



## Wild vegetable plants used by the tribals of Nandurbar district of Maharashtra, India

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### Abstract

The tribals living in remote forest areas of Satpuda ranges of Nandurbar district and often do very little cultivation. They collect and eat a various types of wild growing vegetable plants. This paper reports thirty - five wild vegetable plants belongs to seventeen families which include tuber, bulbils, leaves, inflorescence, flowers, fruits, seeds and entire plants. Among them twenty species are used as leafy vegetables, three species for flowers, three species for fruits, four species for seeds and five species as vegetable in the form of tuber, bulbils, flowering stalk or calyces.

**Keywords:** wild, vegetable plants, tribals, Nandurbar district

### Introduction

Nandurbar is a district in the northwest corner of Maharashtra state in India. Dhule district was bifurcated as two separate districts now known as Dhule and Nandurbar on 01 July 1998 [3]. The district has an area of 5955km<sup>2</sup> and has population is 1648295 (Census 2011). Nandurbar vixdistrict, to the west and north is the state of Gujarat, to the north and north - east is the state of Madhya Pradesh. The northern boundary of the district is defined by the Narmada River. The district comprises six talukas. These talukas are Akkalkuwa, Akrani Mahal, Taloda, Shahada, Nandurbar and Navapur. This is one of the tribal district of Maharashtra state as near about 60 % population belongs to the tribals. The Kokani, Bhil, Tadavi, Mavachi and Pawara tribes are living in rural and Satpuda ranges. They are all together depending on nature for their daily activities and routine life.

### Material and Methods

Extensive as well as Intensive ethanobotanical forays were conducted during the year 2017 - 2019 visits were paid in different seasons encompassing every nook and corner of the Nandurbar district with tribal peoples. The information on wild plants used as vegetable were obtained from local men and elderly people whose empirical knowledge was respected by everyone in the area were interviewed. After obtaining their consent, information regarding their knowledge of wild plants used as vegetable is recorded with the help of questionnaire - based interviews, open - ended field discussions and also by observation. Local names, plant part used, method of utilization were gathered from them of each plant. The plant specimens were identified by using regional and state flora (Patil, 2003; Singh *et al.* 2000 and 2001) [4, 6, 7].

**Table 1:** Wild Vegetable Plants Used by the Tribals of Nandurbar District of Maharashtra

Sr. No.	Botanical Name	Family	Common Name	Plant Part Used
1	<i>Abelemoscos escutentus</i> (L.) Moench	Malvaceae	Ran - bhindi	Flower & Fruit
2	<i>Amaranthus polygonoides</i> L.	Amaranthaceae	Tandulja	Leaves
3	<i>Amaranthes spinosus</i> L.	Amaranthaceae	Kate - mat, Kateri - malta	Leaves
4	<i>Amaranthes viridis</i> L.	Amaranthaceae	Matale, Mathala	Leaves
5	<i>Amorphophallus commutatus</i> (Schott) Engl.	Araceae	Jangli - suran, Pebda	The core and flowering stalk
6	<i>Bauhinia purpurea</i> L.	Caesalpiniaceae	Kanchan, Rakt kanchan	Young seeds
7	<i>Basella alba</i> L.	Basellaceae	Mayalu, Bhajyanche-wel	Entire plant
8	<i>Caesulia axillaris</i> Roxb.	Asteraceae	Tao	Leaves
9	<i>Capparis decidua</i> (Forsk.) Edgw.	Capparidaceae	Kerdo	Flowers
10	<i>Capparis zeylanica</i> L. Edgw.	Capparidaceae	Bor bhaji, wagati	Fruit wall
11	<i>Cassia tora</i> L.	Caesalpiniaceae	Tarota, Powadya	Young seeds and leaves
12	<i>Celosia argentic</i> L.	Amaranthaceae	Kurdu, kombada	Leaves
13	<i>Chenopodium murale</i> L.	Chenopodiaceae	Chil, Chilini bhaji	Leaves
14	<i>Cissampelos pareira</i> L.	Menispermaceae	Padval, Bhajan Bhaji	Leaves
15	<i>Colocasia esculenta</i> (L) Schott	Araceae	Alu, Alav	Leaves
16	<i>Commelina benghalensis</i> L.	Commelinaceae	Kena	Leaves
17	<i>Commelina forskalaei</i> Vahl	Commelinaceae	Kena Kenped	Leaves
18	<i>Corchorus capsularis</i> L.	Tiliaceae	Chuncha	Young leaves
19	<i>Corchorus trilocularis</i> L.	Tiliaceae	Haran - khar	Young leaves

20	<i>Digeria muricata</i> (L.) Mart.	Amaranthaceae	Bokad bhaji, Gotaya -kirdu	Leaves
21	<i>Dioscoria bulbifera</i> L.	Dioscoriaceae	Kand	Tuber and bulbils
22	<i>Dolicus trilobus</i> L.	Fabaceae	Hemija, Jangali - papdi	Leaves
23	<i>Diplocyclos palmatus</i> (L) Jeffery	Cucurbitaceae	Shivlingi	Boiled leaves
24	<i>Ensete superbum</i> (Roxb.) Cheesm	Musaceae	Jangli kela, Lathoda	Inflorescence
25	<i>Hibiscus sabdariffa</i> L.	Malvaceae	Lal - ambadi, Dumkha	Leaves and Calyces
26	<i>Ipomoea nil</i> (L.) Roth.	Convolvulaceae		Leaves
27	<i>Launaea procumbens</i> Roxb. Ramayya & Rajgopal	Asteraceae	Pathril	Leaves
28	<i>Momordica dioica</i> Roxb. Jeffery	Cucurbitaceae	Katirle, Kantola	Fruits
29	<i>Mucuna pruriens</i> (L.) D. C.	Fabaceae	Khaj-kuri, Khaja	Young seeds
30	<i>Pilliosigma malabaricum</i> (Roxb) Benth	Caesalpiniaceae	Kustya, Hengola	Young seeds
31	<i>Portulaca oleraceae</i> L.	Portulacaceae	Ghol, Khatgal	Entire plant
32	<i>Portulaca quadrifidal</i> L.	Portulacaceae	Barik Ghol	Entire plant
33	<i>Schrebera swietenoides</i> Roxb.	Oleaceae	Mokha, Tikhaal	Leaves
34	<i>Sesbania grandiflora</i> (L) Poir	Fabaceae	Hadga	Flowers
35	<i>Xanthium strumarium</i> L.	Asteraceae	Bhormani, Kutri	Boiled leaves

## Results and Discussion

The aboriginal people of Nandurbar district are primitive and still prefer to live in remote hamlets in harmony with the natural endowed resources in Satpuda ranges (Tayade and Patil, 2006) [2, 4]. The tribes of the area regularly eat vegetables in the form of various preparations. During the study 35 plants belonging to 17 families are studied with their common names. Among them Amaranthaceae family dominated with 5 species and all of them used as leafy vegetables, 3 species each of the family Asteraceae, Caesalpiniaceae and Fabaceae, 2 species each of the family Araceae, Malvaceae, Commelinaceae, Tiliaceae, Portulacaceae and Cucurbitaceae used as wild vegetable plants. The knowledge of using wild edible plants is very interesting as the only old people know about the use of wild edible vegetables and fruits (Kuvar and Shinde, 2019). *Celosia argentea* contains high concentration of Calcium, Magnesium and Sodium (Dandwate, 2017) [1]. *Moringa oleifera* and *Sesbania grandiflora* are introduced for various purposes and get naturalized and peoples are utilizing them commonly (Kauthale *et al*, 2017) [2]. *Achyranthus aspera*, *Amaranthes tricolor*, *Amaranthes spinosus*, *Amaranthus viridis*, *Amaranthes caudatus* and *Amaranthes paniculatus* are having good nutritional value and used as leafy vegetable (Reddy *et al*, 2007; Yashodharan and Sujana, 2006; Singh *et al*, 2014) [5, 6, 10]. It is our duty to create awareness about conservation and domestication of wild vegetable plants in other areas of the country.

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