

Ethnobotany: Some wild Vegetable Plant used by Tribals of Dhar District, Madhya Pradesh

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Abstract

The tribals living in remote forest areas with respected to food plants showed that tribals depend much upon forest products for their eaten a variety of wild vegetable plants. The paper deals with communicates first-hand information on 32 plant species belonging to 31 genera and 23 families were collected and identified. The information is based on an ethnobotanical field study of the district during 2012 to 2015. The tribals depend much upon forest products for their varies daily needs. The botanical names are arranged in alphabetical order, vernacular name and families, along with their plant part used and method to preparation is discussed. In all 32 plant species such utilized of vegetable, viz. *Abelmoschus ficulneus* (L.)Wt., *Amaranthus spinosa* L., *Argyrea nervosa* (Burm.f.)Bojer., *Bauhinia racemosa* Lam., *Celosia argentea* L., *Corchorus olerarius* L., *Cordia dichotoma* Forst. f., *Momordica dioica* Roxb.ex Willd., *Senna tora* (L.) Roxb., *Wattakaka volubilis* (L.f.) Stapf. were observred.

Dhar district is situated in the south-western part of Madhya Pradesh, India. The study area lies between 22° 00 to 23° 10 Northern latitude and 74° 28 to 75° 42 Eastern longitude. Its area is about 8153 Sq. Km. and geographical area of 1214.8 Sq.km. Its population is 2184672 (Census 2011). the tribal people constitute over 83.93 percent of the population. The chief tribes in the district are Bhil, Bhilala, Barela and Pateliya. The Bhil people move around the forest for their day today requirements, cultural activities and performing rituals. These tribal live close to

the forest and largely dependent on the wild biological resources for their livelihood. They utilize wide variety of plant for their basic needs such as food, fodder, fiber, wood, medicine, gum, tannin, resin, dye and shelter. Literature survey of ethnobotanical work was done¹⁻¹⁴. The present communication given results of ethnobotanical survey done in south western part of Madhya Pradesh.

Ethnobotanical field work was carried out during 2012-2015, covering almost all seasons. Interviews were taken to gather the

information's on plants used for other than vegetable purposes are also given. Information was obtained through field interviews. Plant specimens were collected, identified with the help of Herbarium and Floras^{9,12,13}. Herbarium following standard method². Deposited in the herbarium of the Department of Botany PMB Gujarati Science College, Indore Madhya Pradesh. Some of the vegetables plants were photographed documented (Fig. 1-6).

Enumeration of species :

1. *Abelmoschus ficulneus* (L.) Wt., (Van. Ran bhendi) Fam. Malvaceae.
Use: Young fruits are made into vegetable.
2. *Amaranthus spinosus* L. (Van. Khattibhaji), Fam. Amaranthaceae.
Use: The leaves are used as vegetable.
3. *Amorphophallus campanulatus* Blume.ex DC. (Van. Bhabdi), Fam. Araceae.
Use: Corms are used after boiling to prepare vegetable.
4. *Argyreia nervosa* (Burm.f.) Bojer. (Van. Phang-vela), Fam. Convolvulaceae.
Use: The leaves are used as vegetable.
5. *Bombax ceiba* L. (Van. Semal), Fam. Bombacaceae.
Use: Flowers are boiled to prepare vegetable.
6. *Bauhinia racemosa* Lam. (Van. Sengla), Fam. Caesalpiniaceae.
Use: Flowers are boiled after prepare vegetable.
7. *Bauhinia variegata* L. (Van. Kachnar), Fam. Caesalpiniaceae.
Use: The leaves are used as vegetable.
8. *Carissa congesta* Wight. (Van. Karonda), Fam. Apocynaceae.
Use: Unripe fruits are made into chutteny.
9. *Cassia fistula* L. (Van. Amaltas, Girmala), Fam. Caesalpiniaceae.
Use: Flowers are used as vegetable.
10. *Celastrus paniculata* Willd. (Van. Malkangni), Fam. Celastraceae.
Use: Young fruits as vegetable.
11. *Celosia argentea* L. (Van. Kuiduk, Safed murga), Fam. Amaranthaceae.
Use: The tender leaves are cooked and eaten as vegetable.
12. *Ceropegia bulbosa* Roxb. (Van. Khatumbra), Fam. Asclepiadaceae.
Use: The leaves and tubers are used as vegetable after boiling.
13. *Chlorophytum tuberosum* (Roxb.) Baker. (Van. Safed musli.), Fam. Liliaceae.
Use: The leaves and tubers are used as vegetable.
14. *Cocculus hirsutus* (L.) Diels. (Van.), Fam. Menispermaceae.
Use: The leaves are cooked and eaten as vegetable.
15. *Corchorus olitorius* L. (Van. Rajanbhaji), Fam. Tiliaceae.
Use: The leaves are cooked and eaten as vegetable.
16. *Cordia dichotoma* Forst.f. (Van. Gonydi), Fam. Boraginaceae.
Use: The leaves and flowers are used as vegetable.
17. *Crinum latifolium* L. (Van. Jangli kanda), Fam. Amaryllidaceae.
Use: The leaves are used as vegetable.
18. *Dendrocalamus strictus* (Roxb.) Nees (Van. Washni, Bans), Fam. Poaceae.
Use: The young shoots are boiled to prepare vegetable.
19. *Drimia indica* (Roxb.) Jess. (Van. Jangli kanda), Fam. Liliaceae.
Use: The leaves are used as vegetable.
20. *Ensete superbum* (Roxb.) Cheesman.



Fig.1 *Amorphophallus campanulatus*



Fig.2 *Bombax ceiba*



Fig. 3 *Carissa congesta*



Fig. 4 *Cassia fistula*



Fig.5 *Celosia argentea*



Fig.6 *Momordica dioica*

- (Van. Jangli kela), Fam. Musaceae.
Use: Rhizomes are boiled and eaten.
21. *Euphorbia prostrata* Ait. (Van. Dudhi), Fam. Euphorbiaceae.
Use: The whole plant is cooked as vegetable.
22. *Ficus religiosa* L. (Van. Peepal), Fam. Moraceae.
Use: Young leaves are eaten as vegetable.
23. *Grewia tilifolia* Vahl. (Van. Dhamaan, Mokhanbhaji), Fam. Tiliaceae.
Use: Young leaves are eaten as vegetable.
24. *Hibiscus cannabinus* L. (Van. Ambadi), Fam. Malvaceae.
Use: The leaves are used as vegetable.
25. *Mangifera indica* L. (Van. Aam, Aambo), Fam. Anacardiaceae.
Use: Unripe fruits are largely made into chuttney and vegetable.
26. *Momordica dioica* Roxb.ex Willd. (Van. Kakoda, Katle), Fam. Cucurbitacea
Use: Young leaves and fruits are eaten as vegetable.
27. *Moringa oleifera* Lam. (Van. Surjana Sahjan), Fam. Moringaceae.
Use: Flowers & fruits are used as vegetable.
28. *Plumbago zeylanica* L. (Van. Chitrak) Fam. Plumbaginaceae.
Use: Young leaves are used as vegetable.
29. *Senna tora* (L.) Roxb. (Van. Pumadia, Puvad), Fam. Caesalpiniaceae.
Use: The leaves are used as vegetable.
30. *Trianthema portulacastrum* L. (Van. Patharchatta, Wasu), Fam. Aizoaceae.
Use: The leaves are eaten as vegetable.
31. *Wattakaka volubilis* (L.f.) Stapf. (Van. Kadwadodi), Fam. Asclepiadaceae.
Use: The leaves are cooked to prepare vegetable.
32. *Woodfordia fruticosa* (L.) Kurz. (Van. Dhavdi), Fam. Lythraceae.
Use: Flowers are used as vegetable.

In the present study 32 plant species belonging to 31 genera and 23 families are discussed above which are used as vegetable. Vegetable are prepared from leaves, flowers, fruits, rhizome, corms, young shoots or even whole plants on the basis of the parts used as vegetable. Leaves of 16 species, flowers, fruits of 6 species each and whole plant, young shoots, corms, rhizomes of 1 species each are used as vegetable. Vegetables are regularly eaten by tribals, either cooked or as separate preparation. Some of this forest produce is consumed as it is collected in the forest. Such is the case with all the vegetables. It is seen that all parts are of the plants eaten are used as vegetable. Most of the tribals live in remote hilly areas.

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