



MEDICINAL USE OF WILD EDIBLE FRUITS AND VEGETABLE FOUND IN PALGHAR DISTRICT

Prof. Ashok K.Bhoir¹, Prof. Rupali A. Deshmukh², Dr. Vilas M. Jadhav³
Programme Assistance (Soil Science)¹, Scientist (Home Science)², Sr. Scientist & Head,
Krishi Vigyan Kendra, Dist. Palghar, Maharashtra India

Abstract: Wild edible vegetables play an important contribution to the livelihood of the households who gather and consume them. As per the traditional knowledge, these wild edible vegetables or plants play a significant task in the sustenance of forest people residing in forested areas. The tribal consumed tubers, leaves, flowers, fruits, seeds and grains of the wild plants. A total of 30 plant species were documented as wild plants used as food. The plant species, their families, local name, plant part used and their mode of usage were also reported

Index Terms - Wild edible, Medicinal Use, Occurrence

I. INTRODUCTION

Wild edible plants are those plants with edible parts that grow naturally on farm land and on fallow or uncultivated land. Humans have gathered Wild edible plants since ancient times, and they have become part of the human diet and traditional food systems. Wild vegetables contribute to people's food security and health in many rural areas of the world. They may have remarkable nutrient values and can be an important source of vitamin, fibers, minerals, and fatty acids; they may also show important medicinal properties. Besides nutritional value, income and employment can be obtained from the sale or exchange of their fruits, leaves, juice, and local drinks. Although many wild edible plants are used as a food supplement or as a means of survival during drought and famine, the importance of wild edible plants has been overlooked by the majority of the rural population. Wild plants provide medicines that are affordable and readily available to the vast majority of the rural population in India, as is the case in many other developing countries in the world. Research has shown that many of the wild edible plants have been found to be rich sources of one or more of the nutritionally important substances, such as proteins, carbohydrates, vitamins, and minerals. Besides the dietary substances, some of them also contain considerable amounts of a variety of health-promoting compounds, such as phenolic compounds.

The food and nutritional contribution and the medicinal value of wild edible plants have not been investigated fully in India. Therefore, the objective of this review is to explore available information about wild edible plants' nutritional contribution, supplementary role, and medicinal value.

Palghar district is formed to focus on the development of the tribal people. Wada, Mokhada, Jawhar, Talasari, and Dahanu, are the tribal blocks in the district. Warli, Katkari, Konkana, Mahadev Koli, Koli Malhar are the predominant tribes seen in Palghar district. Tribal mostly eat vegetables of leafy varieties, which grow as wild weeds and depend on such natural products for their food.

Materials And Methods

In the present study field surveys was conducted in tribal villages of Palghar district of Maharashtra during 2021 to 2023. The data was accrued through discussions and interviews with aged tribal, bhagats and women. It was confirmed by repeated enquiries in different seasons and in different villages.

RESULTS

3.1 Dragon stalk yam (*Amorphophallus commutatus*)

Local Name: - Shevali, Shevul, Jungli Suran

Family: - araceae

Propagation: - Tuber

Availability: - Rainy Season (May end to August first week)

Occurrence: - forest area, roadside area

Plant part Used for vegetable: - Stalk and flowering part used for vegetable.

Medicinal Uses: -

- 1.Tuber of the Dragon stalk yam is tied on swollen part of the body.
- 2.Tuber paste is applied externally to cure scabies.

3.2 Sickle senna (*Casia tora*)

Local Name: - Takla , tarota

Family: - Cissalpinioideae

Propagation: - Seeds

Availability: - May-June

Occurrence: - roadside area, Farm bund, barren land

Plant part Used for vegetable: - Tender leaves are used for vegetable.

Medicinal Uses: -

- 1.leaves and seeds are used in Medicine.
- 2.Vegetables are used for remedies for Psoriasis and scabies disease.
- 3.It is used as laxative, for the treatment of leprosy and various skin disorders.

3.3 Water spinach, water morning glory (*Ipomea aquatica*)

Local Name:- Nal bhaji, Nalichi Bhaji

Family: - Convolvulaceae

Propagation: - cutting

Availability: - throughout year

Occurrence: - inundated areas, marshy, shallow pools , pond,

Plant part Used for vegetable: - tender shoots and leaves.

Medicinal Uses:

- 1) Nal bhaji is laxative and is used for diabetes and fever.
- 2)The leaves are crushed and applied as a poultice on sores and boils.
- 3)Ringworm is treated using a paste made from the buds.
- 4) The roots are used for arsenic poisoning and hemorrhoids.

3.4 Muyna (*Meyna laxiflora*)

Local Name: - aaliv, aalav, aalava, aalu

Family: - Rubiaceae

Propagation: - seeds (seeds from fully ripens fruits)

Availability: - Rainy Season

Occurrence: - forest area, small hilly areas, roadside area

Plant part Used: - ripen fruits.

Medicinal Uses:-

- 1) Fruit pulp has antioxidant activity.
- 2) Powder of leaf, seed or even fruit used for stomachache, menstrual problems, urinary problems, and diarrhoea

3.5 Hog plum (*Spondias pinnata*)

Local Name: - aambada, ranamba

Family: - anacardiaceae

Propagation: - seeds (seeds from fully ripens fruits) and cutting

Availability: - January – February for leaves

March – April for flowers

May – June for tender fruits

Occurrence: - forest area, small hilly areas,

Plant part Used for vegetable: - younger leaves, flowers, tender fruits

Medicinal Uses: -

- 1) Aambada is having antimicrobial, anti-diabetic, ulcer-protective, anti-cancerous, anti-diarrheal, anthelmintic, cytotoxic and hepatoprotective properties.
- 2)The bark can treat joint pain, dysentery, and diarrhea.
- 3)The fruits can improve stomach health, act as an aphrodisiac, and treat bronchitis, skin issues, and constipation.
- 4)The roots can regulate the menstrual cycle.

3.6 Cluster fig (*Ficus racemose*)

Local Name: - umbar, oudumbar

Family: - Moraceae

Propagation: - seeds (seeds from fully ripens fruits) and cutting

Availability: - February to June

Occurrence: - forest area, roadside area, near temple

Plant part Used for vegetable: - fruits,

Medicinal Uses: -

- 1) Roots, Bark leaves and fruits are used in Medicine.
- 2) Bark is used in skin diseases.

3.7 Wild carrot (*Pimpinella wallichiana*)

Local Name: - bafali

Family: - Apeaceae

Propagation: - seeds

Availability: - Tender leaves: - June- July

Seeds: - November- December

Occurrence: - forest area, grassy hill slopes

Plant part Used for vegetable: - tender leaves, seeds and roots.

Medicinal uses:

- 1.Pimpinella for varicose veins, kidney stones, respiratory infections.
- 2.Leaves and Seeds are used for remedies on smallpox disease.

3.8 Blue flowered glory tree (*Clerodendrum serratum*)

Local Name: - Bharangi, bharang

Family: - Verbenaceae

Propagation: - Seeds, Hard wood and semi hard wood cutting

Availability: - Tender leaves: - June-august

Flowers: - September – October

Occurrence: - Hilly areas, roadside area, Under big plants

Plant part Used for vegetable: - tender leaves, and flowers.

Medicinal uses:

- 1.It helps to promotes wound healing quickly.
2. It is used in the treatment of common cold, chronic sinusitis, allergic rhinitis, cough, and other chronic respiratory problems.
- 3.It is used for relief from fever and hyper-pyrexia

3.9 Indian Cherry (*Cordia dichotoma*)

Local Name: - bhokar, shelti, shelta

Family: - Boraginaceae

Propagation: - Seeds

Availability: - Tender leaves: - January- February

Flowers: - March

Tender fruits:- April- May

Occurrence: - forest area, roadside area,

Plant part Used for vegetable: - tender leaves, flowers and tender fruits

Medicinal uses:

- 1.leaves and stem bark have been used to cure digestive issues, fever, diarrhoea, leprosy, gonorrhoea, and burning feelings since ancient times.
- 2.Fresh fruit is used to treat skin outbreaks and gonorrhoea.
- 3.The bark strengthens teeth.
- 4.The leaf juice is used to alleviate migraines, inflammation, and swelling.

3.10 Fiveleaf yam (*Dioscorea pentaphylla*)

Local Name: - chaicha vel, shendur vel

Family: - Dioscoreaceae

Propagation: - Small tubers: - cut into 2 - 4 parts

Big tubers: - 6 - 8 parts

Each part should have 2 - 3 dormant buds.

Availability: - Tender shoots: - May- June

Flowers: - September- October

Tubers: - November- December

Occurrence: - forest area

Plant part Used for vegetable: - tender shoots, flowers and tuber.

Medicinal uses:

- 1.Juice of the plant is applied to boils.
- 2.A decoction of the plant is applied to swellings.
- 3.A paste of the leaves made with mustard oil is rubbed into affected areas for the treatment of rheumatism.
- 4.Tubers are tonic; used in swelling, rheumatism and as hair wash for killing lice.

3.11 Hairy Hogweed (*Pimpinella tomentosa*)

Local Name: - Dongerjeera, Ranjire

Family: - Apiaceae

Propagation: - Seeds

Availability: - Tender leaves : - July – august

Seeds :- September- November

Occurrence: - farm bund

Plant part Used for vegetable: - Tender leaves, seeds

Medicinal uses:

- 1.Pimpinella is used to help digestion.

3.12 Creeping cucumber (*Solena hetrophylla*)

Local Name: - gometi, Jungli tondali

Family: - Cucurbitaceae

Propagation: - Seeds

Availability: - august to September

Occurrence: - Forest, farm bund, fencing.

Plant part Used for vegetable: - Tender fruits

Medicinal uses:

- 1.It has anti-malarial, anti-diabetic, analgesic, sedative and purgative properties.
2. It is used to treat toothache, rheumatism and respiratory disorders.
3. It is believed to possess invigorating and stimulant properties.

3.13 Potato yam (*Dioscorea bulbifera*)

Local Name: - kadu kand, valiche kand, varah kand

Family: - Dioscoreaceae

Propagation: - tuber

Availability: - June and august – September

Occurrence: - Forest, roadside area

Plant part Used for vegetable: - corm.

Medicinal uses:

1. Corms of *Dioscorea bulbifera* are aphrodisiac, tonic, and used for treating sore throat, boils and swellings, dysentery, piles, and syphilis.
2. They are also used against tumour.

3.14 Aerial yam (*Dioscorea bulbifera* L)

Local Name: - karanda, karanda, godkind

Family: - Dioscoreaceae

Propagation: - tuber

Availability: September – December

Occurrence: - kitchen garden,

Edible part Used: - Tuber

Medicinal uses:

1. Corms of *Dioscorea bulbifera* are aphrodisiac, tonic, and used for treating sore throat, boils and swellings, dysentery, piles, and syphilis.
2. They are also used against tumour.

3.15 Spine gourd (*Momordica dioca* Roxb.ex)

Local Name: - kartoli, kartola, kantoli, kartuli, rankarali

Family: - Cucurbitaceae

Propagation: - Seeds, tuber and stem cutting

Availability: tender shoots: - May June

Tender fruits: - July to September

Occurrence: - Forest area, Roadside area,

Plant part used for vegetable: - tender shoots and Fruits.

Medicinal uses: -

1. Roasted seeds are used for eczema and other skin problems.
2. Fruit, leaves, and tubers are used for diabetes.
3. Fresh fruit juice is used for hypertension
4. Fruit cooked in small amount of oil is used to treat diabetes

3.16 Prickly Amaranthus (*Amaranthus spinosus*)

Local Name: - katemath, ateri math

Family: - Amaranthaceae

Propagation: - Seeds

Availability: tender shoots: - June – august

Tender stem: - September -October

Occurrence: - Kitchen Garden, barren land, roadside area,

Plant part Used for vegetable: - tender shoots and tender stem.

Medicinal uses: -

1. *Amaranthus spinosus* is used as an expectorant and to relieve breathing in acute bronchitis.
2. It is used to induce abortion.

3.17 Benghal dayflower, tropical spiderwort (*Commelina benghalensis*)

Local Name: - Kena

Family: - Commelinaceae

Propagation: - Seeds and cutting

Availability: - June – July

Occurrence: - barren land, riverside, farm, wetland

Plant part Used for vegetable: - tender leaves.

Medicinal uses: -

1. It is used as - poultice, and it is also taken to reduce high blood pressure
2. It is used to treat infertility, burns, sore throats, sore eyes, dysentery, rashes and leprosy.

3.18 Benghal dayflower, tropical spiderwort (*Radermachera xylocarpa*)

Local Name: - kharshing, kharshingi, khadshing

Family: - Bignoniaceae

Propagation: - Seeds and cutting

Availability: - Sept- November, March- May

Occurrence: - Forest, Hilly area

Plant part Used for vegetable: - tender pods.

Medicinal uses: -

1. The dried pods is used in chlorosis, common cold, rhinitis and obstinate skin diseases.
2. It is used for the treatment of skin diseases.

3.19 Bamboo, Thorny Bamboo (*Bambusa arundinacea Roxb*)

Local Name: - vasta, bamboo, tokar,

Family: - Poaceae

Propagation: - culm cutting, seeds

Availability: - tender shoots: - July to august

Occurrence: - forest,

Plant part Used for vegetable: - tender shoots and seeds.

Medicinal uses: -

1. Bamboo shoots help to reduce risk of heart attack
2. It help to improve digestion.

3.20 Broken Bones (*Oroxylum indicum*)

Local Name: - Tetu, tetav

Family: - Bignoniaceae

Propagation: - seeds

Availability: - December to March

Occurrence: - forest, roadside

Plant part Used for vegetable: - tender pods.

Medicinal uses: -

1. The decoction of its root is useful against diarrhea and dysentery
2. Roots are used in cough, cold and fever.

3.21 Wrinkled Jujube (*Zizipus rugosa, Zunna berry*)

Local Name: - torana, torani

Family: - Rhamnaceae

Propagation: - seeds

Availability: - April- May

Occurrence: - forest, roadside

Edible Plant part Used: fruits.

Medicinal uses: -

1. This plant is used for the treatment of Diarrhoea, Menorrhagia, Ulcer, Skin disease, Cough, Hypotension.

3.22 Safed Musali (*Chlorophytum borivilianun*)

Local Name: - koli bhaji, kavali bhaji, kolu bhaji, safed Musali

Family: - Liliaceae

Propagation: - seeds and tubers

Availability: - Tender leaves: - Jun- July

Tuber: - October – January

Occurrence: - forest, open land, under the shadow of big tree.

Plant part Used for vegetable: - tender leaves.

Medicinal uses: -

1. It is considered as a curative of Natal and Post Natal Problems and a cure for Diabetes and Arthritis.
2. Its root powder is fried in the ghee and chewed in case of apthae of mouth and throat.
3. It is effective in curing rheumatism and joint pains.

3.23 Tamilnadia (*Tamilnadia uliginosa*)

Local Name: - Pendhar

Family: - Liliaceae

Propagation: - seeds and tubers

Availability: - Tender leaves: - Jun- July

Tuber: - October – January

Occurrence: - forest, open land, under the shadow of big tree.

Plant part Used for vegetable: - tender fruits.

Medicinal uses: -

1)Fruit is used to treat diarrhea, cholera, dysentery, migraine, pimples, boils.

3.24 chaff-flower, prickly chaff flower, devil's horsewhip (*Achyranthes aspera*)

Local Name: - aaghada, kurta

Family: - Amaranthaceae

Propagation: - seeds

Availability: - Tender leaves: - Jun- July

Flowering: - July- September

Seeds: - October- November

Occurrence: open land, roadside area, barren land

Plant part Used for vegetable: - tender leaves.

Medicinal uses: -

1.It is used in the treatment of boils, asthma, in facilitating delivery, bleeding, bronchitis, debility, dropsy, cold, colic.

2.It is also used in cough, dog bite, snake bite, scorpion bite.

3.25 Plumed cockscomb , silver cock's comb (*Celotia argentea* L.)

Local Name: - kuradu, karadu , kombada

Family: - Amaranthaceae

Propagation: - seeds

Availability: - Tender leaves: - Jun- august

Flowering: - September- November

Seeds: - October- November

Occurrence: open land, roadside area, barren land

Plant part Used for vegetable: - tender leaves.

Medicinal uses: -

1.It is used in the treatment of bloody stool, hemorrhoids bleeding, uterine bleeding, leucorrhoea, dysentery and diarrhea.

The seed is hypotensive and ophthalmic.

3.26 Conessi bark tree (*Holarrhena pubescens*)

Local Name: - kuda, safed kuda, pandhara kuda

Family: - Apocynaceae

Propagation: - Seed

Availability: Flowering: - March- May

Seeds: - August- October

Occurrence: Forest, roadside area

Plant part Used for vegetable: - white flower and pods.

Medicinal uses: -

1. Its seeds are used as anthelmintic.

2. Its bark has antidiarrheal properties.

3. It is used for treating anemia, jaundice, dysentery, stomach pains, diarrhea, epilepsy, and cholera.

3.27 Orchid tree, purple bauhinia, camel's foot, butterfly tree (*Bauhinia purpurea* Lamk)

Local Name: - koharel

Family: - Fabaceae

Propagation: - Seed

Availability: throughout year

Occurrence: Forest, roadside area

Plant part Used for vegetable: - tender leaves and shoots.

Medicinal uses: -

1.It is used in decoctions to treat fever and stomach ailments, as well as being used as an astringent.

3.28 Indian tragacanth, gum karaya, katira, sterculia gum, kateera gum (*Sterulia urens*)

Local Name: - kahandol, kandhol

Family: - Sterculiaceae

Propagation: - Seed

Availability: Seeds: - January- May

Occurrence: Forest, roadside area, barren land

Plant part Used for: - mature seeds as well as immature seed for eating.

Plant part used for medicinal uses: boil seeds and mature seeds, Gums

Medicinal properties: -

1.Gum is used to treat blisters, blood dysentery, dysentery, joint pain, stomach disorder, throat infection, tonic, jam, and confectionary

3.29 Small flowered Cape Myrtle (*Logerstromea parviflora Roxb*)

Local Name: - Bondara

Family: - Lythraceae

Propagation: - Seed and cutting

Availability: throughout year

Flowering: April— May

Fruiting: October—December

Occurrence: Forest, roadside area

Plant part Used for vegetable: - tender leaves.

Plant part used for medicinal uses: - tender leaves, flowers, roots, and bark.

Medicinal properties: -

1.Its roots are useful for kidney stone disease.

2.Bark is used for curing skin disease.

3.Leaves are eaten with rice to relieve diarrhea.

3.30 Roselle, Jamaica Sorrel, Red Sorrel, Sorrel, Indian Sorrel (*Hibiscus sabdariffa*)

Local Name: - Bondara

Family: Malvaceae

Propagation: - Seed

Availability: tender leaves and shoots - July and august

Flowers: - October- November

Seed:- December – January

Occurrence: kitchen garden, farm bund

Plant part Used for vegetable: - tender leaves and shoots.

Medicinal properties: -

1.It is beneficial for high blood pressure.

2.It reduces levels of sugar and fats in the blood,

3.It reduces swelling and works like antibiotics.

4.1 Results & Discussion :

In Palghar distract tribal people largely dependent on the wild plants for various purposes like for food, as a source of medicines, intoxicants, beverages, dyes, resins, oils. These plants play incredible role in their life. They know the importance of Wild fruits, flowers, seeds, young shoots, leaves, etc. During the study 30 plants belonging to 67 families were studied and gather the information about importance of wild vegetable, there recipes and medicinal values. This information is important for all community and mostly young generation.

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