The Survey of Rainy Season Wild Edible and Medicinal Vegetables from Visgaon Khore Bhor Taluka Pune Dist. Maharashtra State, India

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Abstract

The edible and medicinal vegetables mainly growing in rainy season have more economic importance. These vegetables are rich source of proteins, carbohydrates, vitamins and minerals. These wild vegetables are consumed by local people during certain period of time. During the survey of the area, more than 18 plant species of different family have been found. The local people use the plant parts like leaves, stem, petioles, inflorescences, corm, rhizome flowers, fruits, pods and seeds. The information collected by local informants revealed that there is need of conservation of these vegetables by cultivating them in natural environment.

KEY WORDS-- Visgaon Khore, wild, medicinal, edible, vegetables, rainy season.

Introduction

Bhor taluka of Pune district comes under the Western Ghats of Maharashtra known as Sahyadris lies between 72 60' to 74 40' and 15 60' to 20 75 ' N covering an area of about 52,000 sq. km starting from sea level. Bhor region has 185 villages and total population is around 1, 54,903. Bhor area has average rainfall 643.5-800 mm from June to September. The major rivers flowing in the Bhor Taluka are Neera, Velvandi, Gunjavani and Shivganga from West to East. Bhor region is divided into five belts 1. Visgaon Khore 2. Ambavade Khore 3. Hirdoshi area, 4. Bhutonde area 5. Highway patta and 6. Nasarapur area.

Visgaon Khore has 20 villages. This region is populated with Dhangar, Kunbi, Mahadev koli, Katkari, Sutar, lohar, Bhoi etc.
The vegetables that grow naturally without any cultivation or care are called as wild vegetables. During rainy season, these vegetables grow naturally and get ready for consumption in short period of time. Mainly, they grow on barren fields’ waste lands, forests as well as in fields as weeds.

Many rural people collect these vegetables as a source of supplementary food as it contains proteins, fats, carbohydrates, vitamins, and minerals (Onwordi et al. 2009, Saikia and Deka 2013). Wild vegetables, in the rainy season, play an important role in maintaining the balance in the diet and may help to reduce risk of different type of diseases like cancer, coronary heart attack, diabetes etc. (Stangeland 2009 and Aregheove 2012).

Materials and Methods-

The present study has been carried out from 2017 to 2019. The main objective of the survey was to collect, identify and document the information regarding monsoon wild edible and medicinal vegetables. Plants were identified with their botanical names based on their local names using literature like Cook flora, Kartikeyn flora and S. R. Yadav’s flora of Kolhapur.

During survey, information was collected by more than 20 local informants of different villages from Visgaon Khore of Bhor Taluka.

Result and Discussion-

The data collected from 20 local informants is about wild vegetables used for edible and medicinal purposes. In this respect, more than 23 vegetables were recorded which were having properties like anthelmintic, anti-inflammatory, anti-tumour activity, diuretic, astringent, tonic etc. Local people use some plant parts for kidney stone, jaundice, skin diseases, cough and cold, piles, fever, burns, urinary disorders, etc.
Leafy Vegetables

Plant Parts like inflorescence, flowers and fruits are used as vegetable
<table>
<thead>
<tr>
<th>Sr</th>
<th>Vegetables</th>
<th>Family</th>
<th>Habit</th>
<th>Local Name</th>
<th>Parts Used</th>
<th>Medicinal Use</th>
<th>Edible Use</th>
</tr>
</thead>
</table>
| 1  | Cassia uniflora Miller | Caesalpinaceae    | Herb   | Takala       | Leaves Seeds | 1. Seed power is used for wound healing  
2. Leaf juice is used to cure dysentery & diarrhoea                                                                                                                                                               | Tender leaves are used as vegetables               |
| 2  | Celosia argentea Linn. | Amaranthaceae     | Herb   | Kurdu        | Whole plant  | 1. Plant extract is used to cure dysentery, diarrhoea, acute abdominal pains, inflamed stomach and treatment of tuberculosis.  
2. Leaf juice is applied on wounds, sores, ulcers, skin eruptions, ulcers of mouth & relieves itching.  
3. Root juice is given early in the morning for cure kidney stone.  
4. Drops of leaf juice are used for tired eyes to clear vision.                                                                                                                                               | Leaves are used as vegetabiles               |
| 3  | Oxalis corniculata L. | Oxilidaceae       | Herb   | Ambushi      | Whole plant  | 1. The whole plant is anthelmintic, antiphlogistic, astringent, deputative, diuretic, emmenagogue, febrifuge, lithontripic, stomachic & styptic.  
2. It is used in treatment of influenza, fever urinary tract infection enteritis diarrhoea boils & pimples.  
3. The leaf juice applied for insect bites burns and skin piton 9t has an antibacterial activity.                                                                                                           | Leaves are used as vegetable               |
| 4  | Portulaca oleracea Linn. | Portulacaceae     | Herb   | Ghol         | Whole plant  | 1. Plant juice is taken orally to cure Liver kidney, bladder problems & scurry.  
2. It is also useful to increases milk flow in nursing mothers, good for painful or difficult urination, relieves dry coughs, shortness of breath & immoderate thirst cures inflamed eyes mouth sores.  
3. It is applied on swollen guts fasten loose teeth. Leaf juice is applied for relieves pain from burns, healing of wounds, promotes flow of urine menstrual flow, help in digestion & expulsion of intestinal worms. | Leaves are cooked as vegetable               |
| 5  | Tribulus terrestris L. | Zygophyllaceae    | Herb   | Sarata, Gokharu | Leaves and stem | 1. Fruits are used as tonic.  
2. Fruits power along with wheat flour is given orally backaches and other complaints to ladies after delivery.  
3. Fruit powder is also given orally in urinary diseases.  
4. Leaf juices are referred orally in stomachs.                                                                                                                                                     | Leaves are used as vegetable               |
| 6  | Amaranthus spinosus L | Amaranthaceae     | Herb   | Katemat h    | Leaves and stem | Leaves Young shoot Kidney stones I Young tender shoots are used as medicine Indigestion I Decoction of fresh leaves and stem are taken orally twice a day for three days.  
Snake bite E Root paste is used                                                                                                                   | Leaves are used as vegetable               |
<p>| 7  | Amaranthus viridis Linn. | Amaranthaceae    | Herb   | Tandumla    | Leaves and stem | Leaves /Young shoot Scorpion sting E Leaf paste is used externally as an antidote. Eye problem E Young tender shoots are used Toothache I Decoction of the herb is used as mouth wash.                                                   | Leaves and stem cooked as vegetabell               |
| 8  | Amorphophallus bulbifer Schott Blume | Araceaeae | Herb   | Suran | Corm | Tuber are used for Piles . About 100 g tuber is boiled and taken with rice twice daily for a month                                                                                                       | Corm is cooked as vegetabell               |
| 9  | Boerhavia diffusa L. | Nyctaginaceae     | Herb   | Punarnav a  | Leaves and | Leaves are used internally to cure cough. Roots are used for treatment of kidney                                                                                                                               | Leaves are               |</p>
<table>
<thead>
<tr>
<th>No.</th>
<th>Plant Name</th>
<th>Family</th>
<th>Type</th>
<th>Part(s) Used</th>
<th>Uses</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Chenopodium album L</td>
<td>Chenopodiaceae</td>
<td>Herb</td>
<td>Leaves</td>
<td>Leaves are used internally to expel hookworms.</td>
<td>Leaves cooked as vegetables.</td>
</tr>
<tr>
<td>11</td>
<td>Digera muricata (L.) Mart</td>
<td>Amaranthaceae</td>
<td>Herb</td>
<td>Leaves</td>
<td>Leaves are used to cure Constipation and urinary disorder.</td>
<td>Leaves used as vegetable.</td>
</tr>
<tr>
<td>12</td>
<td>Dioscorea bulbifera L.</td>
<td>Dioscoriaceae</td>
<td>Herb</td>
<td>Tuber</td>
<td>Tuber powder mixed with butter is given to cure Piles</td>
<td>Corm is cooked as vegetable.</td>
</tr>
<tr>
<td>13</td>
<td>Portulaca quadrifida L.</td>
<td>Portulacaceae</td>
<td>Herb</td>
<td>Leaves and stem</td>
<td>Leaves are used as a poultice for abscesses and swellings.</td>
<td>Leaves are used as vegetable.</td>
</tr>
<tr>
<td>14</td>
<td>Ensete superbum (Roxb) Cheesm</td>
<td>Musaceae</td>
<td>Herb</td>
<td>Inflorescence</td>
<td>It reduces weight.</td>
<td>Flower s are cooked as vegetable.</td>
</tr>
<tr>
<td>15</td>
<td>Clerodendrum serratum (L.) Moon</td>
<td>Verbinaceae</td>
<td>Undershrub</td>
<td>Flowers</td>
<td>The decoction of flowers is used to cure cough and cold.</td>
<td>Flowers are used for the preparation of vegetables.</td>
</tr>
<tr>
<td>16</td>
<td>Lamaea procumbens (Roxb) Ramayya and Raig</td>
<td>Asteraceae</td>
<td>Herb</td>
<td>Leaves</td>
<td>Decoction of fresh leaves reduces acidity</td>
<td>Leaves are used for the preparation of vegetables.</td>
</tr>
<tr>
<td>17</td>
<td>Momordica dioica Roxb ex wild</td>
<td>Cucurbitaceae</td>
<td>Climber</td>
<td>Fruit</td>
<td>Fruits are used in treatment of skin diseases.</td>
<td>Fruits are used as vegetables.</td>
</tr>
<tr>
<td>18</td>
<td>Cucumis setosus L</td>
<td>Cucurbitaceae</td>
<td>Crepe</td>
<td>Fruit</td>
<td>The unripen fruit juice is applied to cure skin diseases. The fresh juice is used on burns.</td>
<td>Fruits are used for preparation of vegetables.</td>
</tr>
</tbody>
</table>
CONCLUSION

On the basis of information collected from local informants through survey and literature studies, it is observed that these edible vegetables are used as tonic, laxative, diuretic, antioxidant, digestive, cooling agent etc. by these people. The present study indicates that regular use of wild edible vegetables is helpful in prevention of different types of diseases. So, there is a need for documentation and conservation of these vegetables by cultivating them in natural environment.

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