Fabaceae.	Climber	Perennial	Fruit	as anti-inflammatory, cough,
7.	<i>Celosia argentea L.</i>	Kurdu	Amaranthaceae	Herb	Rainy/ Winter	Leaves	kidney stone, diarrhea.
8.	<i>Commelina benghalensis L.</i>	Kena	Commelinaceae	Herb	Rainy	Leaves	piles, indigestion, leprosy, constipation.
9.	<i>Colocasia esculenta L.</i>	Alu	Araceae	Herb	Annual	Leaves, Petiole	cough, antimicrobial, anti-inflammatory..
10.	<i>Dendrocalamus strictus Roxb.</i>	Bambu	Poaceae	Tree	Rainy/ Winter	Young shoots	tuberculosis.
11.	<i>Enicostema axillare (Poir. ex Lam.) A. Raynal</i>	Naybhaji	Gentianaceae	Herb	Rainy	Leaves	indigestion, liver disorder, swelling, snake bite.
12.	<i>Ficus racemosa L.</i>	Umber	Moraceae	Tree	Annual	Fruit	respiratory disease, liver disorders, diabetes.
13.	<i>Ficus religiosa L.</i>	Pimpal	Moraceae	Tree	Annual	Leaves	diarrhea, Cough, Joint pain and swelling.
14.	<i>Glossocardia bosvallia (L.f.) DC.</i>	Khadak shepu	Asteraceae	Shrub	Rainy	Whole plant	wound healing.
15.	<i>Hibiscus sabdariffa L.</i>	Ambadi	Malvaceae	Shrub	Winter	Leaves	antioxidant agent, hypertension, antibacterial,
16.	<i>Launaea procumbens (Roxb.)</i>	Pathari	Asteraceae	Herb	Annual	Leaves	liver disorders, antifungal, diuretic.
17.	<i>Momordica dioica Roxb.</i>	Kanturle , karutale	Cucurbitaceae	Climber	Rainy/ Winter	Fruits	fever, jaundice, hypertension.
18.	<i>Moringa oleifera Gaertn.</i>	Shevga	Moringaceae	Tree	Annual	Fruit, flower	asthma, diarrhea, kidney stone.

19	<i>Portulaca quadrifida L.</i>	Ranghol	Portulacaceae	Herb	Annual	Whole plant	urinary disorders, asthma, cough.
20	<i>Portulaca oleracea L.</i>	Gholbha ji	Portulacaceae	Herb	Annual	Whole plant	sedative, analgesic, dysentery
21	<i>Tribulusterrestris L.</i>	Gokhru	Zygophyllaceae	Herb	Summer	Leaves, Fruit.	anti-inflammatory, diuretic, urinary disorder, diabetes.
22	<i>Telosma pallida Roxb.</i>	Zatuli	Asclepidiaceae	Climber	Rainy	Flower	antifungal, antiasthmatics, digestion problems.
23	<i>Cassia tora (L.) Roxb.</i>	Tarota/ Takla	Fabaceae	Herb	Rainy	Tender Leaves	Skin disorder, leprosy
24	<i>Dioscora bulbifera L.</i>	Dukkark and	Dioscoraceae	Climber	Winter	corms	Piles, dysentery, diabetic
25	<i>Curcuma aromatic Salisb.</i>	Raan Halad	Zingiberaceae	Herb	Rainy	Rhizome s	Anti-inflammtory agent
26	<i>Mucuna pruriens Hook.</i>	Kuyari	Fabaceae	Climber	Winter	Pods (cooked)	nervous disorders, antioxidant, aphrodisiac.

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