**International Journal of Botany Studies**
**www.botanyjournals.com**
**ISSN: 2455-541X**
**Received: 04-09-2022, Accepted: 22-09-2022, Published: 08-10-2022**
**Volume 7, Issue 10, 2022, Page No. 22-25**

# A study of wild edible plants of Narsinghpur district of Madhya Pradesh, India

**Rahul Soni**
Department of Botany, Madhyanchal Professional University, Bhopal, Madhya Pradesh, India

**Abstract**
The present research deal with the Wild Edible Plants of Narsinghpur District, Madhya Pradesh, India used by 36 plant species belonging to 22 families and 6 parts following by Leaves, Stem, Flower, Fruit, Corm, and Tuber widely used as fruits, vegetable, beverage, Pickles, spices and condiments food. Many food plants of the present research show the references of contents; which will become the base for the formation of much valuable food which was applied to the meal. The outcome of the one-year critical field survey on wild edible plants in the different parts of Narsinghpur district at various seasons.

**Keywords:** Narsinghpur, wild edible plants, food plants

## Introduction

Wild edible plants are still eaten by a large section of the global population and ensure both affordable food and nutritional security. We tested this in an Indian context, where an enormous diversity of such plants constitutes a significant part of the rural diet and their acceptance has been high. In this study, we assessed the diversity of wild edible plant resources and the importance of species based on their use and their pattern.

Food has been central to human biological and socio-cultural existence, providing energy and nutrition. Sourcing food from the wild had been closely entangled with humanity for millions of years (Gosden and Hather, 2004). It allowed humans to develop an intricate knowledge base about the environment and provided them with a diverse collection of animal and plant-derived foods, procured through numerous ingenious ways (Anderson *et al.*, 2011; Chevalier *et al.*, 2014a; Harris and Hillman, 2014).

Madhya Pradesh is having a vast forest cover and also a large indigenous population dependent on the forest for their needs. Wild edible plants are an important source of their food and livelihood. The diversity of food plants in these forests is unexplored and scientifically unrecorded. The lives of many rural and tribal communities are dependent on the WEPs for well-being. Forests of the state face serious threats from various anthropogenic activities. Deforestation and urbanization pose a challenge to their conservation. Hence a survey and study of WEPs in this region are essential to initiate measures for their vectorization and conservation.

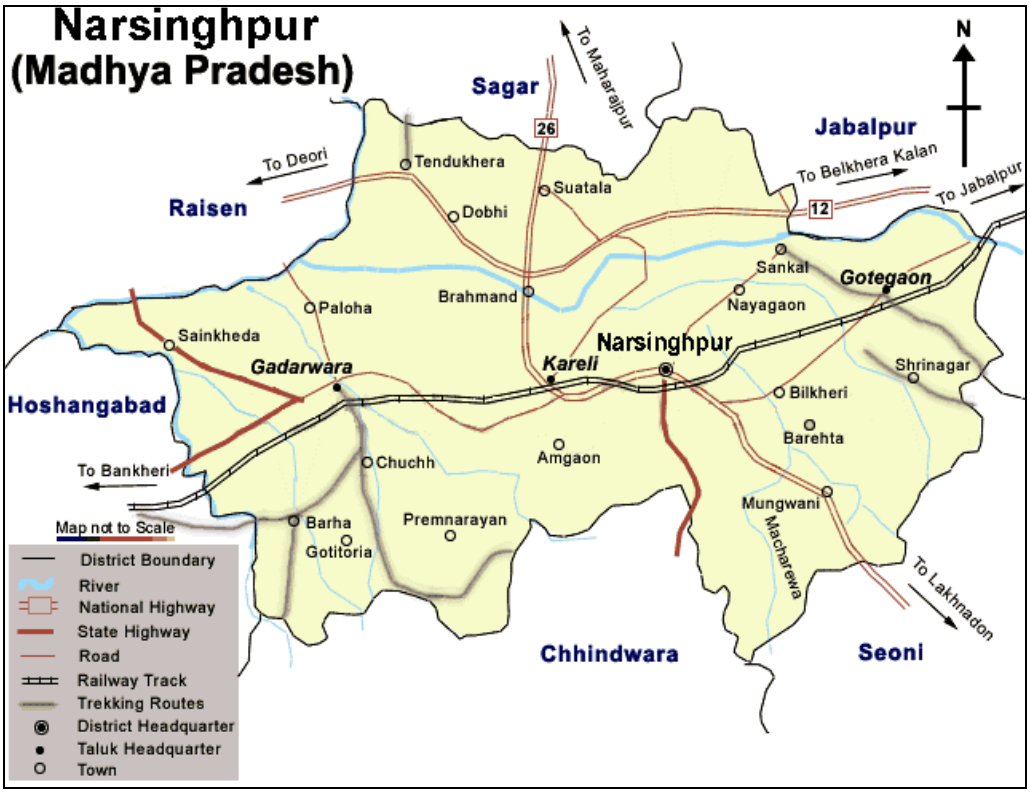


**Fig 1:** District Map of Narsinghpur

Narsinghpur district is situated in the central part of Madhya Pradesh is located in the Central part of India. Narsinghpur (Fig-1**)** district holds special importance being located in the Country. It attracts special attention because of its natural situation as well. On the Northern ends, Vindhyachal on the southern ends throughout the lengths are Satpura ranges of Mountains. In the Northern part river, Narmada flows from East to West. Narsinghpur district has received many natural gifts like Narmada Kachhar. In the ancient period, this area was ruled by many Rajvansh including the great historical worrier Rani Durgawati who was referred to by various names in that period. In the Eighteenth Century, Jat Sardars got constructed a large Temple, in which the Idol of Lord Narsimha placed worshiped so in the name of Lord Narsimha the village. Gadariya Kheda becomes "Narsinghpur" and later on it becomes the headquarters of the district.

**Methodology**

The present study is the outcome of a one-year critical field survey on wild edible plants in the different parts of the Narsinghpur district during various seasons. All the specimens were collected in duplicate forms and they were deposited in the Herbarium of Botany department of Madhyanchal Professional University, Bhopal (M.P.) Descriptions of species and identification were done with the help of published related literature and Flora of Madhya Pradesh, Verma, *et al.*, (1993) [19].

**Observation**

In the present study, the information received during the survey in the study regarding the use of plants and their parts in the food has been listed (Table-1) as follows.

**Table 1:** Wild Edible Plants of Narsinghpur District

| No. | Plant Name | Family | Local Name | Part used | Use Method |
|---|---|---|---|---|---|
| 1 | *Aegle marmelos* Correa | Rutaceae | Bel/Billa | Fruits | Used as beverage |
| 2 | *Amomum dealbatum* Roxb. | Zingiberaceae | Jangali Phal | Inflorescence | Cooked or steamed |
| 3 | *Amorphophallus bulbiferi* (Roxb.) Blume | Araceae | Suran kand/Jimikand | Corm | Cooked as vegetables and Pickles |
| 4 | *Amorphophallus campanulatus* Blume, Ex. Decne | Araceae | Suran kand | Corm | Cooked as vegetables and food. |
| 5 | *Annona reticulate* L. | Annonaceae | Ramphal | Fruit | Used as fruits |
| 6 | *Annona squamosa* L. | Annonaceae | Sitaphal | Fruit | Used as fruits |
| 7 | *Asparagus racemosus* Willd | Liliaceae | Satavar | Tuber | Cooked as vegetable |
| 8 | *Bacopa monnieri* (L.) | Plantaginaceae | Bhaji | Leaves | Cooked as vegetable |
| 9 | *Buchanania lanzan* Spreng. | Anacardiaceae | Achar/Chiroli | Fruit | Used as fruits and dry fruits |
| 10 | *Carissa carandas* L. | Apocynaceae | Karonda/Karmada | Fruit | Fruits used as pickles |
| 11 | *Catunaregam spinosa* (Thunb.) | Rubiaceae | Mannar/Manar | Fruit | Cooked as vegetables |
| 12 | *Cayratia trifolia* (L.) | Vitaceae | Khatua/Anguro | Tender shoots, Leaves | Cooked as vegetables |
| 13 | *Cleome gynandra* Linn | Cleomaceae | Hulhul | Seeds | Used as spices and condiments |
| 14 | *Cryptocoryne retrospiralis* (Roxb.) | Araceae | Jalani | Leaves | Cooked as vegetable |
| 15 | *Dioscorea bulbifera* L. | Dioscoreaceae | Gathora/Gatumada | Tuberous Stem | Cooked and used as food during famine |
| 16 | *Diospyros melanoxylon* | Ebenaceae | Tendu | Fruit | Used as fruits |
| 17 | *Ficus carica* L. | Moraceae | Anjir | Fruit | Used as dry fruits |
| 18 | *Ficus racemosa* Linn. | Moraceae | Goolar | Fruit | Used as fruits |
| 19 | *Ficus religiosa* L. | Moraceae | Pipal | Fruit | Used as fruits |
| 20 | *Lycopersicum pimpinellifolium* L. | Solanaceae | DeshiTamatar | Fruit | Cooked as vegetable |
| 21 | *Madhuca latifolia* (J,Koning) J.F.Macbr. | Sapotaceae | Mahua/Maudi | Flower | Used as fruits |
| 22 | *Mangifera indica* L. | Anacardiaceae | Aam/Ambo | Fruit | Pickles, Juice, eaten as fruits, Chatni |
| 23 | *Manilkara hexandra* (Roxb.) | Sapotaceae | Khirani/Rana | Fruit | Used as fruits |
| 24 | *Mimusops elengii* L. | Sapotaceae | Maulshri | Fruit | Used as beverage |
| 25 | *Phoenix sylvestris* (L.) Roxb | Arecaceae | Khajur | Fruit | Used as fruits |
| 26 | *Schleichera oleosa* | Sapindaceae | Kusambi | Fruit | Used as fruits |
| 27 | *Semicarpus anacardium* | Anacardiaceae | Bhelwa | Fruits | Cooked as vegetable |
| 28 | *Syzygium cumini* (L.) Skeels | Myrtaceae | Jamun/Jambu | Fruit | Used as fruits |
| 29 | *Syzygium heyneanney* (Duthie) | Myrtaceae | Kat Jamun | Fruit | Used as fruits |
| 30 | *Tamarindus indica* L. | Fabaceae | Imili/Amali | Fruit | Used as fruits |
| 31 | *Terminalia bellirica* (Gaertn.) Roxb. | Combretaceae | Baheda/Bahedo | Fruit | Used as fruits |
| 32 | *Terminalia catappa* L. | Combretaceae | Jangali Badam/Marbadam | Fruit | Used as fruits |
| 33 | *Terminalia chebula* Retg. | Combretaceae | Harra/Harada | Fruit | Used as fruits |
| 34 | *Ziziphus jujube* L. | Rhamnaceae | Ber | Fruit | Used as fruits |
| 35 | *Zizyphus xylopyra* Willd. | Rhamnaceae | Ber | Fruit | Used as fruits |
| 36 | *Zyzyphus mauritiana* (L.) Lamk | Rhamnaceae | Ber | Fruit | Used as fruits |

*Annona reticulate* L. *Annona squamosa* L. *Dioscorea bulbifera* L.

*Ziziphus jujube* L. *Madhuca latifolia* *Schleichera oleosa*

**Fig 2:** some wild edible plants

## Result and Discussion

The role of the ecosystem and their inspiration to live and lead life; in the present study the Wild Edible Plants of Narsinghpur District, Madhya Pradesh, India used 36 plant species belonging to 22 families and 6 parts followed by Leaves, Stem, Flower, Fruit, Corm, and Tuber widely (Fig-2) used as fruits, vegetable, beverage, Pickles, spices and condiments food. Many food plants of the present research show the references of contents; which will become the base for the formation of much valuable food which was applied to the meal.

Chinmuanthang (2016) An ethnobotanical survey of wild edible plants used by the Paite tribe residing in Churachandpur (Lamka) hill districts of Manipur was carried out. The information was collected from 70 informants of various ages from 16 Villages in the Churachandpur district of Manipur. A total of 115 plant species belonging to 46 families are listed. Ahirwar (2015) [1] An extensive survey has been made to enumerate the edible plants of the Bundelkhand region of India. During this survey, 90 (ninety) plant species of angiosperms were recorded which are being used as vegetables, drinks, fruits, dry fruits, pickles, foods, chutney, confection, and curry. Singh and Ahirwar, (2015) [1] collect and record the folklores about the food utility of 38 plant species and 25 families of Angiosperms from Bandhavgarh National Park, District Umaria, Madhya Pradesh, India. Ahirwar and Shakya (2015) [1] observed 33 wild edible plant species which provide food and vegetables to inhabiting Tribes from Bijuri forest District Anuppur, Madhya Pradesh. Vegetables that grow naturally without any cultivation or care are called wild vegetables. These plants mainly grow in forests, wilderness, edges of farmlands, and barren fields. In the early days of the monsoon season, these vegetables are available for consumption. Most of the popular vegetables that we know of were recent introductions in our kitchens. Indians have been eating wild vegetables for thousands of years, but unfortunately, we lost track somewhere at the dawn of modern times.

## References


1. Ahirwar RK, Shakya VS. An Ethnobotanical Survey of Some Wild Edible Plants of Bijuri Forest District Anuppur, Madhya Pradesh, Central India; IJSR,2015:4(6):1641-1643.
2. Athena D, Hadichambi DP, Hadichambis AC. An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. Jour.Ethnobiology and Ethnomedicine,2006:2(34):1-9.
3. Behura NK. Meals and Food Habits in rural India. Bull. Anthrop. Surv. India,1962:11:111-137.
4. Bhandari MM. Famine Foods in Rajasthan desert. Econ. Bot.,1974:28:73-81.
5. Bhandari MM. Famine foods of the Rajasthan desert. Econ. Bot.,1974:28(1):73-81.
6. Chandra V. Forest as source of wild Edible Plants for tribals. Annals of Forestry,2002:10(1):159-166.
7. Chaudhari Rai HN, Dam SN, Pal DC, Tarafdar CR, Banerjee KK. Edible jungle leaves. Folklore,1977:18:161-63.
8. Chaudhari Rai HN, Pal DC, Saha NC, Roy B. Some wild edible plants in Calcutta market. Man and Life,1985:11(1&2):1-58.
9. Choudhury R, Choudhury M, De Barin, Paul SB. Importance of certain tribal edible plants of Tripura. Indian Journal of Traditional Knowledge,2010:9:300-302.

10. Gaur RD, Semwal JK. Some little known wild edibles of Garhwal Himalaya.lvfal1 and Environment,1983:7:161-165.
11. Jain SK. Wild plant foods of the tribals of Bastar (Madhya Pradesh). Proc. Nat. Inst. Sci. India,1964d:30B:56-80.
12. King G. Famine foods of Marwar. Proc. Asiat. Soc. Bengal,1869:38:112-116.
13. Maikhuri RK, Nautiyal S, Rao KS, Semwal RL. Indigenous Knowledge of Medicinal Plants and wild edibles among three tribal subcommunities of the Central Himalayas, India. Indigenous Knowledge and Development Monitor,2000:8(2):7-13.
14. Manandhar P Narayan. Ethnobotanical Claims on Less known food plants of Nepal. J Econ. Tax. Bot.,1993:17(2):373-383.
15. Manandhar P Narayan Ethnobotanical Notes on Unexploited Wild food Plants of Nepal. Ethnobotany,1995:(7):95-101.
16. Pal DC, Banerjee DK. Some less known plant foods among the triba1s of Andhra Pradesh and Orissa state. Bull. Bot. Surv. India,1971:13:221-223.
17. Singh GK, Ahirwar RK. Documentation of Some Ethnobotanical Wild Edible Plants of Bandhavgarh National Park, District Umaria, Madhya Pradesh, India; Int.J.Curr.Microbiol.App.Sci.,2015:4(8):459-463.
18. Singh RS, Singh NI. A Preliminary Ethnobotanical Study on Wild Edible Plants in Market of Manipur-I. J.Econ. Tax. Bot.,1985:6(3):699-703.
19. Verma DM, Balakrishnan NP, Dixit RD. Flora of Madhya Pradesh, Botanical Survey of India, Department of Environment and Forests, Government of India, Calcutta,1993:1:69, 50, 72, 74.