

## An overview of medicinal and nutritional value of some wild vegetables in adjoining area of Nipani city (Karnataka)

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### Abstract

The present paper focuses on medicinal and nutritional value of some non-cultivated, traditional vegetables available in adjoining area of Nipani city (Karnataka) during rainy season. From the present investigation it is observed that about 24 species of wild plants are found in adjoining area of Nipani city are to be used as medicine as well as vegetable. They are used to treat different diseases like diabetes, rheumatism, dysentery, dyspepsia, gastritis, constipation, urinary disorders are frequently treated by these wild vegetables. These are easily available in natural habitat, cheap and excellent source of nutrients like proteins, carbohydrates, iron, essential minerals and other secondary metabolites. Regular use of these vegetables may indirectly act as an alternative source of medicinal drugs along with nutritional benefits. In future, they can be analyzed for their bioactive constituents and introduced as diet in routine clinical practice.

**Keywords:** non-cultivated, medicinal, nutritional value

### Introduction

Nipani city is located on Poona- Bangalore Highway (NH-4) and placed North West side in Belgaum district of Karnataka. Geographically Nipani city is at 15° 51' N latitude and 74° 31' E longitude at an altitude of nearly 710 meter above mean salinity level in the northern slope of Bellary nallah. Nipani is closer to the branches of western ghats, with good rainy season Temperature ranges from 16° c to 40° c. Nipani city is known for Commercial activities and trading centre for Tobacco, Sugarcane, Groundnut and chilies. It is the largest urban centre with Population 66,600 in 2011 and 90,900 is to be expected in 2021.

Wild vegetables are commonly used in the traditional diets of indigenous people in many parts of the world, including India. Wild vegetables play an important role in the livelihood of people residing in rural areas. Even today in most of the remote areas, people depend on plants which are available in their natural surroundings for food, medicine,

shelter etc. Majority of wild edible vegetables have medicinal property and can be used to treat common ailments. The present paper focuses on medicinal and nutritional value of some non-cultivated, traditional vegetables available in adjoining area of Nipani city (Karnataka) during rainy season.

### Material and Method

The survey was conducted during the period from July to October 2019 in the adjoining area of Nipani city. The data was collected from old ladies, elderly peoples, village man, published research articles, books and web based search engines Etc.

### Result and Discussion

The information on Binomial name, family, English name local name, plant parts used to cure, Medicinal and nutritional value are provided in Table 1.

**Table 1:** Medicinal and nutrition values of some wild vegetables in the adjoining area of Nipani city.

Sr. No.	Botanical Name with Family E. N. V.N. Part used	Medicinal value	Nutritional value
1.	<i>Portulaca oleracea</i> (Portulacaceae) Purslane, Ghol: Leaves	Rich source of omega-3 fatty acids, which are important to treat forms of heart disease. It is used in indigestion, gaseous, constipation, Piles also in urinary tract infection. Rich in minerals like Ca, P, Mg Na. and vitamins like A, thiamin, riboflavin niacin etc.	Leaves are used as a vegetable
2.	<i>Celosia argentea</i> (Amaranthaceae) kuradu: Leaves and seeds	Seeds are used to increase sex power, urinary tract infection and also for kidney stone treatment. Leaves reduces body heat	Rich source of Phosphorus and Calcium. Leaves are used as a vegetable
3.	<i>Oxalis corniculata</i> (Oxalidaceae) Indian Sorrel: Leaves	Leaves are used in Scurvy treatment, reduces body heat and acidity, indigestion, Apply on swellings to reduce pains.	Rich source of Oxalic acid. Leaves are used as a vegetable
4.	<i>Momordica dioica</i> (cucurbitaceae) Wild karela fruit, kartoli : Tubers and fruits	Tubers are used in Rheumatism, Problems of intestine, constipation, piles, asthma, used as vermicide. Fruits are used to treat diabetes, heart disease, eye treatment.	Fruits are used as a vegetable
5.	<i>Capparis zeylanica</i> (cappariaceae) Thorni capper brush	Young fruit is used to treat "Tridosh" i.e. cough, vata and Pitta. It is also good remedy for Tuberculosis and smooth functioning of	Young fruits are used as a vegetable

	vaghati: young fruit	thyroid glands.	
6.	<i>Tribulus terrestris</i> (Zygophyllaceae) Small Calatrops, lahan gokharu: fruits and Leaves	Fruits are used in urinary tract infection, sexual diseases, Rheumatism, anemia.	Young leaves are used as a vegetable
7.	<i>Melilotus indica</i> (Fabaceae) Small Melioat: Leaves and seeds	Leaves are used to treat "Tridosh" i.e. cough, vata and Pitta. Seeds are used in intestinal diseases, Diarrhea, applied on swellings to reduce pains.	Young leaves are used as a vegetable
8.	<i>Achyranthus aspera</i> (Amaranthaceae) Prickly Chaf Flower: leaves and seeds	Seeds reduces body fat, decoction of leaves used to treat indigestion, urinary tract infection.	Young leaves are used as a vegetable
9.	<i>Rumex vesicarius</i> (Polygonaceae) Bladder Doc Sorrel : leaves and sedds	Used to treat heart diseases, indigestion, constipation, piles, heat, gaseous, asthma and rheumatism	Leaves are used as a vegetable
10.	<i>Amaranthus spinosus</i> (Amaranthaceae):prickly amaranth, katemath: Roots and Leaves	Decoction of roots used in urinary tract infection, uterine pain, hemorrhoid. Leaves are used to treat eczema.	Leaves are used as a vegetable
11.	<i>Atriplex hortensis</i> (Chenopodiaceae) Orachee, Mountain Spinach: Leaves	Leaves are used to treat nervous system disorders, hemorrhoid, stomach disorders, "Tridosh",	Leaves are used as a vegetable
12.	<i>Launaea procumbens</i> (Asteraceae); Pathari: Leaves	Leaves are used to treat skin diseases, indigestion, jaundice, Liver disorders. It reduces acidity.	Leaves are used as a vegetable
13.	<i>Commelina benghalensis</i> (Commelinaceae): Kena: leaves	Leaves are used to treat indigestion, Skin diseases, Urinary tract infection.	Young leaves are used as a vegetable
14.	<i>Cardiospermum helicacabum</i> (Sapindaceae): Heart pea, Ballone vine: roots and Leaves	Decoction of root is very good remedy for rheumatoid arthritis, leaves are used for chronic bronchitis, and also in ear treatment	Leaves are used as a vegetable
15.	<i>Bidens biternata</i> (Asteraceae): Morshend: Leaves	Leaves are used to treat rheumatism, sexual diseases.	Young leaves are used as a vegetable
16.	<i>Smithia begemina</i> (Fabaceae): Nal: Leaves	Decoction of leaves used in urinary tract infection.	Leaves are used as a vegetable
17.	<i>Tinospora cordifolia</i> (Menispermaceae): Heart leaved moonseed : Leaves	Decoction of leaves used in fever, acidity, jaundice, skin diseases, anemia.	Leaves are used as a vegetable
18.	<i>Portula quadrifolia</i> (Portulacaceae): Chicken weed Lahan ghol	Decoction of leaves used in urinary tract infection, piles, heat.	Leaves are used as a vegetable
19.	<i>Amaranthus roxburghianus</i> (amaranthaceae): Non Spiny Amaranth, Tandali: leaves and roots	Leaves are used to treat Gonorrhoea; Root has anti-poisonous effect so used to treat all types of poisons.	Leaves are used as a vegetable
20.	<i>Cissus quadrangularis</i> (vitaceae) Devilis backbone: Young stem, leaves	Young stem used to treat bone fracture; leaves are used in indigestion, backpain.	Leaves are used as a vegetable
21.	<i>Amranthus cruentus</i> (amaranthaceae): Red Amaranth : leaves	Potties of leaves used to treat skin disease, decoction of leaves used in urinary tract infection. Seeds are used in anemia.	Leaves are used as a vegetable
22.	<i>Hibiscus cannabinus</i> (Malvaceae): Deccan hemp: Ambadi	Leaves are used in Scurvy treatment, reduces body heat and acidity, indigestion, Apply on swellings to reduce pains.	Leaves are used as a vegetable
23.	<i>Amorphophallus paeoniifolius</i> (Araceae): elephant foot: Suran : tubers and roots	Useful in the treatment of Asthma, stomach ache, piles and rheumatism	Tubers are used as a vegetable
24.	<i>Colocasia esculanta</i> (Araceae): Alu	Leaves are used to treat piles and constipation	Leaves are used as a vegetable

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