

# ETHNOBOTANICAL SURVEY OF WILD EDIBLE PLANTS FROM RAIGAD DISTRICT, MAHARASHTRA

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**Abstract:** The present study deals with the identification, documentation and ethnobotanical exploration with respect to food value of wild edible plants from Raigad district. Total 30 wild edible plants were surveyed. The edible parts of wild plants (fruits, flowers, leaves, tubers & inflorescence) are the nature's gift to mankind. These wild edibles are delicious, refreshing and rich source of vitamin, minerals and protein. Some of wild edible has declined, it is considered that much attention towards maintain and improve this important source of food supply.

**Keywords:** Ethnobotany, wild edible plants, Raigad district.

## INTRODUCTION:

Wild food plants play a very important role in rural communities in many developing countries [1]. In many parts of world, wild plants obtained from forest and wild area. Wild food plants serve as alternatives to staple food during period of food deficit. The tribal people of the state mostly rarely on traditional medicine directly based on the plant material [2]. The present paper contributes to the literature on the relation between knowledge and uses of plants. Wild plants make an important contribution to the life of rural communities. Wild edible plants are those with one or more parts that can be used for food if gathered at the appropriate stage of growth and properly prepared. Tribal people fulfill their nutritional requirement from wild resources. They got knowledge of wild edible plants traditionally. This traditional knowledge is useful to develop new food sources [3]. Food plants serve as alternatives to staple food during periods of food deficit are a valuable supplement for a nutritionally balanced diet alone of the primary alternative sources of income for many resource-poor communities and the source of species for domestication [4]. In this article, we contribute to the literature on the relation between knowledge and uses of plants. Previous researchers have identified gaps between knowledge and uses of plants by either using ethnographic and quantitative methods but with data gathered at the group level. [5-8]

## MATERIAL AND METHODS:

The present study area, Raigad district lies between latitude 18.51°N & longitude 73.18°E. The survey was conducted in 2019-22 in all the season in selected villages. This period of study has helped to record the indigenous knowledge. Raigad district of konkan region is very well known for natural resources including vegetational wealth and traditional knowledge of medicinal plants. Raigad district is surrounded by Sahyadri ranges in the east beyond which there are Pune, south east side Satara district. The tahsils in Raigad are Alibag, Pen, Murud, Karjat, Khalapur, Panvel, Uran, Mangaon, Tala, Roha, Sudhagad, Mahad, Poladpur, Mhasala and Shirwardhan.

The data collection was mainly through transecting walk and observation with the key informants. The information collected from local inhabitants, medicinal men, Vaidya's and forest officials. Plants were identified using relevant scientific literature and standard floras.

## RESULTS AND DISCUSSION:

Some wild edible plants also have medicinal properties, such wild plants are common in the rural areas. (9-14). The study in Raigad district revealed that about 30 varieties of plant species in which leaves, flower, inflorescence, fruits, tuber and bulb are mainly used for consumption. The total 30 species of wild edible plants are collected and stored with detailed information. out of which some are herbs, trees, shrubs and climbers. The recorded information of wild edible plants of Raigad district are as follows-

Sr. No.	Name of plant species	Family	Vernacular Name	Food value	Medicinal value
1.	<i>Abrus precatorius</i> L	Fabaceae	Gunj	Leaves edible	Leaf juice with castor oil applied externally for burning of the skin.
2.	<i>Amaranthus spinosus</i> L.	Amaranthaceae	Katemath	Leaves used as vegetable	Root used against snake bite. Leaves used for cooling effect.
3.	<i>Basella alba</i> L.	Basellaceae	Mayalu	Leaves used as vegetable	Leaves pulp is applied on boils and ulcers. The mucilaginous liquid of used for headaches.
4.	<i>Boerhavia repens</i> L.	Nyctaginaceae	Punarnava	Leaves edible	Juice of leaves is useful in jaundice.

5.	<i>Celosia argentea L.</i>	Amaranthaceae	Kurdu	Leaves edible	Root ash used for snake bite.
6.	<i>Commelina benghalensis L.</i>	Commelinaceae	Kena	Leaves edible	Leaf powder mix with warm water and gives orally to treat diarrhea.
7.	<i>Clerodendron serratum L.</i>	Lamiaceae	Bharangi	Leaves edible	Asthma, allergy, fever, inflammation
8.	<i>Oxalis corniculata L.</i>	Oxalidaceae	Ambushi	Leaves edible	Leaves are useful in fever and biliousness.
9.	<i>Dioscorea alata L.</i>	Dioscoriaceae	Dukkarkand	Tubers and bulbils edible	Tuber powder used in piles, burning and eye diseases.
10.	<i>Asparagus racemosus Willd</i>	Liliaceae	Shatavari	Tuber edible	The root is boiled in milk and to relive dyspepsia and diarrhea and promote appetite
11.	<i>Curculigo orchinoides Gaertn.</i>	Hypoxidaceae	Kali-musali	Tuber edible	Tubers this mixture is used in asthma, jaundice and diarrhea.
12.	<i>Momordica diocea Roxb</i>	Cucurbitaceae	Kartoli	Fruits edible	Tubers used in treatment of piles, ulcers.
13.	<i>Semicarpus anacardium L.</i>	Anacardiaceae	Bibba	Fruits edible	Single nut mix with milk. used in cough.
14.	<i>Canavalia gladiata (DC.) Steud.</i>	Papilionaceae	Abai	Fruit edible	The root apply internally for consecutive days is said to cure enlargement of liver
15.	<i>Grewia tilifolia Vahl.</i>	Tiliaceae	Dhaman	Fruit edible	Bark is rubbed with water and given half glass doses as a remedy for dysentery.
16.	<i>Sterculia foetida L.</i>	Sterculiaceae	Jangalibadam	Seed edible	Kernel oil used as a fumigatory and also used in skin diseases
17.	<i>Artocarpus lakoocha Roxb.</i>	Moraceae	Otamb	Fruit edible	The leaves are considered as antidote to snake poison.
18.	<i>Ficus racemose L.</i>	Moraceae	Umber	Fruit edible	Seed powder, reduces sugar in the urine.
19.	<i>Phyllanthus reticulatus Poir.</i>	Euphorbiaceae	Kanguni	Fruit edible	Leaf juice used in spongy and bleeding gums
20.	<i>Cordia dichotoma G. Forrst.</i>	Boraginaceae	Bhokar	Fruit edible	Fruit mucilage is highly esteemed in cough.
21.	<i>Aegle marmelos (L.) Corr.</i>	Rutaceae	Bel	Fruit pulp edible	The fruit is sweet, aromatic and cooling, sherbet made with water.
22.	<i>Capparis deciduas Edgew.</i>	Capparaceae	Nepti-kurli	Fruit edible	Fruit powder is externally applied to malignant ulcers.
23.	<i>Canthium coromandelium (Burm.f.)</i>	Rubiaceae	Karbit	Fruit edible	The leaves paste applied to the forehead for headache in fevers
24.	<i>Carisa carandus L.</i>	Apocynaceae	Karvand	Fruit edible	The juice of ripe fruits, mixed with sugar and cardamoms is a cooling drink.
25.	<i>Garcinia indica</i>	Clusiaceae	Ratamba	Fruit	seed oil mix with milk is good remedy against dysentery and diarrhoea.
26.	<i>Agave americana</i>	Agavaceae	Ketkad	Inflorescence	The gum exuding from leaves is used as a cure for toothache
27.	<i>Musa superba</i>	Musaceae	Rankelikand	Tuber	Unripe fruits are roasted and given orally in Diarrhoea and dysentery. Extract of flowers, fruits and leaves are applied on skin burns.
28.	<i>Amorphophallus commutatus (Schott) Engl.</i>	Araceae	Sewal	Peduncle and inflorescence edible	Rhizome powder used as gastroprotective, analgesic.
29.	<i>Diospyrous melanoxyton</i>	Ebenaceae	Tembur	Fruit edible	Fruit powder used as anti-diabetic, anti-ulcer.
30.	<i>Buchnanania cochinchinensis (Lour) Almeida</i>	Anacardiaceae	Char	Fruits edible	The fruits laxative. Rosted seed are palatable and nutritious.

**CONCLUSION:**

Above mention plants are promising future food and secondly medicinal plants can have some active constituents. Wild food plant represents easily available, less expensive, high nutrient content. Present work documented wild edible plant species and gives us information on food habits of rural people of Raigad district. Further research on their phytochemical and nutraceutical studies may provide better sources for future.

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