

**THEORY
PERSPECTIVES
AND
PRACTICES
ACROSS
DISCIPLINES**



**EDITOR
DR. EKNATH MUNDHE**

ISBN - 978-93-5619-925-5

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S. M. Joshi College, Hadapsar, Pune-28

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Editor© : Dr. Eknath Mundhe
Publisher : Dr. Eknath Mundhe
Address : S. M. Joshi College, Hadapsar, Pune-28
Phone : 9422234344
Email : esmundheisbn@gmail.com
Edition : First, 1st April 2022
Price : Rs. 80

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PREFACE

This book is wholly a collective venture. The aims to publish this book are bringing Scientists, Engineers, Academicians, Researchers and Professionals to exchange and share most recent Theory, Perspectives and Practices across Disciplines. Book is to allow share the ideas and promote the Theory, Perspectives and Practices in Science, Technology, Humanities, and Commerce & Management. To provide a premier interdisciplinary forum for Scientists, Engineers, Academicians, Researchers and Professionals to navigate the future research for better mankind. The book aims to provide a forum for the exchange of ideas on the Global Issues in Multidisciplinary Academic Research during recent times. The book aims to provide a common platform for researchers from the Academia as well as the Industry to publish their research work.

Dr. Eknath Mundhe

ACKNOWLEDGEMENT

The world is a better place where we live and lead the development around us. From time to time the professionals and academics play a more important role in enhancing the skills of the students. Intellectual role as a mentor is important in developing the talent of the student at various levels. Being professional educationists, we are happy to express our gratitude to our experience and to the authors who supported us morally in bringing out this book, which focuses on Theory, Perspectives and Practices in Science, Technology, Humanities, and Commerce & Management.

I would like to express my sincere gratitude to all the authors, researchers and reviewers, who provided their detail research and views for “Theory, Perspectives and Practices across Disciplines”. I would like to thank my Teacher family. This volume is wholly a collective venture. This cause would not have been possible without the great efforts paid by all the authors and we are sure their valuable contributions increased the significance of the book. All the authors played an equal role in bringing out this book.

Dr. Eknath Mundhe

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CHAPTER-49**WILD EDIBLE PLANTS OF AMBEGAON AREA, PUNE DISTRICT,
MAHARASHTRA, INDIA***¹Admuthe N. B. & ²Pokale S. T.*

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Abstract:

The current investigation is different wild edible plant use by tribal peoples as a food. The field survey was carried out in Ambegaon region of Maharashtra state. Local people were using plants using plant part root, stem, leaves, fruit, seeds and whole plants use food commonly occurring in this area. The wild vegetable also has medicinal value and hence food supplement they also act as nutritional supplement to the people of this area. Total 86 plant species belonging 52 families were documented uses food in the area.

Keywords: wild edible, fruit, food, supplement.

INTRODUCTION:

Wild edible plants used as a food source (Kiran et al., 2019). Wild edible plants are also a part of natural vegetation, which helps to preserve the ecological balance of the environment. All of today's common vegetables and fruits were previously wild plants that were cultivated and enhanced by our forefathers for their nutritional value. The diversity of wild food plants available for usage was noted throughout these studies, which included data on wild uses of the plants consumed by people. For vegetarians, eating wild edible plants is a major source of vitamins and micronutrients. Their knowledge of these edible plants is an important component of their culture.

Earlier investigations on wild edible plants and their uses were conducted by a variety of researchers. Kar A and Borthakur SK, (2008), Kuvar S D and Shinde R D (2019) , Deshpande S., Joshi R., and Kulkarni, D. K. (2015), Sinha R. and Lakra V., (2005), Patil M. V and Patil D. A. (2000), Mishra A., Swamy S.L., Thakur T.K., Bhat R., Bijalwan, A., Kumar A. (2021). Panta S., Parajulee D., Subedi G., Giri B., (2021)

METHODOLOGY:**STUDY AREA:**

Ambegaon tehsil is located in the northern zone of the Pune District of Maharashtra state. This region extends between 19°2' 5" north latitudes and 73°50'11" east longitudes. The total villages 142, cities Manchar and Ghodegaon. The human population according to the 2001 census approximate 2,13,842 and tribals population 42,907 percentage of total population to the tribal population 20.06 %. The total area is approximately 87,851 hectors. Adavasi tribes are found in large number in this region. This tehsil falls to the foothill of Sahyadri Mountain range.

The present study has been conducted in two steps:

Step I- A survey was conducted among the tribal peoples of Ambegaon region Pune district during 2019- 2021 to gather knowledge on wild plants used for food.

Step II- Plants of flowering and fruit were identified by the help of Cooke, T. (1958), Hooker, J. D. (1872-1897). The knowledge about the importance of plants species was collected tribals of Ambegaon area.

RESULTS AND DISSCUSSION:

The present study brought knowledge of tribal for use of wild edible plants. The plant specimens have been identified by the flora, the plants species are alphabetically arranged information.

1. *Abelmoschus manihot* (L.) Medic. Family- Malvaceae, Local name- Ran Bhendi, Part used- Fruit, Use- Fruits are used as vegetable.
2. *Alternanthera sessilis* (L.) R. Br. ex DC. Family- Amaranthaceae, Local name-Matala, Part used-Leaves, Use- Leaves are used as vegetable.
3. *Amaranthus viridies* L. Family-Amaranthaceae, Local name- Tandulja, Part used- Whole plant, Use: Whole plant is used as a vegetable.
4. *Amorphophallus commutatus* (Scout) Engl Family- Araceae, Local name- Shevalkand, Part used- Rhizome, Use- Rhizome is cut into pieces boiled, cooked and eaten as vegetable.
5. *Ampelocissus latifolia* (Roxb.) Planch Family- Vitaceae, Local name-Bahinicha vel, Part used-Fruit, Use- Fruits are eaten.
6. *Argyreia nervosa* (Burm. f.) Bojer Family- Convolvulaceae, Local name- Baswrael, Part used- Leaf, Use- Wheat flour paste is applied over the leaf from both sides and steamed after that chopped to small pieces and fries are made and consumed as food.
7. *Bauhinia purpurea* L. Family- Caesalpiniaceae, Local name- Kowdel, Part used- Leaves, pods, seeds, Uses- Tender leaves are cooked as vegetable. Tender pods are cooked as a vegetable. Seed are Roasted and eaten as food.
8. *Bombax ceiba* L. Family-Bombacaceae, Local name- Kate Savar, Part used- Flower, Use- Flower is used as vegetable.
9. *Boerhavia diffusa* (L.) Hook. Family- Nyctaginaceae, Local name- Punarnava, Part used- Leaves, Use-Leaves are cooked as a vegetable.
10. *Caesullia axillaris* Roxb. Family-Asteraceae, Local name- Bondala, Part used-Leaves, Use- Leaves are used as vegetable.
11. *Capparis zeyalinica* L. Family- Capparidaceae, Local name- Waghati, Part used- Fruit, Use- Cooked fruits are eaten as vegetable.
12. *Canavalia gladiata* (Jacq.) DC. Family- Fabaceae, Local name - Jungli abhui, parts used- Fruit, Use- Fruits are used as vegetable.
13. *Carissa carandas* L. Family- Apocynaceae, Local name- Karvand, Parts used- Fruit, Use- Fruits are eaten.
14. *Cassia tora* L. Family- Caesalpiniaceae, Local name-Tarota, Part used- Leaves, Use- Tender leaves are cooked as a vegetable.
15. *Catunaregam spinosa* (Thunb.) Tiruveng. Family-Rubiaceae, Local name- Gal, Parts used- Flower, Use- Flowers are cooked and used as vegetable.

16. *Celastrus paniculatus* Willd. Family- Celastraceae, Local name- Pimpli cha baar, Part used- Flower, Use- Flowers are boiled and water is removed and cooked as a vegetable.
17. *Celosia argentea* L. Family- Amaranthaceae, Local name- Kurdu, Parts used- Leaves, Use- Leaves are used as vegetable.
18. *Centella asiatica* (L.) Urban Family- Apiaceae, Local name- Bramhi, Part used- Leaves, Use- Leaves are crushed to paste and pinch of Pepper and salt is added and mixed to make chutney be eaten.
19. *Ceriscoides turgida* (Roxb.) Tirveng. Family- Rubiaceae, Local name- Pandhara fendra, Part used- Fruit, Use- Raw fruits are chopped into pieces and cooked as a vegetable.
20. *Cheilocostus speciosus* (J. Konig) C. Specht Family- Costaceae, Local name- Pewda, Parts used- Tuber, Use- Tuber is used as vegetable.
21. *Chenopodium murale* L. family- Chenopodiaceae, Local name- Chilni bhaji, Parts used- Entire plant, Use- Entire plant is used as vegetable.
22. *Chlorophytum tuberosum* (Roxb.) Baker Family- Liliaceae, Local name- Dombali, Parts used- Leaves, Use- Leaves are used as vegetable.
23. *Commelina forkalae* Vahl Family- Commelinaceae, Local name- Kulu, Part used- Leaves, Use- Leaves are cooked and eaten as vegetable
24. *Corchorus capsularis* L. Family- Tiliaceae, Local name- Fotakani, Part used- Leaves, Use- Young and tender leaves are cooked as a vegetable.
25. *Cordia dichotoma* Forst. f. Family- Ehretiaceae, Local name- Bhokar, Parts used- Inflorescence and fruits, Use- The inflorescence is used as vegetable and fruits are eaten.
26. *Cucumis setosus* Cogn. Family- Cucurbitaceae, Local name- Mekkha, Parts used- Fruits, Use- Fruits are used as vegetable.
27. *Curcuma pseudomontana* Graham Family- Zingiberaceae, Local name- Ran Halad, Parts used- Rhizome, Use- Rhizomes are used as vegetable.
28. *Dendrophthoe falcata* (L.f.) Ettingsh Family- Loranthaceae, Local name- Bandgul, Part used- Fruit, Use- Fruits are eaten.
29. *Diasporas wallichii* Hook f. Family- Dioscoreaceae, Local name- Chaichamur, Part used- Leaves and inflorescence, Use- Leaves and young inflorescence are used as vegetable.
30. *Digera muricata* (L). Mart. Family- Amaranthaceae, Local name- Tanduli – Matala, Part used- Leaves, Use- Leaves are used as vegetable.
31. *Diospyros melanoxyton* Roxb. Family- Ebenaceae, Local name- Tembhurni, Parts used- Fruit, Use- Fruits are eaten.
32. *Diplocyclos palmatus* (L.) C. Jeffrey Family- Cucurbitaceae, Local name- Mahadevpind, Part used- Leaves, Use- Leaves are used as vegetable.
33. *Dioscorea bulbifera* L. Family- Dioscoreaceae, Local name- Kadukand, Part used- Tuber, bulbils, Use- Boiled tubers and bulbils are eaten.
34. *Dioscorea hispida* Dennst. Family- Dioscoreaceae, Local name- Vaskand, Part used- Tuber, Use- Tuber is eaten.
35. *Embelia basaal* (Roem. & Schult). A. DC. Family- Myrsinaceae, Local name- Ambati, Parts used- Fruit, Use- Fruits are eaten.
36. *Ensete superbum* (Roxb.) Cheesm Family- Musaceae, Local name- Ran-Keli, Part used- Inflorescence, Use- Inflorescence is used as vegetable. Rhizomes are eaten.

37. *Ficus amplissima* Sm. Family-Moraceae, Local name-Payar, Part used-Fruit,
38. Use- Fruits are eaten.
39. *Ficus arnottiana* (Miq.) Miq. Family-Moraceae, Local name- Khadak - Payar, Part used-Fruit, Use- Fruits are eaten.
40. *Ficus racemosa* Linn. Family- Moraceae, Local name- Umber, Part used- Fruit, Use- Ripened fruits are eaten.
41. *Flacourtia indica* (Burm.f.) Merrill Family-Portulacaceae, Local name- Bam, Part used- Whole plant, Use- Whole plant is used as vegetable.
42. *Flueggea leucopyrus* Willd. Family-Euphorbiaceae, Local name- Pichrun, Part used- Leaves and fruits, Uses: Leaves are used as vegetable and fruits are eaten.
43. *Gmelina arborea* Roxb. Family-Verbenaceae, Local name- Shivan, Part used- Fruits, Use- Ripe fruits are eaten.
44. *Grewia hirsuta* Vahl. Family-Tiliaceae, Local name- Kirmid, Part used-Fruits, Use- Ripe fruits are eaten.
45. *Holoptelea integrifolia* (Roxb.) Planch. Family- Ulmaceae, Local name- Papada, Part used- Seeds, Use-Seeds are roasted and eaten as food.
46. *Holostemma ada-kodien* Schult. Family-Asclepiadaceae, Local name- Shiri, Part used-flower, Use- Flowers are eaten.
47. *Indigofera cordifolia* Heyne ex Rot Family- Papilionaceae, Local name- Barbada, Part used- Seeds, Use- Dried seeds are ground, chapattis made from flour are consumed.
48. *Ipomoea aquatica* Forsk. Family-Convolvulaceae, Local name- Nali, Parts used- Leaves, Use- Leaves are used as vegetable.
49. *Jasminum malabaricum* Wight Family- Oleaceae, Local name- Kanser, Part used- Fruit, Use- Fruits are sour in taste, they are boiled and eaten as vegetable.
50. *Lantana camara* L. Family- Verbenaceae, Local name- Kaamoni, Part used-Fruits, Use- Ripened fruits are eaten.
51. *Lathyrus sativus* L. Family- Fabaceae, Local name- Lakholi, Part used- Leaves and pods, Use-Tender leaves are cooked as a vegetable. Pods are roasted and eaten.
52. *Limonia acidissima* L. Family-Rutaceae, Local name – Kavath, Part used- Fruit, Use- Ripe fruit is eaten.
53. *Madhuca longifolia* (Koen.) Mac Bride, Family- Sapotaceae, Local name- Moha, Part used- Flower, fruit, Use- Fleshy flowers and fruits are eaten.
54. *Manilkara hexandra* (Roxb.) Dub. Family- Sapotaceae, Local name-Khirni, Part used-Fruit, Use- Ripened fruits are eaten.
55. *Maytenus senegalensis* (Lam.) Excell. Family- Celastraceae, Local name- Bharkad, Part used- Flowers, Use-Young flowers and buds are boiled and then water is taken out and then cooked as a vegetable.
56. *Merremia hederacea* (Burm. f.) Hall. Family- Convolvulaceae, Local name- Diwati, Parts used- Seeds, Use-Seeds are eaten raw and roasted.
57. *Meyna spinosa* Roxb. ex Link., Gewachsk. Family-Rubiaceae, Local name- Aliv, parts used- Fruit, Use- Fruits are eaten.
58. *Momordica dioica* Roxb. ex. Willd. Family-Cucurbitaceae, Local name- Kartule, Part used- Fruit, Use-Fruits are used as vegetable.

59. *Moringa concanensis* Nimmo ex Dalz. and Gibs. Family-Moringaceae, Local name- Jungli Shewaga, Part used- Fruit, Use- Fruits are boiled in water and used as vegetable.
60. *Mucuna pruriens* L. Family- Papilionaceae, Local name- Khajol, Part used- Leaves, Use- Leaves are cooked and used as vegetable
61. *Mukia maderaspatana* (L.) Roem. Family-Cucurbitaceae, Local name- Math Ghughri, Part Used-Fruit, Use- Ripe fruits are eaten.
62. *Nicandra physalodes* (L.) Gaertn. Family-Solanaceae, Local name- Ran popati, Part used- Fruit, Use- Fruits are eaten.
63. *Oxalis psittacorum* (Willd.) Vahl Family- Oxalidaceae, Local name- Haratfari, Part used- Leaves, Use-Tender leaves and shoots are plucked and boiled and cooked as a vegetable.
64. *Opuntia elatior* Mill. Family-Cactaceae, Local name- Phansavar, Part used-Fruit, Use- The inner part of fruit is eaten.
65. *Oroxylum indicum* (L.) Vent. Family- Bignoniaceae, Local name-Tattu, Part used- flower and fruit, Use-Flowers are boiled and cooked as a vegetable. Fruits are chopped to small pieces and used to make pickle.
66. *Oxalis corniculata* L. Family- Oxalidaceae, Local name-Chihoda Bhaji, Part used- Leaves, Use-Leaves are cooked as a vegetable.
67. *Pergularia daemia* (Forssk.) Choiv. Family- Asclepiadaceae, Local name- Utaran, Part used- Fruit, Use- Raw fruits are pilled off and chopped into small pieces and cooked as a vegetable
68. *Persicaria glabra* (Willd.) M. Gomez. Family-Polygonaceae, Local name: Mendi, Part used- Leaves, Use-Leaves are used as vegetable.
69. *Phyllanthus reticulatus* Poir. Family-Euphorbiaceae, Local name- Pichrundi, Part used- Fruit, Use- Ripe fruits are eaten.
70. *Physalis minima* L. Family-Solanaceae, Local name- Phuga, Part used- Fruit, Use- Fruits are eaten.
71. *Piliostigma malabaricum* (Roxb) Bth Family- Ceasalpiniaceae, Local name- Shind. Part used Leaves, Use- Tender leaves cooked and eaten as vegetable.
72. *Portulaca oleracea* L. Family-Portulacaceae, Local name-Bam, Part used- Whole plant, Use- Whole plant is used as vegetable.
73. *Pueraria tuberosa* (Willd.) DC. Family-Fabaceae, Local name- Shirvala, Part used- Tubers, Use- Tubers are eaten.
74. *Rivea hypocrateriformis* Choisy Family-Convulvaceae, Local name- Phang, Part used- Leaves. Use-Leaves are used as vegetables.
75. *Schrebera swieteniodes* Roxb. Family-Oleaceae, Local name- Mokha, Part used- Leaves and fruit, Use- Leaves are used as vegetable and fruits are eaten.
76. *Schleichera oleosa* (Lour.) Merr. Family-Sapindaceae, Local name-Koshimb, Part used- Fruit, Use- Fruits are eaten.
77. *Scripus grossus* (L.f.) Palla Family-Cyperaceae, Local name- Kachar Kaandaa, Part Used-Root, Use- Rootstocks are boiled and external layer is scaled and eaten as food.
78. *Semecarpus anacardium* L. f. Family-Anacardiaceae, Local name- Biba, Parts used- Flower thalamus, Use-Ripened thalamus is eaten.
79. *Senna tora* (L.) Roxb. Family-Caesalpiniaceae, Local name- Turtha, part used- Leaves, Use- Leaves are used as vegetable.

80. *Setaria pumila* (Poir) R and S., Family- Poaceae, Local name-Kolhu, Part Used-Leaves, Use- Young leaves are boiled and cooked as vegetable
81. *Smilax zeylanica* L. Family- Smilacaceae, Local name- Sherdire, Part used- Shoots, Use- Young tendril and shoots are boiled and cooked as vegetable.
82. *Smithia conferta* J.E. Sm Family- Papilionaceae, Local name- Kawali, Part used- Leaves, Use- Leaves are cooked and used as vegetable.
83. *Sphaeranthus indicus* L. Family-Asteraceae, Local name- Bothada, Part used- Leaves, Use- Young shoots and leaves are used as vegetable.
84. *Sterculia urens* Roxb. Family-Sterculiaceae, Local name- Kahandol, Part used- Seeds, Use- Seeds are roasted and eaten.
85. *Tamilnadia uliginosa* (Retz.) Tirveng. and Sastre Family- Rubiaceae, Local name- Kala Fendra, Parts used- Fruits, Use- Raw fruits are chopped into pieces and cooked as a vegetable. Ripened fruits are eaten.
86. *Terminalia bellirica* (Gaertn.) Roxb. Family- Combretaceae, Local name- Behada, Part used -Seed, Use-Seed testa is removed and cotyledons are eaten as food.
87. *Xanthium strumarium* L. Family-Asteraceae, Local name- Lepadi, Parts Used-Leaves, Use- Young leaves are used as vegetable.

CONCLUSION:

Ethno-botanical research work is enlisting the WEP for consumption tribals. The tribals in the area are dependent on limited agriculture land and local plant products. In this investigation 86 plants belonging 52 families have been documented.

ACKNOWLEDGMENTS:

Authors are thankful to the Principal, Annasaheb Awate Arts, Commerce and Hutatma Babu Genu Science College, Manchar, Dist. Pune for encouragement. The authors are also thankful to all tribals for providing necessary information at field survey.

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