

EXPLORATION OF WILD EDIBLE PLANTS OF MALEGAON, DISTRICT NASHIK (MAHARASHTRA)

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ABSTRACT

Study of wild edible plants of Malegaon of Nashik district Maharashtra reports 33 wild edible plants. Total 33 plant species belonging to 29 genera and 23 families were recorded. The present investigation deals with the study of wild edible plants used by tribal and rural people from Malegaon of Nashik District of Maharashtra state.

Key words- Wild, edible plants, Malegaon, district Nasik.

INTRODUCTION

Plants are nature's gift to human. Plants and their parts are used as a major source of food. Many species of plants are domesticated by humans to fulfil their daily needs of food. Besides these, many wild plants not cultivated by humans are also used as a source of food.

Wild edible plants are one of the alternative sources of healthy and nutritious food. These plants have played an important role in supplying food to tribal and poor communities in many parts of the world. Such plants are naturally disease resistant and adaptive to climatic changes.

Wild edible plants are reported and studied by many workers such as Datar and Vartak (1975) reported wild edible plants from Karnala bird sanctuary. Gunjatkar and Vartak (1981) documented wild edible legumes of Pune district. Patil and Patil (2000) studied some wild edible plants of Nashik district. Mallesh Reddy (2012) explored wild edible plants of Chandapur district. Mahadkar and Jadhav (2013) enumerated traditional uses of wild edible plants of Kolhapur district. Datar and Upadhey documented wild edible plants of northern region of western ghat. Kuvar and Shinde (2019) studied wild edible plants used by Kokani tribe of Nashik district.

Malegaon is in the Nashik district of the state of Maharashtra. The city has its location at latitude 20° 32' North and the longitude 72° 35' East. The height of Malegaon is 478.44 meters above sea level and it is located on the Mumbai Agra National Highway No: 3 that lies at a distance of about 116 kilometers, north east from Nashik.

Towards the north, Malegaon is surrounded by the Dhule district, by the Jalgaon district in the North-East, in the South-West direction lies the Nandgaon district, Satana in the east and the Chandwad Taluka in the South. The present investigation is an attempt to explore the information of wild edible plants of Malegaon of Nashik district.

MATERIAL AND METHODS

The present investigation was carried out during January-December 2018. In order to document wild edible plants of Malegaon visits were conducted to tribal region of Malegaon. Information of wild edible plants obtained from tribal people. Plants were collected from field. Some wild edible plants collected from local vegetable market. The plants were identified by using flora (Lakshminarasimhan & Sharma) and standard literature.

RESULTS AND DISCUSSION

List of wild edible plants of Malegaon -

Sr.No.	Botanical name	Vernacular name	Family	Parts used	Uses
1	<i>Abrus precatorius</i> L.	Gunj	Fabaceae	Leaves	Leaves are sweet in taste, used in pan.
2	<i>Aegle marmelos</i> (Linn.) Corr.	Bel	Rutaceae	Ripe fruits	Ripe fruit pulp is eaten raw and also used for making soft drinks, jam and murabba.
3	<i>Amaranthus spinosus</i> Linn.	Kate-math	Amaranthaceae	Shoots and Leaves	Tender shoot and leaves are cooked as vegetable.
4	<i>Annona reticulata</i> Linn.	Ramphal	Annonaceae	Fruits	Ripe fruits are eaten raw.
5	<i>Annona suamosa</i> Linn.	Seetaphal	Annonaceae	Fruits	Ripe fruits are eaten raw.
6	<i>Asparagus racemosus</i> Willd.	Shatavari	Liliaceae	Roots	White tuberous roots are eaten raw.
7	<i>Azadirachta indica</i> A. Juss.	Kaduneem	Meliaceae	Ripe fruits	Cooked as vegetable.
8	<i>Boerhaavia diffusa</i> Linn.	Punarnava	Nyctaginaceae	Leaves	Cooked as vegetable.
9	<i>Cassia fistula</i> Linn.	Bahava	Caesalpiniaceae	Leaves and flowers	Leaves and flower buds are cooked as vegetable.
10	<i>Cassia tora</i> Linn.	Tarota	Caesalpiniaceae	Leaves	Leaves are cooked as vegetable.
11	<i>Colocassia esculenta</i> (Linn.) Schott.	Alu	Araceae	Leaves	Leaves are cooked as vegetable.
12	<i>Digera muricata</i> (Linn.) Mart	Ran Aghada	Amaranthaceae	Leaves and twigs	Leaves and twigs are cooked as vegetable.
13	<i>Emblica officinalis</i> Gaertn.	Awala	Euphorbiaceae	Mature fruits	Ripe fruits are eaten raw, pickles and sharbat prepared.
14	<i>Ficus bengalensis</i> Linn.	Wad	Moraceae	Ripe fruits	Ripe fruits are eaten raw.

15	<i>Ficus racemosa</i> (Roxb.) R.Br.	Umber	Moraceae	Ripe fruits	Unripe fruits are cooked and eaten raw. Mature fruits are eaten raw.
16	<i>Lantana camara</i> Linn.	Aamonikamoni /Ghaneri	Verbanaceae	Ripe fruits	Ripe fruits are eaten raw
17	<i>Limonia acidissima</i> L.	Kavath	Rutaceae	Ripe fruits	Pulp of ripe fruits is eaten raw and used in the preparation of chatany, soft drinks and jam.
18	<i>Madhuca longifolia</i> var. <i>latifolia</i> (Roxb) Chev.	Moha	Sapotaceae	Flowers and fruits	Fleshy corolla is eaten raw. Flowers are fermented to make liquor.
19	<i>Mangifera indica</i> Linn.	Ambe	Anacardiaceae	Fruits	Fruits are eaten raw. Used in the preparation of chutany, juice and pickles.
20	<i>Momordica dioica</i> Roxb. Ex Willd.	Kartule	Cucurbitaceae	Fruit	Young green leaves cooked as vegetable.
21	<i>Nelumbo nucifera</i> Gaertn.	Kamal	Nelumbonaceae	Rhizome	Rhizome is cooked as vegetable.
22	<i>Opuntia elatior</i> Mill.	Nagphani	Cactaceae	Ripe fruit	Ripe fruits are eaten raw.
23	<i>Oxalis corniculata</i> Linn.	Tipani /Ambushi	Oxalidaceae	Leaves	Leaves are cooked as vegetable.
24	<i>Phonix sylvestris</i> (Linn.) Roxb.	Shindi	Arecaceae	Ripe fruit	Ripe fruits are eaten raw. Sap is drunk as a soft drink (Neera).
25	<i>Pithecolobium dulce</i> (Roxb.) Benth.	Chinchbilai	Mimosaceae	Seed	Seeds are eaten raw.
26	<i>Semecarpus anacardium</i> Linn.	Bibba	Anacardiaceae	Ripe fruit	Fresh or dried receptacles of the fruit are eaten raw.
27	<i>Syzygium cumuni</i> (Linn.) Skeels	Jambhul	Myrtaceae	Ripe fruits	Ripe fruits are eaten raw.
28	<i>Tamarindus indica</i> Linn.	Chinch	Caesalpinaceae	Young leaves, fruits and seeds	Leaves cooked as vegetable, Fruit pulp is used for various purpose, seeds roasted and eaten.
29	<i>Terminalia bellerica</i> (Gaertn.) Roxb.	Behada	Combretaceae	Fruit	Fruits are eaten raw.
30	<i>Terminalia chebula</i>	Hirda	Combretaceae	Seed & Fruit	Seeds are eaten raw and fruits are eaten with salads.
31	<i>Trapa natans</i> Linn.	Shingada	Trapaceae	Fruits	Kernels of the fruits are eaten

					raw. Dried fruits are made into flour.
32	<i>Tribulusterrestris</i> L.	Gokhru	Zygophyllaceae	Leaves and fruits	Young leaves and tender fruits are cooked as vegetable.
33	<i>Ziziphusmauritiana</i> Lamk.	Bor	Rhamnaceae	Ripe fruits	Ripe fruits are eaten raw.

This research work documented 33 wild edible flowering plants belonging to 29 genera and 23 families. It includes information on 33 wild edible plants, comprising of 31 dicot plants and 2 monocot plants. Out of 33 wild edible plants 9 are herbs, 4 shrubs, 18 trees and 2 climbers in their habit. In this investigation wild edible plants are arranged alphabetically for the sake of convenience. For each wild edible plant, its botanical name, vernacular name, family and the uses are given. Information of plant parts which are consumed by tribal and local people, their mode of consumption is included. Plant parts used include roots, stems, leaves, flowers, fruits and seeds. The use of fruits is more as compared to other plant parts.

CONCLUSION

Study of wild edible plants is an important aspect of Botany. In this investigation 33 wild edible plants were recorded. The different parts of wild edible plants such as fruits, leaves, seeds etc. are used by tribals to prepare the recipes. These wild plants are rich in vitamins and nutrients. Most of these plants have medicinal properties. Wild plants are used by tribals to cure diseases.

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