



॥ ज्ञानम् परम् ध्येयम् ॥

DATABASE ON WILD EDIBLE VEGETABLES

Nutritious Wild Edible Vegetables of Buldana District

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Introduction

Nature has gifted very precious wealth to the human beings in the form of plants. These plants are the real treasure for mankind while they are natural (wild) and cultivated, the natural or wild plants are neither cultivated nor domesticated they can grow naturally. These plants species are in the form of vegetables, food, medicine etc. Wild edible vegetables have dual significance they provide supplements for food and have medicinal properties. These plants are cheap source of proteins, amino acid, vitamins, carbohydrates, iron and other essential micronutrients. Thus indirectly they act as alternative source of medicinal drug which are easily available in natural Habit. So by analyzing their active constituents they may be introducing as future herbal medicines.

Since the earliest times fruits and vegetables are the common and important items of man's diet. In earliest time man live in a forest he had to fill his stomach with raw vegetables, fresh fruits and tubers whatever he could find in the surroundings. Later he started to cultivate commercial vegetables, fruits and tubers to fulfill his need. The cultivation method restricted the knowledge of locally available wild fruits and vegetables. Now a days the fruits like apple has been popularizes by advertisements saying "AN APPLE A DAY KEEPS THE DOCTOR AWAY" has made people to use such fruits routinely and has completely made them to forget the knowledge and utility of fruits that are available in their own vicinity

The wild edible plant plays a dual significant role i.e. they provide supplements for food and have medicinal uses. The medicinal plants contains some phyto-compounds like alkaloids, tannins, phenols, saponins, glycosides, flavonoids and other micronutrients which are used for herbal drugs or medicines.

These wild edible vegetables are part and parcel of everyday life. We have collected some wild vegetables from Buldana district. We have collected all these data of wild vegetables (Raan bhaji) from rural people by interviewing them. These people have traditional knowledge of these wild vegetables. Nowadays some of these vegetables are now available in market.

All these wild edible plant species were found in rainy season, most of the plant species observed after the first rain in monsoon.



Map of Maharashtra State



Map of Buldana District



Oral interviews



Discussion with rural peoples

Wild Edible Vegetables of Buldana District

1. *Achyranthes aspera*

Botanical name : *Achyranthes aspera* L.

Habit : Herb

Family : Amaranthaceae

Common name : Aghada

Edible part : Leaves

Medicinal Properties:

- It is bitter, carminative, acidifying, blood forming, diuretic etc.
- This plant is useful in diseases like heart diseases, hemorrhoids, kidney disease, stomach pain, indigestion, dysentery, blood diseases, bronchitis etc.



2. *Amaranthus spinous*

Botanical name : *Amaranthus virdis* L.

Common name : Katemath

Family : Amaranthaceae

Habit : Herb

Edible part : Leaves

Medicinal Properties:

- It is an appetite stimulant, cold, urogenital, antiinfectious
- Helpful in blood disorders



3. *Amaranthus viridis* L. (Tandulkundra)

Botanical name	: <i>Amaranthus blitum</i> L.	Common name	: Tandulkundra, Tandulja
Family	: Amaranthaceae	Habit	: Herb
Edible part	: Leaves and stem		

Medicinal properties:

- Traditionally it is used as a vegetable and traditional medicine by tribal and rural peoples. Leaves are used to cure jaundice, stomach problems and to prevent malaria.
- The plant is used as diuretic, stomachic, against cholera and digestive. Plant is further used for the treatment of vomiting, abdominal pain, tonsils, malaria, dysentery, fever.
- The plant is found to have some pharmacological activities which include anti-diabetic, anti-tumor and immunomodulatory properties



4. *Amorphophallus paeonifolius*

Botanical name : *Amorphophallus paeonifolius* L. Common name : Suran

Family : Areaceae Habit : Herb

Edible part : Tuber

Medicinal Properties :

- Suran is effective on piles, blood vessels, intestinal disorders



5. *Argyria nervosa* L.(Samudra-sokh)

Botanical name : *Argyria nervosa* L.

Common name : Samudra-sokh

Family : Convolvulaceae

Habit : Shrub

Edible part : Leaves

Medicinal Properties :

- They are used externally in the treatment of ringworm, itch and other skin diseases and internally to cure swelling
- It is used in stomach complaints, sores on foot, small pox, dysentery and diarrhoea.
- *A. nervosa* shows some pharmacological activities as anti-fungal, anti-rheumatic anti-fertility, central nervous system activity and anti-inflammatory activity.
- It contains flavonoids, steroids, lipids and alkaloids as main phytochemicals



6. Bambusa arundinacea

Botanical name : *Bambusa arundinacea* L.

Common name : Bambu

Family : Poaceae

Habit : Grass

Edible part : Young tubers

Medicinal Properties :

- It stimulate appetite, prevent constipation and improve digestion
- It is an cooling, calming and phlegm resolving plant and reduces heart diseases



7. *Basella alba*

Botanical name : *Basella alba* L.

Common name : Mayalu

Family : Basellaceae

Habit : Climber

Edible part : Tubers, roots, leaves

Medicinal properties:

- Appetite stimulant, lubricant, used on dysentery, burns
- It is a rich source of vitamin A, C, iron and calcium



8. *Bauhinia purpurea*

Botanical name : *Bauhinia purpurea* L.

Common name : Kanchan, Abhata

Family : Fabaceae

Habit : Tree

Edible part : Leaves, flowers

Medicinal Properties :

- It possess antibacterial, antidiabetic, anti-inflammatory , anti-diarrheal, anti-cancerous and thyroid regulating activity.



9. *Canavalia gladiata* L. (Abhai)

Botanical name : *Canavalia gladiata* L.

Common name : Abhai

Family : Fabaceae

Habit : Climber

Edible part : Fruit

Medicinal properties :

- The fruits are eaten as a vegetable in Africa and Asia. It is used to treat dysentery, nausea, backpain, obesity, diarrhoea.
- It shows some pharmacological activities like anti-inflammatory, antibacterial



10. *Capparis zeylanica* L.(Wagati)

Botanical name	: <i>Capparis zeylanica</i> L.	Common name	: Wagati, Govindphal
Family	: Capparidaceae	Habit	: Shrub
Edible part	: Fruit		

Medicinal Properties :

- Traditionally it is used as an antidote to snake bite, to cure swelling, boils etc.
- The ripen fruits are used for the treatment of diabetes. Plant is used as sedative for treatment of small pox, boils, cholera pneumonia etc.
- It shows some pharmacological activities such as antioxidant activity, anti-inflammatory, anti-microbial activity and other pharmacological activities.
- The plant constituent flavonoids have been known to possess anti-neoplastic, anti-ulcer, anti-allergic, diabetic, kidney disinfection activities which are found in fruits and roots.



11. *Carissa carandas*

Botanical name : *Carissa carandas* L.

Common name : Karwand

Family : Apocyanaceae

Habit : Shrub

Edible part : Fruit

Medicinal Properties :

- Used in diarrhea, constipation, malaria, epilepsy, neurological disorders, cough, diabetes, fever etc.



12. *Cassia tora* L.(Tarota)

Botanical name : *Cassia tora* L.

Common name : Tarota

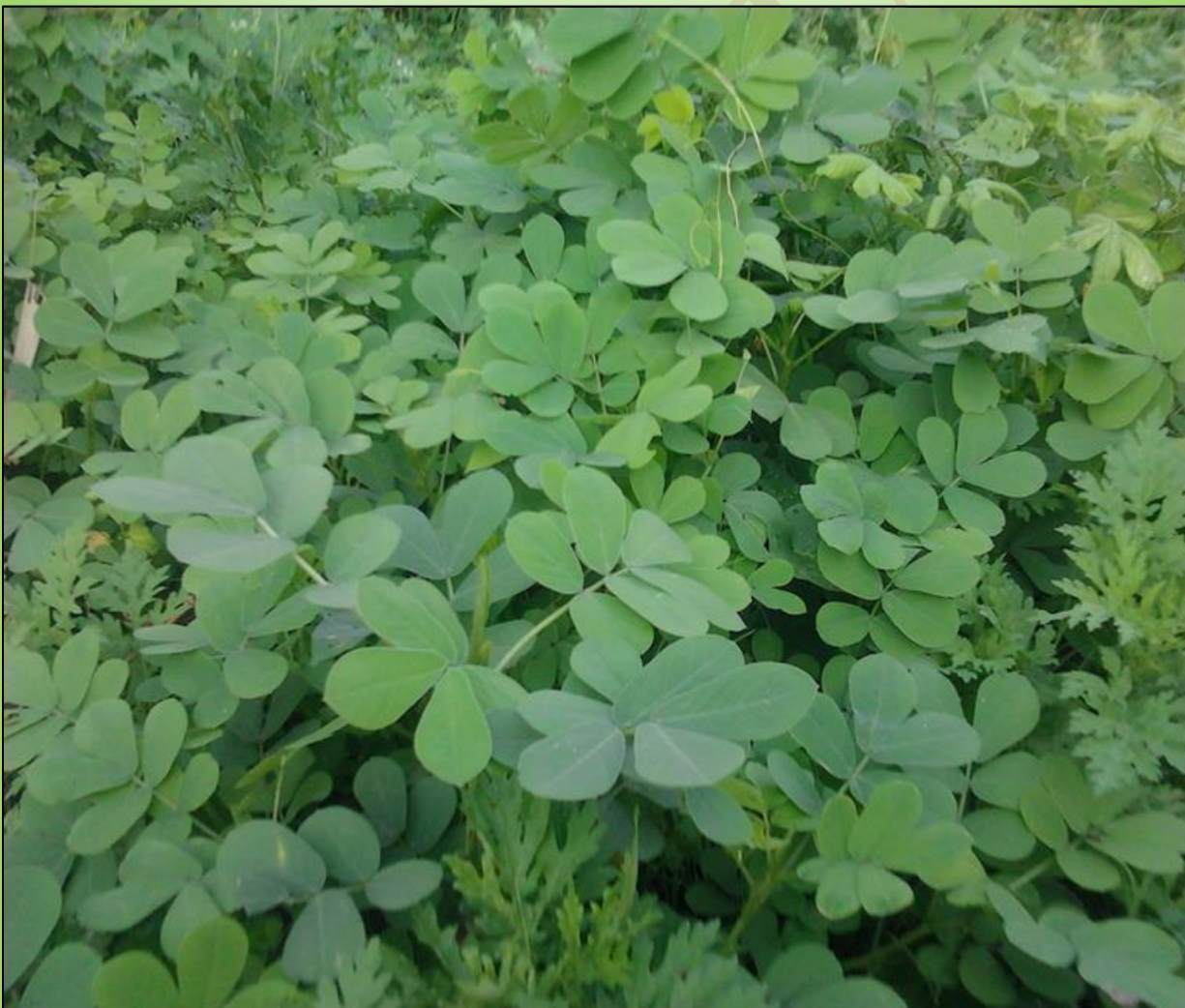
Family : Caesalpiniaceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- It is well recognised traditionally medicine as laxative and is useful for treatment of ringworm, leprosy, infection, skin diseases and liver disorders.
- It is well known medicinal plant and is useful for ringworm, bronchitis, cardiac disorders, skin diseases and cough.
- The plant is having some pharmacological activities including immunomodulatory, anticancerous, antimutagenic and hepatoprotective activity



13. *Celosia argentea* L. (Kurdu)

Botanical name : *Celosia argentea* L.

Common name : Kurdu

Family : Amaranthaceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- It has great medicinal value used in the treatment of fatigue, arteriosclerosis and osteoporosis and for improving eye sight.
- From ancient time in India *Celosia argentea* Linn. is widely used as a traditional medicine to cure several disorders such as fever, diarrhoea, mouth sores, itching wound, jaundice and inflammation.
- Pharmacologically *Celosia argentea* shows anti-cancer, anti-diabetic, antioxidant, antidiarrheal, anti-tumor and hepatoprotective activity.



14. *Cissus quadrangularis*

Botanical name : *Cissus quadrangularis* L.

Common name : Hadsan

Family : Vitaceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- It is used in treating diseases like arthritis , joint pain, bone fracture.
- It is known as osteojoint due to its ability to join bones.



15. *Citrullus colosynthis* L.(Sherni)

Botanical name : *Citrullus colosynthis* L.

Common name : Sherni

Family : Cucurbitaceae

Habit : Climber

Edible part : Fruit

Medicinal properties :

- Traditionally the fruit used to treat constipation, bacterial infection, cancer and diabetes.
- The fruit and root rubbed with water and applied to the boils and pimples.
- The fruit was used in ascites, jaundice, cerebral congestion, constipation, fever and worms.
- It possesses antimicrobial, anti-cancer, anti-diabetic, anti-inflammatory, gastrointestinal and many other pharmacological activities.



16. *Coccina grandis*

Botanical name : *Coccina grandis* L.

Common name : Tondali

Family : Tiliaceae

Habit : Climber

Edible part : Fruit

Medicinal properties :

- Prevent kidney stone, maintain healthy metabolism
- Fruits are given to diabetic patient



16. *Colocasia esculenta* L.(Alu, Pothi)

Botanical name	: <i>Colocasia esculenta</i> L.	Common name	: Pothi, Alu
Family	: Araceae	Habit	: Herb
Edible part	:Leaves		

Medicinal properties :

- It has been known from ancient time for its curative properties and used for treatment of various ailments such as asthma, arthritis, diarrhea and skin diseases.
- The juice of leaves is used for treatment of body and baldness.
- Pharmacological activities like antimicrobial, antidiabetic, anti-inflammatory and anti-fungal activities were studied from the *Colocasia esculenta*



17. *Comellina benghalensis*

Botanical name : *Comellina benghalensi* L.

Common name : Kena

Family : Comellenaceae

Habit : Herb

Edible part : Leaves, roots

Medicinal properties :

- Used on indigestion, skin disorders, swelling and helps in clear urine formation



18. *Cordia dichotoma*

Botanical name : *Cordia dichotoma* L.

Common name : Chighor, bhokar

Family : Boragaceae

Habit : Tree

Edible part : Raw Fruit, leaves

Medicinal properties :

- The plant is used in the treatment of fever, diarrhea, leprosy, gonorrhea and burning sensation.
- It shows anthelmintic, diuretic property.
- Used on cough , fever, ulcer.



19. *Crotolaria juncea* L. (Baru)

Botanical name : *Crotolaria juncea* L.

Common name : Baru

Family : Fabaceae

Habit : Shrub

Edible part : Flowers

Medicinal properties :

- *Crotolaria juncea* leaves revealed the presence of carbohydrates, steroid, triterpenoids, phenolics, flavonoids, alkaloid, amino acids, saponin, glycosides and volatile oils.
- The plant possessed hypolipidemic, reproductive, antioxidant, antibacterial, antifungal, hepatoprotective, antidiarrheal, anti-inflammatory and other pharmacological effects.



20. *Dioscorea bulbifera*

Botanical name : *Dioscorea bulbifera* L.

Common name : Mataru, karanda

Family : Dioscoreaceae

Habit : Climber

Edible part : Fruit, leaves

Medicinal properties :

- Used in the treatment of piles, dysentery, ulcers, cough, diabetes, asthma and cancer



21. *Enicostema axillare*

Botanical name : *Enicostema axillare* L.

Common name : Nai bhaji

Family : Gentianaceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- Used in folk medicine and as a food to treat diabetes, rheumatism, abdominal ulcer, swelling, itching and insect poisoning



22. *Ficus racemosa* L. (Umber)

Botanical name : *Ficus racemosa* L.

Common name : Umber

Family : Moraceae

Habit : Tree

Edible part : Fruit

Medicinal properties :

- In traditional system of medicines different parts(leaves, fruits , stem, root, seeds, latex and whole plant) of *Ficus racemosa* is used to treat diarrhoea, diabetes, gastric ulcers, wound healing etc.
- Pharmacological activitiesWide range of anti-ulcer, anti-inflammatory, anti-fungal and anti-diarrheal activities showed by *Ficus racemosa*



23. *Glossocardia bosvallia*

Botanical name : *Glossocardia bosvallia* L.

Common name : Khadakshepu

Family : Asteraceae

Habit : Herb

Edible part : Leaves, stem

Medicinal properties :

- Used to heal sores and wounds.



24. *Hibiscus sabdariffa* L. (Ambadi)

Botanical name : *Hibiscus sabdariffa* L.

Common name : Ambadi

Family : Malvaceae

Habit : Shrub

Edible part : Leaves and Flower

Medicinal properties :

- It is used in many folk medicines.
- It is valued for its mild laxative effect and ability to increase urination relief during hot weather and treatment of cracks in feet, sores and wounds.
- Leaves are used for their emollient, diuretic and soothing cough remedy.
- It shows antimicrobial activity and sedative property



25. *Launea procumbens* (Roxb.) (Pathari)

Botanical name : *Launea procumbens* (Roxb.)

Common name : Pathari

Family : Asteraceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- Since ancient time it is used as vegetable and also used as a fodder for goats.
- Leaves of plant are applied in rheumatic affections.
- It shows antioxidant, anti-inflammatory, anti-cancer and cardioprotective effects



26. *Limonia acidissima*

Botanical name : *Limonia acidissima* L.

Common name : Kavath

Family : Rutaceae

Habit : Tree

Edible part : Fruit

Medicinal properties :

- Fruits are edible which are effective on stomach complaints
- Flowers are used on skin treatment



27. *Momordica charantia* L. (Rankaral)

Botanical name : *Momordica charantia* L.

Common name : Rankaral

Family : Cucurbitaceae

Habit : Climber

Edible part : Fruit

Medicinal properties :

- Traditionally it used as a wild edible vegetable by tribals.
- It is used to treat constipation, diabetes, jaundice, kidney stones and intestinal parasites.
- The fruit juice is orally consumed for lowering the blood sugar.
- It shows Pharmacological activities like anti-diabetic, antioxidant



28. *Momordica dioica* (Roxb ex. Willd) (Kanturle)

Botanical name	: <i>Momordica dioica</i> (Roxb ex. Willd)	Common name	: Kantule
Family	: Cucurbitaceae	Habit	: Climber
Edible part	: Fruit		

Medicinal propereties :

- Traditionally it is used as an vegetable and uses to treat diabetes.
- The friut juice is prescribed for hypertension.
- The fruit is cooked in small amount of oil for treating diabetes.
- Fruits are diuretic, hepatoprotective and shows antibacterial, antidiabetic activities



29. *Moringa oleifera*

Botanical name : *Moringa oleifera* L.

Common name : Shewaga

Family : Moraceae

Habit : Tree

Edible part : Fruit, leaves, flowers

Medicinal properties :

- The leaves are the most nutritious part as it is a good source of vitamin B, vitamin C, provitamins, vitamin K, magnese and proteins.
- Drumsticks , fruits are also a good source of phosphorous, magnesium and other components



30. *Oxalis corniculata*

Botanical name : *Oxalis corniculata* L.

Common name : Ambushi, ambuti

Family : Oxalidaceae

Habit : Herb

Edible part : Leaves, flowers

Medicinal properties :

- It is easy to digest and good appetizer.
- It helps to decrease swelling, inflammation, effective in cough, rheumatic disease
- The juice of leaves is given as an antidote in case of Datura poisoning



31. *Phyllanthus amarus*

Botanical name : *Phyllanthus amarus* L.

Common name : Bhuiawala

Family : Euphorbiaceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- Used on jaundice, reduces heat, fever, increases urine



32. *Portulaca oleraceae* L. (Ghol)

Botanical name : *Portulaca oleraceae* L.

Common name : Ghol

Family : Portulacaceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- Traditionally it is used to treat infections, wounds animal bite and bleeding.
- It shows anti-inflammatory, anti-microbial and hepatoprotective activities



33. *Portulaca quadrifida*

Botanical name : *Portulaca quadrifida* L.

Common name : Chival

Family : Portulacaceae

Habit : Herb

Edible part : Leaves, stem

Medicinal properties :

- It is an cooling vegetables and blood purifying
- Used in bloodbile, fever, reducing body heat and cleaning urine



34. *Rivea hypocrateriformis* L.(Phandi)

Botanical name : *Rivea hypocrateriformis* L.

Common name : Phandi

Family : Convolvulaceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- The plant is also reported for its ethnomedicinal uses in treating cough, headache, skin diseases and malaria.
- It shows anti-inflammatory, antioxidant and hepatoprotective activities



35. *Rothea serrata*

Botanical name : *Citrullus colosynthis* L.

Common name : Bharangi

Family : Lamiaceae

Habit : Herb

Edible part : Leaves

Medicinal properties :

- The leaves are useful in herpetic eruptions and pemphigus.
- Roots are useful on asthma, cough, fever



36. *Sesbania grandiflora* L.(Hatga)

Botanical name : *Sesbania grandiflora* L.

Common name : Hatga

Family : Fabaceae

Habit : Tree

Edible part : Flowers

Medicinal properties:

- *Sesbania grandiflora* is used as folk medicine or traditional medicine to treat an array of diseases such as dysentery, stomachitis, fever, sore throat, small pox and headache.
- This plant is used in India traditional medicine system of Siddha and Ayurveda.
- Pharmacological activities: it shows antidiarrheal and antimicrobial activities.



37. *Tellosma pallida* L. (Zatuli)

Botanical name : *Tellosma pallida* L.

Common name : Zatuli, Jiwati

Family : Asclepediaceae

Habit : Climber

Edible part : Flowers

Medicinal properties:

- It is an unexplored medicinal plant in the Ayurveda.
- It traditionally used to treat whooping cough, cold and asthma.
- It shows antioxidant property.



38. *Tinospora cordifolia*

Botanical name : *Tinospora cordifolia* L.

Common name : Gulvel

Family : Menispermaceae

Habit : Climber

Edible part : Leaves

Medicinal properties :

- Used on diabetes, high cholesterol, allergies
- It is also used on joint pain, skin diseases, eye disorders etc



39. *Tribulus terrestris* L.(Gokharu)

Botanical name : *Tribulus terrestris* L.

Common name : Gokhru

Family : Asclepiaceae

Habit :: Herb

Edible part : Leaves

Medicinal properties :

- Traditionally it is used to cure dysuria, gleet, chronic cystitis, urinary disorders and kidney diseases.
- It also shows antiseptic, diuretic, anti-inflammatory activities



Conclusion

The well-focused basic data has to be constructed through preservation of folk knowledge through oral interviews of rural age old people and housewives. This information will help to conduct systematic and economical way of research work in the field of food and nutrition to serve the growing world population by collection from natural sources as nutritious food stuff with less cost. It also provides job opportunities to the young and old generation.

The medicinal value of the plant lies in some phytochemicals that produces a definite physiological action on human body. The most important of these bioactive compounds are alkaloids, carbohydrates saponins, glycoside, proteins, tannins, phenols etc. Thus it can be concluded that all these wild edible plant species has numerous phytochemical compounds which can be beneficial in various ways to combat many diseases and used to boost the immune system.

The present day traditional healers are very old. Due to lack of interest in younger generation as well as their tendency to migrate to cities for lucrative jobs, there is a possibility of losing this wealth of knowledge in the near future. It thus become necessary to acquire and preserve this traditional system of medicine by proper documentation, identification and update research on its applications. Ethno-medico-botanical study is very useful not only in the study of native diversity for it utilisation and conservation but also in rescuing and documenting disappearing ethnic knowledge.

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