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Exploration and documentation of some more wild edible food plants from tribal region of Peth tehsil, Nashik district (Maharashtra.) India

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Abstract
Wild edible plants play very important role in survival of tribal community. In this exploration and documentation of wild food plants consumed by tribal community inhabiting in the Peth tahsil of Nashik district fall in Maharashtra state-India. In the present investigation we observed that a total 125 plants species belonging to 54 different families were documented as wild plant use as food. Moraceae was the dominant family with 9 taxa and Amaranthaceae followed by 8 taxa. In the present study four major life form were climbers, herbs, shrubs and trees in wild edible food plants. The plant species divided in to two classes vegetable and raw. The plant species, their families, local name and plant part used was also analysed and arranged sequentially. Therefore, Finally I concluded that all above utilized wild edible food plants are necessary for conservation and propagation.

Keywords: wild edible plants, tribal, peth, amaranthaceae, moraceae and vegetable

Introduction

In present day human fight with various types of diseases like, cancer, diabetes, blood pressure, thyroid, cardiac problems and low haemoglobin because of low intake of healthy and nutritional food. On other hand in agricultural field the crop productivity increased by using different advanced techniques like genetically modified crop and hybrid crops. From last many years farmers also used chemical fertilizer for high yield and pesticides, fungicides to control diseases in daily practice. However, all agricultural research and farmer try to improvement and increase productivity of crop for full fill the human daily need. But today the quality of food crops is less as compare to wild edible food plants. So, the present investigation is focused on explore and document the wild edible food plant, which is free from disease and grow without chemical fertilizers and highly rich source of healthy nutrients.

In India the month of January 30, 2020 the first case of coronavirus (Covid-19) positive patient was found in Kerla (Jayesh S and Shilpa Shridharan 2020). It is infectious disease caused by newly discovered corona virus. The people infected by corona virus shows symptoms of cough, sneezing and other respiratory infections. At present, thereby 9.3 million peoples infected by corona virus all over India (Singh R.K *et al*, 2020) [17]. So, in this pandemic situation the people must to stay healthy and fit by increasing its immunity. The human immunity was increased by healthy life style like daily exercise; avoid junk food, tobacco free habit and intake of nutritious food, which contain protein, vitamin, iron and minerals. Therefore, to overcome this situation the wild edible food plants are a best source for nutritional supplementary diet.

However, from many years ago the tribal people all over the world survive in the forest region and basically depend on the wild plants for their food, shelter and medicine (Reddy, 2012; Bhogaonkar *et. al*., 2010) [12, 1]. About 800 species of wild & edible plants used in different floristic regions and are consumed by tribal communities (Sing & Arora, 1978) [16]. The tribal people were illiterate, but they have accurate knowledge about wild edible food plants because of their long association with nature. Wild food plants grow in different seasons in cultivated fields and wastelands without any special care for fertilizers and irrigation (Deshpande *et al.*, 2019) [20]. The older people conserve the wild biodiversity by live in or around the forest area. But, now these days the young generation live in village or city for education, farming, service and business work. In coming future we are going to face the problem of health and nutrition crisis where the healthy and nutritious wild edibles are going to help us to overcome these challenges. Recently several works have been done on wild edible food plants from different tribal region of Pune district (Samudra,2018) [13], Palghar district (Satvi and Marathe, 2018) [21], Satara district (Deshpande *et. al*.,2019) [20], Nagpur district (Suwarna *et. al*., 2015), Ratnagiri and Sindhudurg district (Kagale *et.al.*, 2018) [8], Gadchiroli district (Setiya *et al.*, 2016) [15], Chandrapur district (Reddy, 2012) [12], Ahemednagar district (Khyade *et.al*., 2009), Nashik district (Kuvar and Shinde, 2019; Patil *et.al.*, 2000; Gavit *et.al.*, 2017) [14, 10, 5]. Jondhale *et al.*, (2018) [7] Mali P.R. (2012) [11] have done the etheno medicinal study of tribal region of Nashik district. On the basis of previous work there is not much data available about wild edible food plant from Peth tehsil. So, present investigation focused on exploration and documentation of some more wild edible food plants from tribal region of Peth tehsil.

Therefore, from this study region there is various wild edible food plants provide a nutritious and balanced diet includes flower, fruits, nuts, berries, leafy vegetables, yams, tubers, inflorescence etc., which plays important role in nourishment of people residing in forested areas.

Western Ghats were covered in dense forests that provided wild foods and natural habitats for native tribal peoples. Peth Tehsil is one of tribal region from Nashik district was situated in the sahyadri ranges of the Western Ghats. It is located within 18º55' 48.92 N latitude to 73º 55' 30.58 E

longitude. The total annual rain fall is 2,194 mm. The tribal communities in this region are Hindu-Kokna, Hindu-Mahadev koli, Bhil, Varli, Thakur & Katkari. These communities use local edible food plants by seasonal availability. Therefore, in the research work to exploration and documentation of some more wild edible food plants from tribal region of Peth tehsil, Nashik district.

Material and Methods

The present research work is based on the field work in the tribal region of peth taluka. Several field trips were arranged for collection of wild food plants from tribal, forest region and market place of Peth tehsil. The collection was carried out throughout year especially in monsoon season. The study was especially designed to explore the precious wealth of information about the areas of the plants local traditional practice for food and method of eating and also collected the information about plant local name, plant part, season of availability and habit through forest dwellers, farmers and tribal community. Sometime, I visited different local market in my research area and also collected information about wild vegetable plants (figure 4e & f). Detailed ethanobotanical information was recorded along with the collection of plant materials with the help of local knowledge tribal peoples. The plants were identified with the help of previous papers, local floras (Lakshmi Narasimhan & Sharma 1991; Singh & Karthikeyan 2000) and literatures (Gavit *et al*., 2017, Patil *et al.*, 2000, Jondhale *et. al*., 2018, Kuvar and Shinde, 2019) [9, 18, 5, 10, 7]

Result and Discussion

The experimental results of the wild vegetable plants information presented in table 1 and all plant botanical name arranged in alphabetical order along with their common name, family, local name, part used and preparation. In this present study total 125 species belonging to 54 families of flowering plants were documented. Among dominant families of wild edible plants, Moraceae (9 speices) followed by Amaranthaceae (8 speices), Araceae (6 speices) and Fabaceae (6 speices) tipped the list (Figure 1 & 2). The present study exposed 66 wild fruits, 5 seeds, 4 inflorescence, 11 flower, 2 shoot, 41 leaves, tuber/rhizome/corm 4, sap and gum 1 each (Figure 3). The plants are consumed either raw or as various preparations such as vegetable, sharbat, chutney etc.

Tuber of *Amorphophallus paeoniifolius* (Figure. 4d) and some *Dioscorea* species (Figure 4 a & c) are edible, they are soak in whole night in water fall water then boiled it and consume. These species also used as vegetable indifferent district of Maharashtra like Satara (Deshpande *et al*., 2019) [20], Palghar (Satvi and Marathe, 2018) [21], Pune (Samudra, 2018) [13], Gadchiroli (Setiya *et al.,* 2016) [15]. There are many plant species whose available only in rainy season and used to make preparation of various vegetables like *Rotheca serrata, Leea setuligera, Cassia tora, Celosia argentea, Dendrocalamus strictus, Amorphophallus paeoniifolius, Momordica dioica, Colocasia esculanta, Amaranthus blitum, Amaranthus cruentus, Amaranthus paniculatus, Bauhinia purpurea, Chenopodium muraleI, Commelina benghalensis, Corchorus olitorius, Oxalis corniculata, Marselia quadrifolia* (Figure.4b), *Pleurotus Sp., Portulaca oleracea, Portulaca quadrifida, Sauromatum venosum.* Fruits and leaves are most edible part of plants other than the other edible part of plant (Table1 & Figure 3).

The tribal are not well developed with respect to Agriculture because of some reasons like poverty, dry farming, less education, urbanization, deforestation, climatic changes etc. Still they are depending on the natural wild resources for its daily needs. Presently the world population was growing in very fast rate and it is impossible to fulfil the food demand to all. So, the peoples are suffer from various health related issues and diseases in these conditions. Wild edible food plants are good source to meet food demand (Deshpande *et. al.,* 2019) [20], which are rich source of vitamins, minerals, fibres, polyphenol and antioxidants, which provides health benefits and reduce risk of several diseases (Biswas *et.al.,* 2018) [2].

Some fruits species like *Annona reticulata, Annona squamosal, Artocarpus heterophyllus, Carica papaya, Feronia elephantam, Magnifera indica, Phyllanthus emblica, Pithecello biumdulce, Syzygium cumini, Tamarindus indica, Ziziphus jujuba, Psidium friedrichsthalianum* and *Morus alba* are cultivated and commercially available in market but the tribal peoples collected from forest and sale in local market. Chote *et al.,* (2014) reported some important wild fruit plants and its processed products from tribal area of Jawhar, Thane district.

The marketing of *Madhuka longifolia* flowers and seed is restricted by forest department, hence the tribes collected these flowers and seed and use locally. The protein rich mushroom is available in local market after rainy season collected by tribes from forest region.

Table 1: Wild edible plants from different families used in tribal region of peth tehsil.

Sr. No.	Botanical name	Common name	Family	Part use	Preparations
1.	*Abelmoschus manihot L.*	Ranbhendi	Malvaceae	Fruit	Vegetable
2.	*Abrus precatorius L.*	Gunj	Fabaceae	Leaves	In pan masala
3.	*Acacia catechu L.*	Khair	Mimosaceae	Bark	In pan masala
4.	*Acacia nilotica L.*	Babhul	Mimosaceae	Gum	Spice
5.	*Achyranthes aspera. L.*	Aghada	Amaranthaceae	Leaves	Vegetable
6.	*Aeglemarmelos. (L) Correa.*	Bel	Rutaceae	Ripe fruit	Sharabat
7.	*Alternanthera sessilis (L.)*	Matala	Amaranthaceae	Leaves	Vegetable
8.	*Amaranthus blitum Hook.*	Tandulja	Amaranthaceae	Leaves	Vegetable
9.	*Amaranthus cruentus L.*	Math	Amaranthaceae	Leaves	Vegetable
10.	*Amaranthus paniculatus L.*	Lalmath	Amaranthaceae	Leaves	Vegetable
11.	*Amaranthus roxburghianus H.W. Kung*	Sarambal	Amaranthaceae	Leaves	Vegetable
12.	*Amaranthus spinosus L.*	Kate math	Amaranthaceae	Leaves	Vegetable
13.	*Amorphophallus commutatus*	Shevla	Araceae	Inflorescence	Vegetable

	(Schott.) Engl.				
14.	*Amorphophallus paeoniifolius (Dennst.)Nicols.*	Suran	Araceae	Tuber/corm	Vegetable
15.	*Anacardium occidentale L.*	Kaju	Anacardiaceae	Ripe Thalamus fruit	Raw/ vegetable
16.	*Annona reticulata L.*	Ramphal	Annonaceae	Ripe fruit	Ripe fruits eaten as raw
17.	*Annona squamosa L.*	Sitaphal	Annonaceae	Ripe fruit	Ripe fruits eaten as raw
18.	*Ariopsis peltataNimmo.*	Khadakteri	Araceae	Leaves	Vegetable
19.	*Artocarpus heterophyllus*	Phanas	Moraceae	Ripe fruit	Ripe fruits eaten as raw
20.	*Azadirachta indica A. Juss*	Kadunimb	Meliaceae	Leaves	Vegetable
21.	*Bauhinia purpurea L.*	Kohrul	Leguminasae	Leaves& Flower	Vegetable
22.	*Bauhinia racemosaLamk*	Bahava	Caesalpiniaceae	Young leaves	Vegetable
23.	*Bombax ceiba*	Katesawar	Bombaceae	Flower	Vegetable
24.	*Borassus flabellifer. L.*	Tadi	Arecaceae	Young & germinating fruit	fruit eaten as Raw
25.	*Brassica juncea (L.) Czern.*	Mohari	Brassicaceae	Leaves &Seed	Vegetable
26.	*Bridelia squamosa (Lam.) Gehrm.*	Asan	Euphorbiaceae	Fruit	fruit eaten as raw
27.	*Cajanus lineatus. Wight &Arn*	Rantur	Fabaceae	Fruit & Seed	Vegetable
28.	*Canavalia ensiformis (L.) DC.*	Abai-babai	Fabaceae	Fruit	Vegetable
29.	*Capparis zeylanica L.*	Wagati	Capparidaceae	Unripe fruit	Vegetable
30.	*Careya arborea*	Kumbhi	Lecythidaceae	Fruit	fruit eaten as raw
31.	*Carissa carandas L.*	Karvand	Apocynaceae	Unripe & Ripe fruit	Raw/chutney
32.	*Carica papaya L.*	Papai	Caricaceae	Fruit	Ripe fruit eaten as raw
33.	*Casearia graveolens Dalzell*	Kirmira	Flacourtiaceae	Fruit	Ripe fruit eaten as Raw
34.	*Cassia fistula L.*	Bahawa	Leguminasae	Flower	Vegetable
35.	*Cassia tora L.*	Tarota/Takla	Leguminasae	Leaves	Vegetable
36.	*Catharanthus tinctorius L.*	Kardai	Asteraceae	Leaves, Seed & Flower	Vegetable
37.	*Celosia argentia L.*	Kurdu	Amaranthaceae	Leaves	Vegetable
38.	*Chenopodium album L.*	Chakwat	Chenopodiaceae	Leaves	Vegetable
39.	*Chenopodium muraleI L.*	Chilchiibhaji	Chenopodiaceae	Entire plant	Vegetable
40.	*Cicer arietinum L.*	Chana	Fabaceae	Leaves & Seed	Vegetable
41.	*Cisssus quadrangularis L.*	Hadsandhi	Vitaceae	Stem	Vegetable
42.	*Coccinia grandis (L.) Voigt.*	Tondali	Cucurbitaceae	Unripe Fruit	Raw/vegetable
43.	*Colocasia esculenta (L.)Schott.*	Alu	Araceae	Leaves/petiole	Vegetable/wadi
44.	*Colocasia esculanta (L.)Schott.*	Tera	Araceae	Young leaves	Vegetable
45.	*Commelina benghalensis L.*	Kena	Commelinaceae	Leaves	Vegetable
46.	*Corchorus olitorius L.*	Chuch	Malvaceae	Leaves	Leaves are use as vegetable
47.	*Cordia dichotoma. Forest.*	Bhokar	Boraginaceae	Fruit	Unripe fruits are eaten as raw
48.	*Cotunaregam spinosa (Thunb.)*	Gal	Rubiaceae	Fruit& Flower	Vegetable
49.	*Cucumis setosus Cong.*	Dongarmekha	Cucurbitaceae	Fruit	Unripe fruits are use as vegetable
50.	*Curcuma pseudomontana Graham*	Ran-Halad	Zingiberaceae	Rhizome	Vegetable
51.	*Cymbopogon martini. Roxb.*	Gavatichaha	Poaceae	Leaves	Leaves use in Tea
52.	*Delonix regia (Bojer ex Hook.Raf.)*	Gulmohar	Caesalpiniaceae	Petals	Raw
53.	*Dendropthoe falcata (L.f.)*	Bandgul	Loranthaceae	Fruit	Ripe fruit eaten as Raw
54.	*Dendrocalamus strictus (Roxb.) Nees.*	Vaste	Poaceae	young shoot	Young shoot uses as vegetable.
55.	*Dillenia pentagyna. Roxb.*	Karwal	Dilleniaceae	Fruit	Ripe fruits are eaten as raw
56.	*Dioscorea bulbifera L.*	Kadukand	Dioscoreaceae	Tuber	Vegetable
57.	*Dioscorea hispida. Dennst.*	Dukarkand	Dioscoreaceae	Tuber	Vegetable
58.	*Dioscorea pentaphylla L.*	Chaichavel	Dioscoreaceae	Infloresence	Vegetable
59.	*Dioscorea. Sp.*	Lunda	Dioscoreaceae	Leaves	Vegetable
60.	*Diospyros melanoxylon. Roxb.*	Tembhurni	Ebenaceae	Fruit	Ripe fruits are eaten as raw
61.	*Diplocyclos palmatus. L.*	Shivlingi	Cucubitaceae	Fruit	Ripe fruit eaten as Raw
62.	*Ensete superbum (Roxb.) cheesm*	Kawdar/ Rankel	Musaceae	Young flower & Fruit	Flowers are use as vegetable. Ripe fruits eaten as raw
63.	*Ficus amplissima (Sm.)*	Payar	Moraceae	Fruit	Ripe fruit eaten as Raw
64.	*Ficus arnottiana (miq)*	Khadak-Payar	Moraceae	Fruit	Ripe fruit eaten as Raw
65.	*Ficus benghalensis L.*	Wad	Moraceae	Fruit	Raw
66.	*Ficus racemosa L.*	Umber	Moraceae	Fruit	Raw
67.	*Ficus religiosa L.*	Pimpal	Moraceae	Fruit	Raw
68.	*ficus carica*	Anjir	Moraceae	Fruit	Raw
69.	*Ficus virens.W.T.Aiton. Var.*	Payer	Moraceae	Fruit	Ripe fruits are eaten as raw
70.	*Flacourtia indica (Burm.f.) merr.*	Cherri (wild)	Flacaurtiaceae	Fruit	Ripe fruit eaten as Raw
71.	*Grewia obutilifolia Vent.Ex.A. Juss.*	Dhaman/Kirmith	Tiliaceae	Fruit	Ripe fruits are eaten as raw
72.	*Hibiscus canabinus L.*	Ambadi	Malvaceae	Leaves & Inflorescence	Vegetable
73.	*Holarrhena pubescens (buch.Ham)*	Kuda	Apocyanaceae	Flower/Fruit	Vegetable
74.	*Holoptelea integrifolia Roxb. Planch*	Papdi	Ulmaceae	Fruit	Raw
75.	*Ipomea muricata L. Jacq.*	Bhovara	Convolvulaceae	Leaves	Vegetable

76.	*Lagerstroemia parvifloraRoxb.*	Bondar	Lythraceae	Leaves	Vegetable
77.	*Launaea procumbens (Roxb)*	Pathri	Asteraceae	Leaves	Vegetable
78.	*Leea setuligera (L.)*	Dinda/Dighad	Vitaceae	Leaves	Vegetable
79.	*Feronia elephantam L.*	Kawat	Rutaceae	Fruit	Ripe fruit eaten as Raw
80.	*Madhuca longifolia (Koen.) machr.*	Moh	Sapotaceae	Fruit	Ripe fruits are eaten as raw
81.	*Magnifera indica. L.*	Amba	Anacardiaceae	Fruit	Unripe & Ripe fruit eaten as Raw
82.	*Manilkara zapota L.*	Chiku	Sapotaceae	Fruit	Ripe fruit eaten as Raw
83.	*Marselia quadrifolia L.*	Zarzuri	Marsileaceae	Leaves	Vegetable
84.	*Menthaviridis Linn*	Pudina	Lamiaceae	Leaves	Chutney/Pulav
85.	*Meyna laxiflora. Robyns.*	Aliv	Rubiaceae	Fruit	Unripe fruits are eaten as raw
86.	*Miliusa tomentosa. Roxb. J.sinclair.*	Humb	Annonaceae	Fruit	fruit eaten as raw
87.	*Momordica dioica. Roxb.ex. Willd.*	Kartuli	Cucurbitaceae	Unripe Fruit	Unripe fruits are use as vegetable
88.	*Moringa ovalifolia Dinter& Berger*	Shevga	Moringaceae	Fruit	Vegetable
89.	*Morus alba. Linn.*	Tutu	Moraceae	Fruit	Ripe fruit eaten as raw
90.	*Mukiama deraspatana (L.) Roem.*	Gaygoyar	Cucurbitaceae	Fruit	fruits are eaten as raw
91.	*Murraya koenigii (L.)*	Kadipatta	Rutaceae	Leaves	Vegetable/Chutney
92.	*Musa paradisiaca L.*	Keli	Musaceae	Fruit	Ripe fruit eaten as raw
93.	*Opuntia elatior Mill.*	Phadyanivadung	Cactaceae	Fruit	Ripe fruit eaten as raw
94.	*Oryza rufipogon. Griff*	Devbhat	Poaceae	Seed	Cooked seed used for eat
95.	*Oxalis corniculata. L.*	Tipani/ambushi	Oxalidaceae	Leaves	Vegetable
96.	*Passiflora edulis Sims*	Krishnakamal	Passifloraceae	Fruit	Ripe fruit eaten as Raw
97.	*Pavetta indica L.*	Nadukali	Rubiaceae	Flower	Vegetable
98.	*Phaseolus radiatus L.*	Jangli moog	Fabaceae	Young pod & seed	Vegetable
99.	*Phoenix sylvestris*	Shindwal	Arecaceae	Sap/Fruit	Ripe fruit eaten as Raw/Sap use as nutritious drink.
100.	*Phyllanthus emblica L.*	Amala	Euphorbiaceae	Fruit	Ripe fruit eaten as Raw/Candy
101.	*Physalis pubescensL.*	Kapalfodi	Solanaceae	Fruit	Vegetable
102.	*Pimpinella wallichiana Gandhi*	Bafli	Apeaceae	Leaves	Vegetable
103.	*Pithecell obiumdulce (Roxb.)*	Vilayati chinch	Mimosaceae	Fruit	Ripe fruit eaten as Raw
104.	*Pleurotus Sp.*	Vathrta	Pleurotaceae	Fruiting body	Fruiting body use as vegetable
105.	*Portulaca oleracea L.*	Ghol	Portulacaceae	Leaves	Vegetable
106.	*Portulaca quadrifida L.*	Chighal	Portulacaceae	Leaves	Vegetable
107.	*Psidium friedrichsthalianum (O.Berg.) Nied.*	Peru	Myrtaceae	Fruit	Ripe fruit eaten as raw
108.	*Rotheca serrata (L.)*	Bharangi	Lamiaceae	Young leaves/Flowers	Vegetable
109.	*Sauromatum venosum (Aiton) Kunth*	Loti	Araceae	Leaves	Vegetable
110.	*Schrebera swietenioides.*	Mokha	Oleaceae	Leaves	Vegetable
111.	*Sesbania grandiflora (L.) Pers.*	Hadaga	Fabaceae	Flowers	Vegetable
112.	*Solanum anguiviLamk*	Ranvangi/Chichurde	Solanaceae	Fruit	Vegetable
113.	*Solenaam plexicaulis (Lam.)*	Gometi	Cucurbitaceae	Fruit	fruits are eaten as raw
114.	*Spondias pinnata (L.F.) Kurz.*	Ambada	Anacardaceae	Fruit	fruits are eaten as raw
115.	*Sterculia urensRoxb.*	Kandol	Malvaceae	Fruit,gum, stem	Fruit eaten as raw, gum use in spice, stem use as vegetable
116.	*Syzygium cumini L.*	Jambhul	Myrtaceae	Fruit	Ripe fruit eaten as Raw
117.	*Tamarindus indica L.*	Chinch	Caesalpiniaceae	Young leaves, flower, young fruit & ripe fruit.	Unripe & Ripe fruit eaten as Raw
118.	*Tamilnadia uliginosa (Retz.) Tirveng. &sastre*	Pendhar	Rubiaceae	Fruit	Ripe fruit eaten as raw
119.	*Terminalia bellirica (Gaertn.) Roxb.*	Behda	Combretaceae	Ripe fruit	Ripe fruits eaten as raw
120.	*Terminalia chebula Retz.*	Hirda	Combretaceae	Fruit	Ripe fruit use as spice
121.	*Trewia polycarpa Benth&Hook.f.*	Petar	Euphorbiaceae	Fruit	Ripe fruit eaten as raw.gum is also edible
122.	*Vigna khandalensis (Sant.) Raghavan&wadhwo*	Badmung	Leguminasae	Flower & Fruit	Vegetable
123.	*Ziziphus rugosa. Lam*	Toran	Rhamnaceae	Fruit	Ripe fruit eaten as raw
124.	*Zizipus jujuba Mill.*	Bor	Rhamnaceae	Fruit	Ripe fruit eaten as Raw
125.	*Zizipus mauritiana Lam*	Bor	Rhamnaceae	Fruit	Ripe fruit eaten as Raw

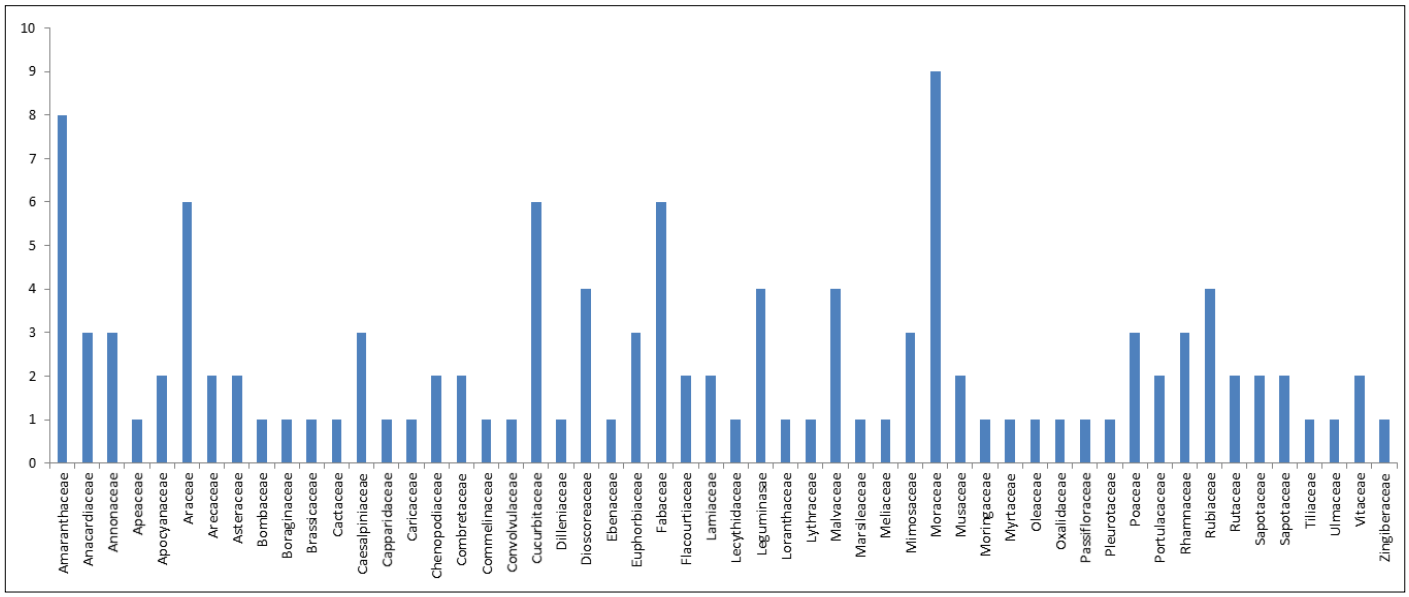

Fig 1: Distribution of species in different families

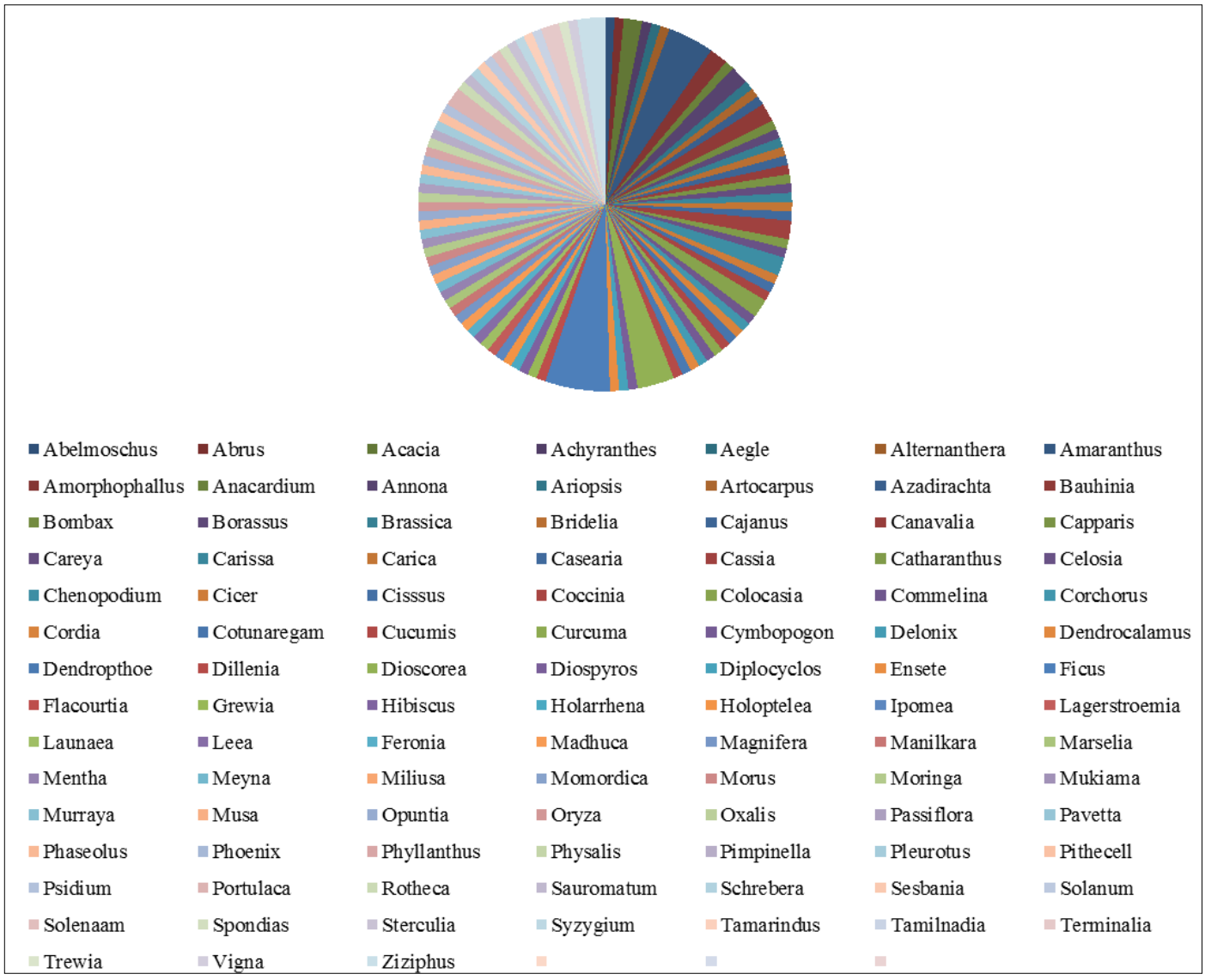

Fig 2: Number of edible species in different genera

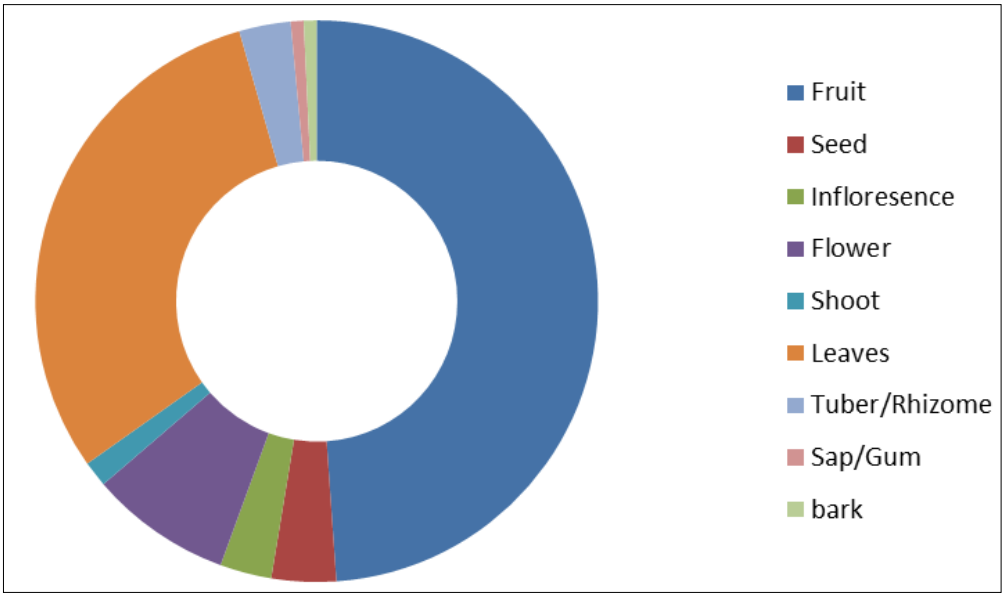

Fig 3: Edible part of wild plant species

Fig 4: *a) Dioscorea bulbifera L.* b). *Marselia quadrifolia L.* c) *Dioscorea pentaphylla L.* d) *Amorphophallus paeoniifolius*. e) Farmers with wild vegetable in local market. f) Teachers collected wild plant information from forest dwellers.

Conclusion

Exploration and Documentation of some more wild edible food plants from tribal region of Peth tehsil it's very urgent need of this time. Due to deforestation, ignorance about the traditional wild food plant, acceptance of hybrid and genetically modified crop in daily diet. So, we are losing our own valuable and nutritious wild food plants. Now, in running pandemic situation the human immune system will be strong to fight various diseases. The wild edible food plants are good source of nutrition and grow naturally without chemicals. There is urgent need to further analyze of these plants for phytochemical constituents and it is necessary to bring these wild food plant manage the cultivation to make source of income for poor tribal peoples.

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