IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

The Survey of Rainy Season Wild Edible and Medicinal Vegetables from Visgaon Khore Bhor Taluka Pune Dist. Maharashtra State, India

Dr. Mrs.S. A.Gaikwad, Associate Professor, Department of Botany

Anantrao Thopte College,Bhor, Pune, Maharashtra, India

Abstract

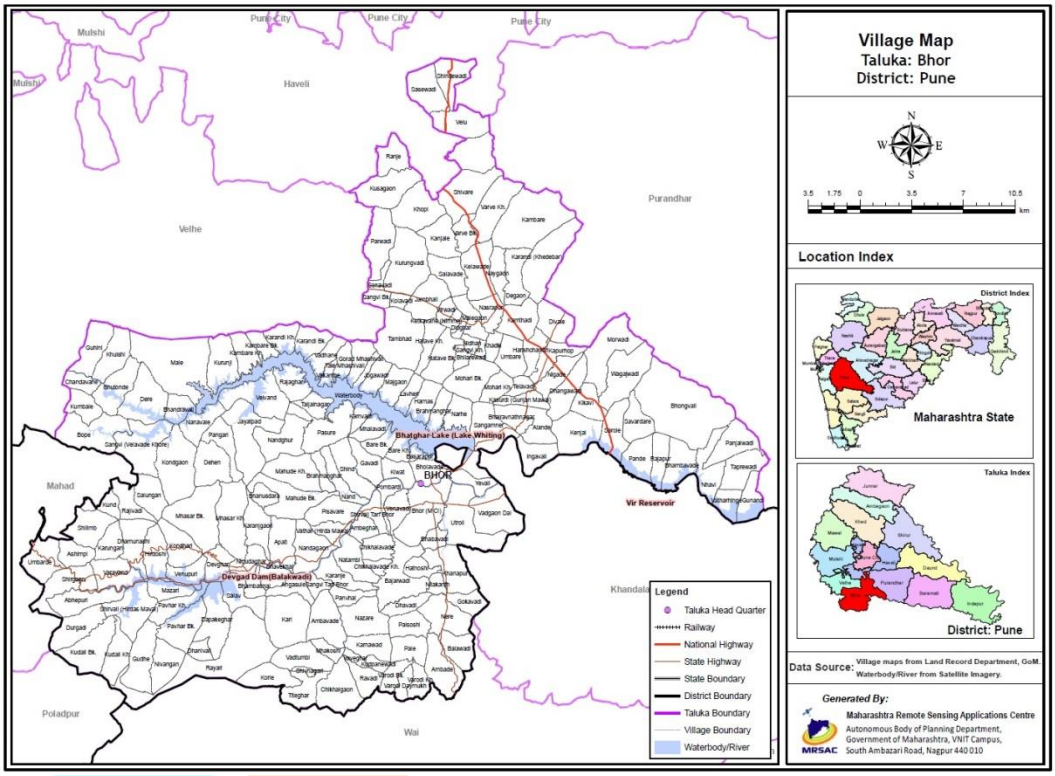
The edible and medicinal vegetables mainly growing in rainy season have more economic importance. These vegetables are rich source of proteins, carbohydrates, vitamins and minerals. These wild vegetables are consumed by local people during certain period of time. During the survey of the area, more than 18 plant species of different family have been found .The local people use the plant parts like leaves, stem, petioles, inflorescences, corm, rhizome flowers, fruits, pods and seeds. The information collected by local informants revealed that there is need of conservation of these vegetables by cultivating them in natural environment.

KEY WORDS-- Visgaon Khore, wild, medicinal, edible, vegetables, rainy season.

Introduction-

Bhor taluka of Pune district comes under the Western Ghats of Maharashtra known as Sahyadris lies between 72 60’ to 74 40’ and 15 60’ to 20 75 ‘ N covering an area of about 52,000 sq. km starting from sea level. Bhor region has 185 villages and total population is around 1, 54,903. Bhor area has average rainfall 643.5-800 mm from June to September. The major rivers flowing in the Bhor Taluka are Neera, Velvandi, Gunjavani and Shivganga from West to East. Bhor region is divided into five belts 1. Visgaon Khore 2. Ambavade Khore 3. Hirdoshi area, 4. Bhutonde area 5. Highway patta and 6. Nasarapur area.

Visgaon Khore has 20 villages. This region is populated with Dhangar, Kunbi, Mahadev koli, Katkari, Sutar, lohar, Bhoi etc.



Map of Maharashtra showing Pune District and Bhor Taluka

The vegetables that grow naturally without any cultivation or care are called as wild vegetables. During rainy season, these vegetables grow naturally and get ready for consumption in short period of time. Mainly, they grow on barren fields' waste lands, forests as well as in fields as weeds.

Many rural people collect these vegetables as a source of supplementary food as it contains proteins, fats, carbohydrates, vitamins, and minerals (Onwordi et al.2009, Saikia and Deka 2013). Wild vegetables, in the rainy season, play an important role in maintaining the balance in the diet and may help to reduce risk of different type of diseases like cancer, coronary heart attack, diabetes etc. (Stangeland 2009 and Aregheove2012).

Materials and Methods-

The present study has been carried out from 2017 to2019. The main objective of the survey was to collect, identify and document the information regarding monsoon wild edible and medicinal vegetables. Plants were identified with their botanical names based on their local names using literature like Cook flora, Kartikeyn flora and S. R .Yadav's flora of Kolhapur.

During survey, information was collected by more than 20 local informants of different villages from Visgaon Khore of Bhor Taluka.

Result and Discussion-

The data collected from 20 local informants is about wild vegetables used for edible and medicinal purposes. In this respect, more than 23 vegetables were recorded which were having properties like anthelmintic, anti-inflammatory, anti-tumour activity, diuretic, astringent, tonic etc. Local people use some plant parts for kidney stone, jaundice, skin diseases, cough and cold, piles, fever, burns, urinary disorders, etc.

Leafy Vegetables

Plant Parts like inflorescence, flowers and fruits are used as vegetable

Sr	Vegetables	Family	Habit	Local Name	Parts Used	Medicinal Use	Edible Use
1	Cassia uniflora Miller	Caesalpinaceae	Herb	Takala	Leaves Seeds	1.Seed power is used for wound healing 2.Leaf juice is used to cure dysentery & diarrhoea	Tender leaves are used as vegetables
2	Celosia argentea Linn.	Amarantheceae	Herb	Kurdu	Whole plant	1. Plant extract is used to cure dysentery, diarrhoea, acute abdominal pains, inflamed stomach and treatment of tuberculosis. 2. Leaf juice is applied on wounds, sores, ulcers, skin eruptions, ulcers of mouth & relieves itching. 3. Root juice is given early in the morning for cure kidney stone. 4. Drops of leaf juice are used for tired eyes to clear vision.	Leaves are used as vegetables
3	Oxalis corniculata L.	Oxilidaceae	Herb	Ambushi	Whole plant	1.The whole plant is anthlelmintic, anti-phlogistic, astringent, depurative, diuretic, emmenagogue, febrifuge, lithontripic, stomachic & styptic. 2. It is used in treatment of influenza, fever urinary tract infection enteritis diarrhoea boils & pimples. 3. The leaf juice applied for insect bites burns and skin piton 9t has an antibacterial activity	Leaves are used as vegetable.
4	Portulaca oleracea Linn.	Portulacaceae	Herb	Ghol	Whole plant	1.Plant juice is taken orally to cure Liver kidney, bladder problems & scurvy. 2.It is also useful to increases milk flow in nursing mothers, good for painful or difficult urination, relieves dry coughs, shortness of breath & immoderate thirst cures inflamed eyes mouth sores. 3.It is applied on swollen gums fasten loose teeth. Leaf juice is applied for relieves pain from burns, healing of wounds, promotes flow of urine menstrual flow, help in digestion & expulsion of intestinal worms.	Leaves are cooked as vegetable.
5	Tribulus terrestris L.	Zygophyllaceae	Herb	Sarata, Gokharu	Leaves and stem	1. Fruits are used as tonic. 2. Fruits power along with wheat flour is given orally backaches and other complaints to ladies after delivery. 3. Fruit powder is also given orally in urinary diseases. 4.Leaf juices are referred orally in stomaches.	Leaves are used as vegetable
6	Amaranthus spinosus L	Amaranthaceae	Herb	Katemath	Leaves and stem	Leaves Young shoot Kidney stones I Young tender shoots are used as medicine Indigestion I Decoction of fresh leaves and stem are taken orally twice a day for three days. Snake bite E Root paste is used	Leaves are used as vegetable.
7	Amaranthus viridis Linn.	Amaranthaceae	Herb	Tandulja	Leaves and stem	Leaves /Young shoot Scorpion sting E Leaf paste is used externally as an antidote. Eye problem E Young tender shoots are used Toothache I Decoction of the herb is used as mouth wash.	Leaves and stem cooked as vegetab
8	Amorphophallus bulbifer Schott Blume	Araceaeae	Herb	Suran	Corm	Tuber are used for Piles . About 100 g tuber is boiled and taken with rice twice daily for a month	Corm is cooked as vegetable
9	Boerhavia diffusa L.	Nyctaginaceae	Herb	Punarnava	Leaves and	Leaves are used internally to cure cough. Roots are used for treatment of kidney	Leaves are

					Roots	stone and skin diseases.	cooked as vegetables.
10	Chenopodium album L	Chenopodiaceae	Herb	Chandan Batawa	Leaves	Leaves are used internally to expel hookworms.	Leaves cooked as vegetable
11	Digera muricata (L) Mart	Amaranthaceae	Herb	kunjeer	Leaves	Leaves are used to cure Constipation and urinary disorder.	Leaves used as vegetable
12	Dioscorea bulbifera L.	Dioscoriaceae	Herb	Dukkar kand	Tuber	Tuber powder mixed with butter is given to cure Piles	Corm is cooked as vegetables
13	Portulaca quadrifida L.	Portulacaceae	Herb	Chigal	Leaves and stem	Leaves are used as a poultice for abscesses and swellings. Leaf juice is used for Toothache	Leaves are used as vegetable.
14	Ensete superbum (Roxb)Cheesm	Musaceae	Herb	Rankel	Inflorescence	It reduces weight.	Flowers are cooked as vegetable
15	Clerodendrum serratum (L) Moon	Verbinaceae	Under shrub	Bharangi	Flowers	The decoction of flowers is used to cure cough and cold.	Flowers are used for the preparation of vegetables
16	Lamaea procumbens (Roxb) Ramayya and Rajg	Asteraceae	Herb	Patri	Leaves	Decoction of fresh leaves reduces acidity	Leaves are used for the preparation of vegetables.
17	Momordica dioica Roxb ex willd	Cucurbitaceae	Climber	Kartoli	Fruit	Fruits are used in treatment of skin diseases	Fruits are used as vegetables.
18	Cucumis setosus L	Cucurbitaceae	Creeper	Mekhi	Fruit	The unripen fruit juice is applied to cure skin diseases.The fresh juice is used on burns.	Fruits are used for preparation of vegetables

CONCLUSION

On the basis of information collected from local informants through survey and literature studies, it is observed that these edible vegetables are used as tonic, laxative, diuretic, antioxidant, digestive, cooling agent etc.by these people. The present study indicates that regular use of wild edible vegetables is helpful in prevention of different types of diseases. So, there is a need for documentation and conservation of these vegetables by cultivating them in natural environment.

REFERENCES

1.Aregheore K. P., and R. Acharya (2010).Eating from the wild:indigenous knowledgeon wild edible plants in Parroha VDC of Rupandehi district, Central Nepal. Internat J Soc Forest. Vol.3(1): pp.28-48.

2.Borate Pallavi P. and Meena S. Rao : Use of Wild Edible Monsoon vegetables as a food by Ovali and Kudap villagers in Chiplun Tehsil of Ratnagiri District, Maharashtra. Dept. of Botony, R & T college, Ulhasnagar, Thane (M. S. India) : International Journal of Creative Research. Thoughts (IJCRT) volume 8, Issue 5th May 2020 (ISSN : 2320-2882)

3 Cooke, T : Flora of the presidency of Bombay, London 2 vol. (Repr.Ed 1958. 3 vol Govr. Of india)

4. Jadhav V. D., Mahadkar S. D. and Valvi S. R. Documentation and ethnobotanical survey of wild edible plants from Kolhapur district, Recent Research in Science and Technology 2011, 3(12): 58-63.

5. Mahadkar S.D, Jjadhav Varsha : Traditional uses of some wild edible plants from kolhapur district, volume5(2013) page no. 19 to 26

6.Onwordi C. T. Ogungbade A. M. and A. D.Wusu.(2009). The proximate and mineral composition of three leafy vegetables commonly consumed in lagos, 7. Raghavendra Naik et.al. Therapeutic potential of wild edible vegetables - A Review ISSN: 2456-3110 Review Article Nov-Dec 2017 Ayurveda and Integrated Medical Sciences | Nov - Dec 2017 | Vol. 2 | Issue 6 422 3. Sci. Res., 2013, 3(6):95-100.
Nigeria Afr. J. Pure Appl. Chem. V.3(6) :. Pp.102-107

8. S. R. Yadav, M. M, Sardesai Shivaji university, Vidyanagar, Kolhapur, Maharashtra state : Flora of Kolhapur District.

9. Saikia P and D.C. Deka (2013).Mineral content of some wild green leafy vegetables of North- East India J.Chem pharm. Res. Vol. 5 (3),pp.117-121

10. Singh N.P, karthikeyan S : Flora of Maharashtra state, Dicotyledonae Vol. I Bot. Survey of India : Calcutta 2000

11. Srivatava 1, R.S.Pan1 & B. P. Bhatta 2

ICAR – Ranchi, India

ICAR – Bihar Veterinary College, Patana

: Antioxidant & Nutritional Potential of some underutilized leafy vegetables consumed by tribals of Jharkhand, India . Research Article

12. Stangeland T.,Remberg S. F. and K. A. Lye (2009). Total antioxidant activity in 35 Ugandan fruits and vegetables. J. Food Chem. Vol. 113 (1) : pp 85-91

13. Vaishali S. Kamble and Dr.Varsha D. Jadhav, Traditional Leafy Vegetables: A Future Herbal Medicine, International Journal of Agricultural and Food Science 2013, 3(2): 56-58