



Some Edible Plants of Bundelkhand Region of India

Ahirwar J.R.

Department of Botany, Govt. P.G. College Niwari, District –Tikamgarh, MP, INDIA

Available online at: www.isca.in, www.isca.me

Received 16th November 2014, revised 19th January 2015, accepted 23rd February 2015

Abstract

An extensive survey has been made to enumerate the edible plants of 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. The name of family, botanical name, vernacular name, along with utilization of plants parts have been presented through this paper.

Keywords: Edible plants, family, botanical name, vernacular name, Bundelkhand.

Introduction

Bundelkhand is very important region of India. It is unique in many aspects being the central part of the country; it is much safe like heart in our body¹. It is famous for the most popular tourist places (Jhansi, Khajuraho, Chitrakoot and Orchha). Bundelkhand is spread over southern Uttar Pradesh and northern Madhya Pradesh, between 23°10' and 26°30' north latitude and 78°20' and 81°40' east longitude. The region covers a geographical area of around 70,000 sq km and includes seven districts of Uttar Pradesh and six districts of Madhya Pradesh. Thus Bundelkhand comprises thirteen districts: Jhansi, Lalitpur, Jalaun, Hamirpur, Mahoba, Banda and Chitrakoot (all in Uttar Pradesh), and Datia, Tikamgarh, Chhatarpur, Panna, Sagar and Damoh (all in Madhya Pradesh)² as depicted in photograph (figure-1).

Bundelkhand region encompasses many plant species which are being used as food, shelter, clothing and medicines by the people of village communities³. Plants are the main source of socio-economic development as well as provide several things like food, fruits, flowers, fodder, fibre, fragrance, gum, resin, oil, spices, vegetable, dyes, rubber, wood, timber, etc⁴. The relationship between man and plant communities is as old as his hunger, and long before science was born, our ancestors studied the plants around them to meet their basic requirements⁵. The large tribal population living in forest fringes is largely dependent on forest for food, shelter, social and livelihood needs and subsistence on forest products⁶.

Plants play very important role in the daily life of human being. People can not survive without using of plants. The people of village community mostly depend on the forest plants. Some plants species occurs at the time of rainy season which have multifarious uses but due to lack of communication people remain unaware of those plants. Due to lack of proper records and over exploitation of these wild edible plants by local people; the natural resources along

with related indigenous knowledge are depleting day by day⁷. The traditional knowledge regarding the edible plants needs to be studied and documented before it is lost to make awareness among the people. Hence, the present study was undertaken to enumerate some edible plants which are used as a source of food by the people of Bundelkhand region of India.

Material and Methods

During the year 2012 -13 the forest area and rural area of Bundelkhand have been surveyed and covered extensively to study the edible plants of this region. The areas were visited with most important edible plants. For recording ethnobotanical data, a generalized questionnaire was prepared about the uses of plants. The informations regarding edible plants were collected on the basis of intensive interviews and long discussions with villagers of various age groups. To confirm the information, repeated queries raised time to time among the people of village community. All of the plants have been identified and recorded by consulting the available literatures⁸⁻¹⁵. A list of edible plants was prepared alphabetically along with their botanical names, local names, families and mode of application.

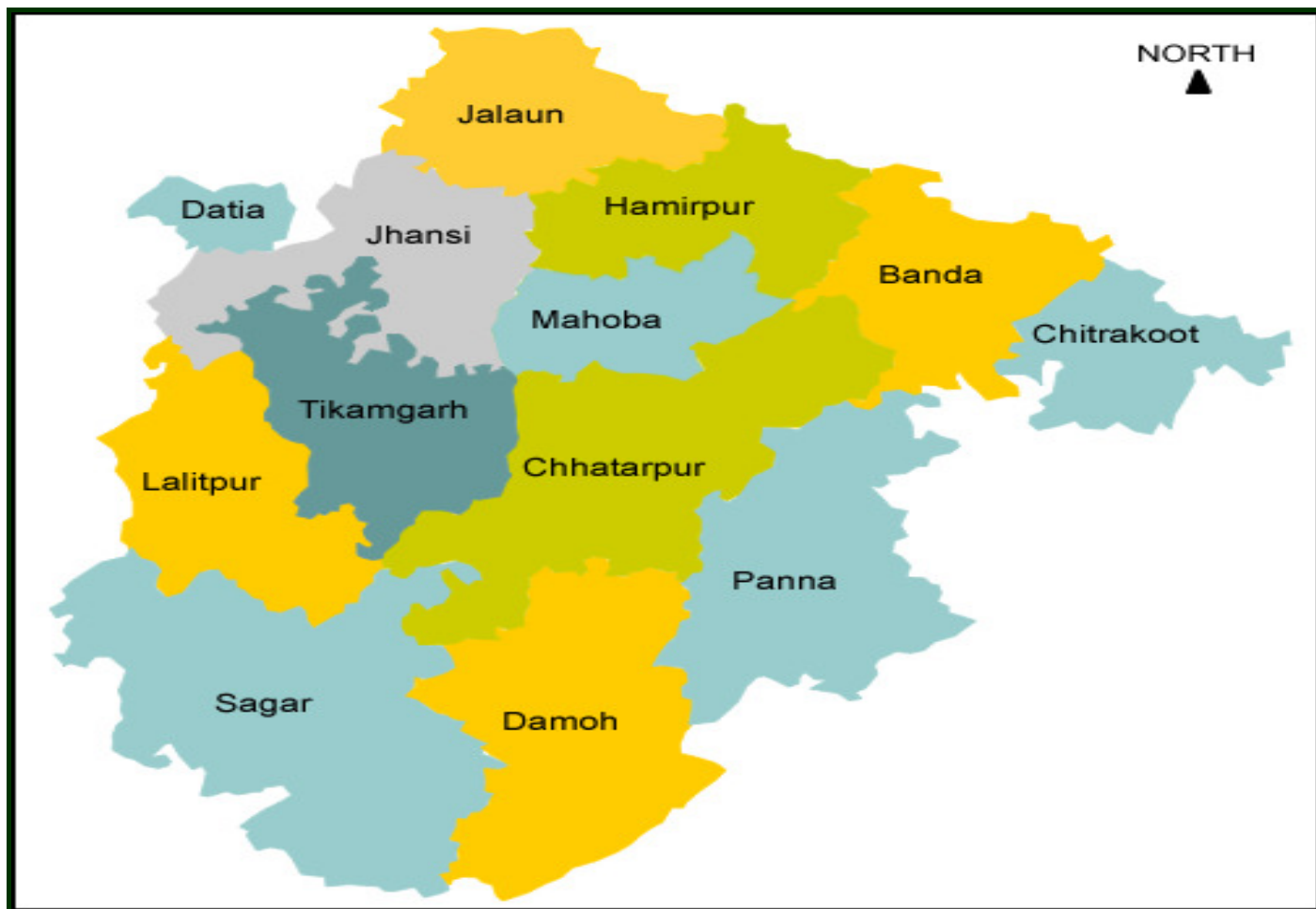
Results and Discussion

From the above survey 90 plant species belonging to different families of monocotyledons and dicotyledons have been enumerated and recorded from Bundelkhand region which are being used as vegetables, drinks, fruits, dry fruits, pickles, chutney, confection and curry. The relevant informations regarding the uses of these edible plants are documented as table-1.

Conclusion

Based upon the above enumeration it can be concluded that 90 plant species have been documented, which are being used as a

source food material like vegetables, drinks, fruits, dry fruits, pickles, chutney, confection and curry. It is hoped that the present study may be useful to make awareness among the people, so that people will inspire to grow and conserve these edible plants wherever possible.



Source-<http://www.apnabundelkhand.com/districtsofbundel.html>

Figure-1
 Showing the map of Bundelkhand

Table-1
 Taxonomic details of plants and their utilization

SN	Botanical Name	Local Name	Family	Uses
01	<i>Abelmoschus crinitus</i> Wall.	Ban Bhindi	Malvaceae	Fruits are used as a vegetable.
02	<i>Acacia nilotica</i> Del.	Babool	Mimosaceae	The gum of this plant is edible.
03	<i>Acacia catechu</i> (L) Willd	Khair	Mimosaceae	The gum of this plant is edible.
04	<i>Aegle marmelos</i> (L) Corr.	Bel	Rutaceae	The pulp of ripen fruits is eaten and also used to make a drink (sherbet).
05	<i>Alangium lamarckii</i> Thw.	Akola	Alangiaceae	Ripe fruits of this plant are eaten by some tribal people.
06	<i>Annona squamosa</i> L	Sitafal	Annonaceae	Ripe fruits of this plant are very delicious and edible.
07	<i>Amaranthus spinosus</i> L.	Katili chaurai	Amaranthaceae	Leaves and shoot are used as vegetable.
08	<i>Amaranthus viridis</i> L.	Chaurai	Amaranthaceae	Leaves and shoot are used as vegetable.
09	<i>Amorphophallus paeoniifolius</i> (Dennst) Necolson.	Suran, Jimikand	Araceae	Tuberous roots are cooked as vegetable.
10	<i>Asparagus racemosus</i> Willd.	Satawar	Asparagaceae	Tuberous Roots of this plant are edible.

11	<i>Artocarpus heterophyllus</i> Lam.	Kathal	Moraceae	Fruits are used as vegetable and pickle.
12	<i>Basella alba</i> L	Poi, Poibhaji	Basellaceae	Plant used as vegetable and salad.
13	<i>Bauhinia variegata</i> L.	Kachnar	Caesalpiniaceae	Flower buds are used as vegetables.
14	<i>Bauhinia vahli</i> Wt & Arn.	Mahuli	Caesalpiniaceae	Young legumes are used in vegetable.
15	<i>Buchanania latifolia</i> , Roxb.	Achar, Chironji	Anacardaceae	Fruits are edible and seeds are used as dry fruits (mewa).
16	<i>Capparis aphylla</i> Roth	Karil	Capparaceae	Raw fruits are used as pickle and ripe fruits are eaten
17	<i>Carissa spinarum</i> L.	Jangli Karonda	Apocynaceae	Raw and ripe fruits are eaten.
18	<i>Cassia tora</i> L.	Puwar, Chakoda	Caesalpiniaceae	Tender leaves are used as vegetable.
19	<i>Chenopodium album</i> L	Bathua	Cheopodiaceae	Tender leaves and shoots are used as vegetables.
20	<i>Chlorophytum tuberosum</i> Baker	Safed Musli	Liliaceae	The tubers of this plant are edible
21	<i>Cocculus hirsutus</i> (L.)Diel	Sareta	Menispermaceae	The clotted juice of leaves is edible.
22	<i>Commelina benghalensis</i> L.	Kankaua	Comelinaceae	Leaves and shoots are used as vegetables.
23	<i>Convolvulus pluricaulis</i> Forssk.	Sakhauli	Covolvulaceae	Tender leaves and shoots are used as vegetables.
24	<i>Corchorus olitorius</i> L.	Mitha Chench	Tiliaceae	Leaves of this plant are used as vegetables.
25	<i>Cordia myxa</i> L	Labhera, Lasora	Boraginaceae	Ripe fruits are edible and raw fruits are used as pickle.
26	<i>Crotolaria spectabilis</i> Roth.	Jhunjhuna	Fabaceae	The dried fruit powder is a source of famine food.
27	<i>Cucumis pubescens</i> Willd	Kachariya	Cucurbitaceae	Ripe fruits of this plant are edible.
28	<i>Cucumis callosus</i> (Rottl) Cogn.	Ban kachariya	Cucurbitaceae	Ripe fruits are edible and used to make pickle.
29	<i>Cynanchum barbigerum</i> (Scheele) Shinnars.	Badmashia	Asclepiadaceae	The young fruits are sweet and edible.
30	<i>Cyperus esculentus</i> L	Kaseru	Cyperaceae	Tubers of this plant are edible.
31	<i>Dioscorea alata</i> , L.	Ratalu	Dioscoreaceae	The underground parts known as Kandoura are used as vegetable.
32	<i>Dioscorea esculenta</i> L	Maauri	Dioscoreaceae	Raw and roasted tubers of this plant are eaten.
33	<i>Discorea opposita</i> Thunb.	Maauri	Dioscoreaceae	Raw and roasted tubers of this plant are eaten.
34	<i>Discorea bulbifera</i> L.	Angittha	Dioscoreaceae	The roasted tubers and bulbils are edible.
35	<i>Digera arvensis</i> Forssk.	Lehusua	Amaranthaceae	Leaves and tender shoots are used as vegetables.
36	<i>Diopyros melanoxylon</i> Roxb.	Tendu	Ebenaceae	Ripe fruits of this plant are eaten.
37	<i>Eleocharis indica</i> (Lour.) Druce	Kaseru	Cyperaceae	Underground part known as kaseru is edible.
38	<i>Emblica officinalis</i> Gaertn.	Amla	Euphorbiaceae	Fruits are used to make pickle and confection.
39	<i>Eucalyptus globulus</i> Labill.	Safeda	Myrtaceae	Leaves of this plant are used as spices.
40	<i>Eugenia heyneana</i> Wall.	Kath Jamun	Myrtaceae	The fruits are very delicious and edible.
41	<i>Eugenia jambolena</i> , Lamk	Jamun	Myrtaceae	Ripe fruits are very delicious and edible.
42	<i>Evolvulus alsinoides</i> L.	Sakhauli	Convolvulaceae	Tender leaves and shoots are used as vegetables.
43	<i>Feronia elephantum</i> L.(Corr)	Kaitha	Rutaceae	Raw fruits are used as pickle and ripe fruit pulp is used to make chutney.
44	<i>Ficus hispida</i> L.	Kathumar	Moraceae	Ripe fruits are eaten and raw fruits are used as vegetable.
45	<i>Ficus racemosa</i> L.	Umar, Gular	Moraceae	Raw fruits are used as vegetable and ripe fruits are eaten.
46	<i>Ficus benghalensis</i> L.	Bargad	Moraceae	The ripe fruits known as Gulasi are edible.
47	<i>Ficus religiosa</i> L.	Peepal	Moraceae	Ripe fruits known as Gulasi are edible.
48	<i>Flacourtia ramontchi</i> L'Herit.	Kanker, Katai	Flacourtiaceae	Ripe fruits of this plant are edible.
49	<i>Hemidesmus indicus</i> R.Br.	Anantmool	Asclepiadaceae	Root of this plant is edible and used to make drink (Sherbet).
50	<i>Hibiscus sabdariffa</i> L.	Khatua	Malvaceae	Fleshy and sour calyces are edible and used to form chutney.
51	<i>Holoptelia integrifolia</i>	Chiroal, Chilla	Ulmaceae	The seeds of this plant are edible.

	(Roxb) Panch.			
52	<i>Hydrocotyle asiatica</i> L.	Bramhi	Apiaceae	Leaves are used to make sweet drink (sherbet).
53	<i>Ipomoea eqatica</i> Forssk.	Naribhaji	Convolvulaceae	Tender shoots and leaves are used as vegetables.
54	<i>Lantana camara</i> L.	Kirmich	Verbenaceae	Ripe fruits are sweet and edible.
55	<i>Madhuca indica</i> , Gmel.	Mahua	Sapotaceae	Dried corolla is used to form Dubhri (porridge) a kind of sweet dish.
56	<i>Manilkara hexandra</i> (Rox) Dub.	Khirni	Sapotaceae	Fruits of this plant are edible.
57	<i>Mentha arvensis</i> L.	Poudina	Lamiaceae	Leaves are used to make chutney and salad.
58	<i>Mangifera indica</i> L.	Aam	Anacardaceae	Raw fruits are used as pickle and ripe fruits are edible.
59	<i>Momordica charantia</i> L.	Karelia,	Cucurbitaceae	Fruits are used as vegetables.
60	<i>Momordica dioca</i> Roxb.	Padora	Cucurbitaceae	Fruits of this plant are used as vegetable.
61	<i>Moringa oleifera</i> Lam.	Munga, Surjana	Moringaceae	Tender roots are used to form pickles and fruits are used as vegetables.
62	<i>Murraya koengii</i> , Spreng.	Curry Neem	Rutaceae	Leaves are used to form curry.
63	<i>Nelumbo nucifera</i> Gaertn.	Kamal	Nymphaeaceae/ Nelumbonaceae	Rhizomes are used as vegetable and seeds are edible.
64	<i>Nymphaea nouchali</i> Burm.	Kumudni	Nymphaeaceae	Flower peduncles are edible and used as vegetable
65	<i>Nymphoides indica</i> (L.) Kuntze	Surka	Menyanthaceae	The boiled rhizomes of this plant are edible.
66	<i>Opuntia aciculata</i> Griffiths	Nagphani	Cactaceae	The fruits of this plant are edible.
67	<i>Oryza rufipogon</i> Griff	Pasai dhan	Poaceae	Rice is cooked and eaten at the time of fasting.
68	<i>Ocimum sanctum</i> ,L.	Tulsi	Lamiaceae	Leaves are used for making tea.
69	<i>Panicum milliare</i> Lamk.	Sama,	Poaceae	The grains are boiled for famine food.
70	<i>Pithecellobium dulce</i> (Roxb.) Benth.	Jangaljalebi	Fabaceae	Fruits (seed aril) of this plant are edible.
71	<i>Physalis minima</i> L.	Jharpota, Pidkua	Solanaceae	The Ripe fruits of this plant are eaten.
72	<i>Phoenix sylvestris</i> (L) Roxb.	Khajoor	Arecaceae	Ripe fruits of this plant are eaten.
73	<i>Portulaca oleracea</i> L.	Noniabhaji, Malmala	Portulacaceae	Stem and leaves used as a leafy vegetable and salad.
74	<i>Psidium guajava</i> L.	Bihi, Amrud	Myrtaceae	Fruits of this plant are edible.
75	<i>Rivea hypocrateriformis</i> (Desr.)Choisy	Barsaga	Convolvulaceae	Tender leaves are eaten as vegetable.
76	<i>Rumex vesicarius</i> L.	Khatta Palak, Khatua	Polygonaceae	The leaves are used as salad and vegetable.
77	<i>Securinega virosa</i> (Roxb. Ex Willd) Baill.	Chirgodi	Phyllanthaceae	Ripe fruits of this plant are edible.
78	<i>Setaria italica</i> (L.)Beauv.	Kakun	Poaceae	The grains are boiled for food.
79	<i>Solanum nigrum</i> ,L.	Makoi	Solanaceae	Ripe fruits of this plant are edible.
80	<i>Sterculia urens</i> , Roxb.	Karad, Kullu	Sterculiaceae	The gum of this plant is eaten with sugar.
81	<i>Syzygium heyneanum</i> Wall	Kath jamun	Myrtaceae	Ripe fruits of this plant are edible.
82	<i>Tamarindus indica</i> ,L.	Imli	Cesalpiniaceae	Fruits are used to form chutney.
83	<i>Terminalia ballerica</i> , Roxb.	Bahera	Combretaceae	The seeds of this plant are edible.
84	<i>Trapa bispinosa</i> Roxb.	Singhara, Kaudi	Trapaceae	Fruits are edible and used as vegetable.
85	<i>Trichosanthes cucumerina</i> L	Bilaiya	Cucurbitaceae	Fruits are used as vegetables.
86	<i>Urginea indica</i> (Roxb) Kunth.	Jangli piyaz	Liliaceae	Bulbs of this plant are used as vegetable.
87	<i>Vigna Trilobata</i> (L.) Verdc.	Banmungiya	Fabaceae	Legumes of this plant are edible.
88	<i>Zizyphus mauritiana</i> Lamk.	Ber	Rhamnaceae	Ripe fruits of this plant are eaten.
89	<i>Zizyphus nummularia</i> (Burm.) Wight & Arn.	Jaria, Jharber	Rhamnaceae	Ripe fruits of this plant are edible.
90	<i>Zizyphus oenoplea</i> (L.) Mill.	Makora	Rhamnaceae	Ripe fruits of this plant are eaten.

References

1. www.indianofficer.com/topic4878-bundelkhand (2014)
2. www.bundelkhandinfo.org.in/general/maps/maps.html (2014)
3. Ahirwar J.R., Socio-Religious Importance of Plants in Bundelkhand Region of India, *Research Journal of Recent Sciences*, **2(ISC-2012)**, 1-4 (2013)
4. Ahirwar J.R., Plants used in Health care of People from Bundelkhand region of India, *The Journal of Ethnobiology and Traditional Medicine. Photon*, **118**, 245-250 (2013)
5. Pandey Hari Prakash and Verma, B.K., Phytoremedial wreath: A traditional excellence of healing, *The Indian Forester*, **131(3)**, 437-441 (2005)
6. mpsbb.nic.in/pdf/TFRI.pdf, To Study Utilization Pattern of Plants in Ethno-Medicinal Uses Prevalent in Tribal Pockets of Satpura Plateau in Madhya Pradesh (2014)
7. Roy, Burman J.J., *Tribal medicine*, Mittal Publication, New Delhi (2003)
8. Roy G.P., Shukla, B.K and Dutt, B., *Flora of Madhya Pradesh* (Chhatarpur and Damoh), New Delhi, (1992)
9. Verma D.M., Balakrishanan N.P. and Dixit R.D., *Flora of Madhya Pradesh*, Published by Botanical Survey of India, **1**, (1993)
10. Mudgal V., Khanna K.K. and Hajra P.K., *Flora of Madhya Pradesh*, Botanical Survey of India, **2** (1997)
11. Singh N.P, Khanna K.K., Mudgal V. and Dixit R.D., *Flora of Madhya Pradesh*, Published by Botanical Survey of India, **3**, (2001)
12. Khare Archana, Srivastava S.P. and Singh P.K., Weed flora of wheat crops of Mahoba district, *Flora and Fauna*, **10 (2)**, 123-124 (2004)
13. Nigam Gaurav and Kumar Vinod, Some Ethno-medicinal plants of Jhansi district, *Flora and Fauna*, **11(1)**, 91-93 (2005)
14. Ahirwar J.R., Some medicinal plants of Tikamgarh district of Madhya Pradesh, *Indian Forester*, **136 (6)**, 827-836 (2010)
15. Sachan Preeti, Kumar Vijay, Nigam Gaurav and Singh P.K., Weed flora of rabi crops of Banda, *Biozone: An International Journal of life Science*, **2(1&2)**, 258-264 (2010)