

ORIGINAL ARTICLE

Use Of Wild Edible Plants As A Food Resource By The Tribes Of Surgana Tahsil Of Nashik District (M.S), India

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ABSTRACT

Present investigation reports an ethno-botanically important wild plants belonging to Surgana Tehsil, district Nashik. The study were performed in different seasons during 2013 and 2015 to collect, identify and document different wild plants used by native tribes as a food resource. As the tribal areas are not well developed with respect to modern agriculture, the tribes of this area fulfil their daily needs by using natural wild resources. The performed study investigates 43 different wild plants belonging to different angiospermic families used as food resource. The information about plants parts uses were collected and confirmed by making discussions with more than 5 peoples of same area. From the study it is concluded that the tribes of this area possess good knowledge of wild plants but due to their continuous and progressive exposure to modern agriculture, the knowledge may result in extinction in the course of time. The wild edibles may be the alternative resources for commercial modern agricultural produce and in production of new nutraceuticals. The findings create more attention to conserve biodiversity and traditional information.

Keywords: Traditional Uses, Wild edible plants, Surgana Taluka, Nashik District.

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INTRODUCTION

The native societies in the world have brought about a number of wild plant species, which are having nutritious value. Most of the tribal communities are live in or around the forest areas and wild vegetables are used as source of food and nutrition [1]. Nearly one billion people are thought to use wild food in their diet [2]. Surgana, Peth, Igatpuri, Kalwan, Baglan, Dindori, Trimbakeshwar & Nashik are tribal blocks in Nashik District. Among these Surgana Taluka having the major Population of Tribes. The Kokana, Mahadeo-Koli, Warli are major category of Adivasis. Surgana taluka is situated in north-west region of Nashik district of Maharashtra state [4]. The North and West region (nearly 60%) are surrounded by Gujarat state and South and East region is surrounded by Kalwan, Dindori and Peth talukas of Nashik. Geographically the Surgana tahsil is situated between 19° 35' 18" North latitude and 20° 53' 07" ` to 73° 16' 07" ` East longitude (Based in part on Map of talukas, Nashik district). The total geographical area of tehsil is 52,160 hectares of which 14397.39 hectares area covered with forest and 37762.61 hectares are non-forested area. Surgana taluka is the second highest rainfall area of Nashik [5]. Teak is the main species; other species are Sadala, hed, Haldu, Sisum, Khair, Tiwas, Bibla, and Dhavada Bamboos. Wild plants even after the availability of variety of food crops constituted an important part of the human diet particularly in remote forest dwellers. Now a day's people are giving more attention to wild food plants as the present day food crops are not meeting the need of complete required nutrients. This work is an attempt to provide a data on food plants collected from Surgana taluka of Nashik district.

MATERIALS AND METHODS

Information regarding wild vegetables and fruits used by tribal in various region of Surgana Taluka was collected during the year 2013-15. Personal observation, oral interviews of tribal (Umbarthan, Karanjul,

and Bahare, Dang region (Khuntvahir), Mani and Surgana), discussions with them were carried out to collect the information regarding the food sources and recipes for different wild plants. The data of ethnobotanical important plants were recorded during the field trips. Plants were identified by using relevant standard floras. [3].

RESULTS AND DISCUSSION

As the tribal areas are not well developed with respect to modern agriculture, the tribes of this area fulfil their daily needs by using natural wild resources. The performed study investigates 43 different wild plants belonging to different angiospermic families used as food resource. The information about plants parts uses were collected and confirmed by making discussions with more than 5 peoples of same area.

Table-1. List of wild vegetables observed during survey

Botanical Name	Family	Local Name	Uses
<i>Amaranthus spinosus</i>	Amaranthaceae	Katerimath	Leaves are cooked and eaten as vegetable.
<i>Amorphophallus commutatus</i> (Scoot)	Areaceae	Shevalkand	Rhizome is cut into small pieces and boiled it after cooked mixed with bondara leaves and eaten as vegetable.
<i>Argemone Mexicana</i>	Papaveraceae	Kardai	Seeds are grinding and the oil expressed is used in the preparation of different vegetables
<i>Colocasia esculenta</i>	Areaceae	Tera	Young leaves are cooked and eaten as vegetable.
<i>Cordia dichotoma</i>	Boraginaceae	Bhokar	The immature fruits are used in to preparation of pickle. Young leaves are cooked and used as vegetable.
<i>Dendrocalamus strictus</i> (Roxb)	Graminaceae/ Poaceae	Bamboo	Young shoot are boiled and used as vegetable. Seeds are cooked and used as in to making roti.
<i>Dioscorea bulbifera</i> L.	Dioscoreaceae	Kadukand	Tuber and bulbils are boiled then used as vegetable.
<i>Cassia tora</i> L.	Cesalpiniaceae	Tarota	Seeds are boiled after to make powder and used as in tea.
<i>Dioscorea oppositifolia</i> L	Dioscoreaceae	Chaiken	Leaves and young inflorescence are used as vegetable.
<i>Curcuma pseudomontana</i> Grah	Areaceae	Shilind	Rhizome are boiled and used vegetable
<i>Dioscorea oppositifolia</i> L	Dioscoreaceae	Chaiken	Leaves and young inflorescence are used as vegetable.
<i>Solenaam plexicaulis</i> (Lam)	Cucurbitaceae	Gandhi Gomett	Tubers are boiled and eaten as vegetable
<i>Madhuka longifolia</i>	Sapotaceae	Moha	Fruits are cooked then ethanol/Ethyl alcohol produced.
<i>Momor dicadioica</i>	Cucurbitaceae	Kartol	Fruit and leaves are cooked and used as vegetable.
<i>Lagenaria vulgaris</i>	Cucurbitaceae	Jangali dangar	Fruit and leaves are cooked and used as vegetable
<i>Luffa acutangula</i> (L.) Roxb. var. <i>amara</i> C. B. Cl.	Cucurbitaceae	Jangali Dodka	Fruit are cooked and consume as vegetable
<i>Moringa oleifera</i> Lam.	Moringaceae	Shevaga,	Fruit are cooked and consume as vegetable
<i>Smithia conferta</i> J.E. Sm;	Papilionaceae	Kawali	Leaves are cooked and used as vegetable.
<i>Hibiscus cannabinus</i>	Malvaceae	Ambadi	Leaves are cooked and use vegetable
<i>Cappari szelanica</i>	Capparidaceae	Waghati	Unripened fruits are cooked and use as vegetable
<i>Diospyrus melanoxylon</i>	Ebenaceae	Tembhurni	Ripened fruit are cooked and after used as vegetable.

Table-2. List of wild Fruits observed during survey

Sr.No	Botanical Name	Family	Local Name	Uses
	<i>Carrisa congesta</i> Wight	Apocynaceae	karwand	Unripened fruits are used in to preparation of pickle and Ripe fruits are edible
1.	<i>Cordia dichotoma</i> Forstf.	Boraginaceae.	Bhokar	Ripe fruits are edible.
2.	<i>Cucumis setosus</i>	Cucurbitaceae	Chibad	Ripe fruits are edible
3.	<i>Maynalaxiflora</i> Robyns	Rubiaceae	Kosamba	Ripe fruits are edible
4.	<i>Trewia polycarpa</i> Bth	Euphorbiaceae	Petara;	Ripe fruits are eaten. Gum is also edible
5.	<i>Terminalia bellirica</i> Linn.	Combretaceae	Behda	Ripe fruits are edible
6.	<i>Diospyros melanoxylon</i>	Ebenaceae	Tembrun	Ripe fruits are edible
7.	<i>Emblica officinalis</i> Gaertn.	Euphorbiaceae	Awala	Ripe fruits are edible
8.	<i>Ficus racemosa</i>	Moraceae	Umber	Ripe fruits are edible
9.	<i>Lantana camara</i>	Verbenaceae	Nandurkha	Ripe fruits are edible
10	<i>Limonia acidissima</i>	Rutaceae	kavath	Ripe fruits are edible
11	<i>Diospyrismelanoxylon</i>	Ebenaceae	Tembhurni	Ripe fruits are edible

DISCUSSION

The ethnobotanical information collected and documented by making observation and discussions with native tribes of Surgana tehsil area, comprises 45 different wild leafy, stem, rhizome and fruit vegetables which were still not commercially utilized. The daily foods needs of native tribes fulfilled by use of these wild vegetables in different seasons.

CONCLUSIONS

The present findings concludes that the ethno medicinal information documented from tribes of Surgana tehsil significant for generation of alternative nutritional source for human being, wild vegetable can be the alternatives for present commercial vegetables as well as studied data creates attention for conservation and sustainable utilisation of natural resources.

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