

## Ethnobotanical Study of Some Rarely Used Vegetables

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### ABSTRACT

An ethnobotanical survey of the study area with respect to rarely used vegetables showed that villagers depend on wild plants for their various daily needs like food and shelter. Wild edible plants play a significant role in sustenance of rural life. But these vegetables are available in particular season in less quantity. The present work deals with the documentation and study of rarely used vegetables, consumed by common people of villages and some urban people in Hinganghat taluka of Wardha district (MS). 20 plant species were documented as rarely used vegetables. Out of the plants studied most frequently used wild plants are *Amaranthus paniculatus* L., *Cassia tora* L., *Colocasia esculanta* (L) Schott., *Portulaca oleracea* L. and *Hibiscus cannabinus* L. Family wise analysis revealed that Fabaceae is the dominant family with five species followed by Brassicaceae and Araceae with two species each, Amaranthaceae, Sapotaceae, Capparidaceae, Poaceae, Cariaceae, Liliaceae, Rhamnaceae, Aristolochiaceae, Malvaceae, Cucurbitaceae and Portulacaceae with one species each. The most of the wild plants possess nutritive value and are used against diseases for pain and inflammation, bronchitis, abortifacient, antihelmionthis, cough and asthma, poisonous bite, antidigestion, rheumatism, skin diseases, jaundice, diuretic, alexiteric, aphrodisiac, diaphoretic, rubefacient, hypertension, antioxidant, constipation, anorexia, paralysis, laxative, expectorant, appetizing, antimalarial and so on.

**Keywords:** Ailments, edible plants, ethnobotanical, rarely used vegetables, wild plants

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### INTRODUCTION

Agricultural technology is developing tremendous different varieties of vegetables. These vegetables varieties are easily found in market, but, urban people are unaware of some of the vegetables. They are used in minimum way by the tribal and villagers due to unavailability in the ample quantity. They do not cultivate in the farm in respective season. Rural people depend little bit on such rarely used vegetables to fulfill their need of food due to inability to buy high cost vegetables from market. They are important protective food and highly beneficial for the maintenance of health and prevention of disease. They have nutritive value and are also used against diseases for pain and inflammation, bronchitis, abortifacient, antihelmionthis, cough and asthma, poisonous bite, antidigestion, rheumatism, skin diseases, jaundice, diuretic, alexiteric, aphrodisiac, diaphoretic, rubefacient, hypertension,

antioxidant, constipation, anorexia, paralysis, laxative, expectorant, appetizing, antimalarial and so on.

By vegetables we mean a plant cultivated for an edible part. They are included in meals mainly for their nutritional values; however, some are reserved for sick and convalescence because of their medicinal properties [1]. The number of medicinal plants in India, both indigenous and non-indigenous introduced has been estimated to be between 3,000 to 3,500 species of higher plants. These vegetables are available in field and forest.

### Study area:

Hinganghat is one of the tehsils of Wardha district situated in 20°18' to 20°49'N and 78°32' to 79°14' E latitude. The major portion of the total annual rainfall is received during June to September each year. The average rainfall of Hinganghat Tehsil is 1071.70 mm. The climate is hot

and dry. There are three season namely cold, hot and monsoon.

#### **METHODOLOGY**

Ethnobotany is the study of the relationship between man and their surrounding plants, in order to understand the plant human interaction and the role plants play in the lives of villagers, one has to live among them. The field trips were conducted as per methodology suggested by Schultes and Lipp [2,3]. Survey of different localities of Hinganghat tahsil was conducted at regular intervals and information of the plants regarding their use as medicine and vegetables were recorded from vaidus, elderly persons and common people. The fresh specimens of the plants identified with the help of the flora of Nagpur district [4].

#### **RESULT AND OBSERVATION**

Extensive field tours were undertaken personally in order to make the spot study of the plants used by the villagers. The information was collected from local inhabitants, medicine men and common people. Repeated queries were made to get the information confirmed. The results of the study area were arranged under the respective botanical name, family, vernacular names, part used and their ethnobotanical uses were enumerated.

##### **1. *Amaranthus paniculatus* L.**

**Family:** Amaranthaceae

**Vernacular name:** Rajgira

**Part Used as Vegetable:** Leaves are chopped and cooked

**Medicinal Use:** Antioxidant



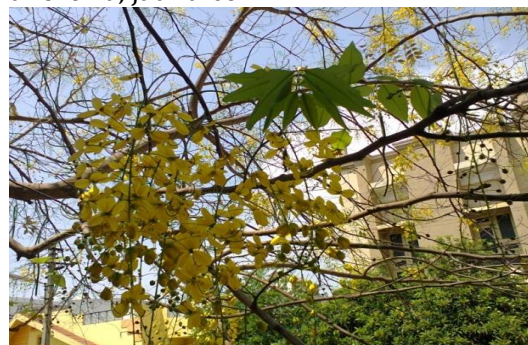
##### **2. *Cassia fistula* L.**

**Family:** Fabaceae (Papilionaceae)

**Vernacular name:** Bahawa

**Part Used as Vegetable:** Inflorescence are cooked especially in the form of buds

**Medicinal Use:** Constipation, skin disease, pruritus, colic inflammations, rheumatism, anorexia, jaundice



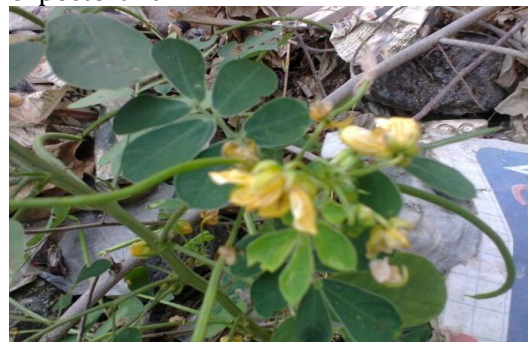
##### **3. *Cassia tora* L.**

**Family:** Fabaceae (Papilionaceae)

**Vernacular name:** Tarota

**Part Used as Vegetable:** The nascent leaves are plucked immediately after germination and used for cooking

**Medicinal Use:** Paralysis, intestinal disorder, jaundice, skin infection, rheumatism, laxative, anthelmintic, expectorant



##### **4. *Brassica campestris* L**

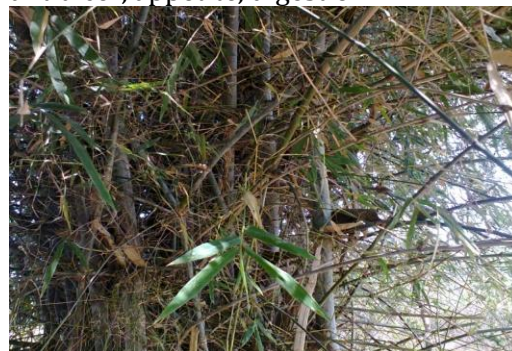
**Family:** Brassicaceae

**Vernacular name:** Mohari

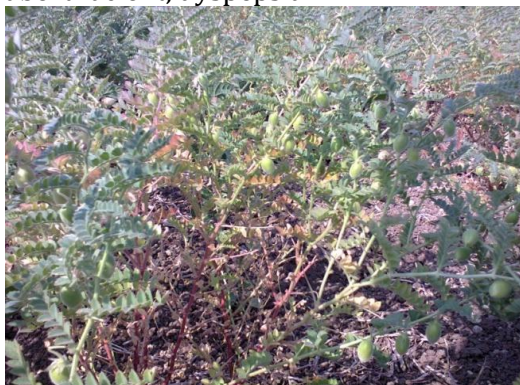
**Part Used as Vegetable:** Young tender Leaves

**Medicinal Use:** Bronchitis, muscular and skeletal pains, diuretic, stimulant, headache



**5. *Tamarindus indica* L.****Family:** Fabaceae (Caesalpinieae)**Vernacular name:** Chinch**Part Used as Vegetable:** The flowers are used for making chutneys**Medicinal Use:** Antimalarial, diarrhea, dysentery, laxative, antiseptic**6. *Madhuca indica* J F Gmel.****Family:** Sapotaceae**Vernacular name:** Moh**Part Used as Vegetable:** Inflorescence.**Medicinal Use:** Dermatopathy, appetizing, astringent, cough**7. *Capparis zeylanica* L.****Family:** Capparidaceae**Vernacular name:** Wagati**Part Used as Vegetable:** The unripe fruits are used as vegetables**Medicinal Use:** Sedative and diuretic**8. *Colocasia esculanta* (L) Schott.****Family:** Araceae**Vernacular name:** Dhopa**Part Used as Vegetable:** Tender Leaves**Medicinal Used:** Hair growth, scorpion sting, in snake bite**9. *Bambusa arundinacea* (Retz.) Willd****Family:** Poaceae**Vernacular name:** Velu**Part Used as Vegetable:** The tender shoots are cooked**Medicinal Use:** Antiinflammatory, antiulcer, appetite, digestion**10. *Raphanus sativa* L.****Family:** Brassicaceae**Vernacular name:** Mula**Part Used as Vegetable:** Leaves and pod**Medicinal Use:** Antiseptic, antirheumatic, appetite, stimulant, diuretic, diaphoretic and rubefacient, indigestion, gastritis

**11. *Carica papaya* L.****Family:** Caricaceae**Vernacular name:** Papai**Part Used as Vegetable:** Unripe Fruit**Medicinal Use:** Contraceptive, abortifacient, jaundice, dyspepsia, constipation**12. *Allium cepa* L.****Family:** Liliaceae**Vernacular name:** Kanda**Part Used as Vegetable:** Leaves are chopped and make chutney**Medicinal Use:** Hypertension, lowering the level of blood sugar**13. *Zyzyus jujube* (L) Lam****Family:** Rhamnaceae**Vernacular name:** Bor**Part Used as Vegetable:** Dried Fruit**Medicinal Use:** Gastrointestinal, digestion**14. *Psoralea corylifolia* L.****Family:** Fabaceae**Vernacular name:** Bawachi**Part Used as Vegetable:** Tender Leaves**Medicinal Use:** Dermatopathy, leucoderma**15. *Amorphophallus commutatus* (Schott) Engl. in Dc****Family:** Araceae**Vernacular name:** Suran**Part used as Vegetable:** The Rhizomes are used as vegetables.**Medicinal Use:** Piles, respiratory disorders, cough**16. *Hibiscus cannabinus* L.****Family:** Malvaceae**Vernacular name:** Ambadi**Part Used as Vegetable:** The leaves are cooked along with pulses**Medicinal Use:** Aphrodisiac, cough

**17. *Portulaca oleracea* L.****Family:** Portulacaceae**Vernacular name:** Ghol**Part Used as Vegetable:** It is cooked as a vegetable similar to spinach**Medicinal Use:** In bleeding piles, gums, constipation**20. *Momordica dioica* Roxb. (Ex Wild)****Family:** Cucurbitaceae**Vernacular name:** Katwal**Part Used as Vegetable:** Unripe fruit**Medicinal Use:** Diuretic, laxative, hypertension, alexiteric, stomachic, asthma, leprosy**18. *Digera muricata* (L) Mart.****Family:** Aristolochiaceae**Vernacular name:** Kunzar**Part Used as Vegetable:** Leaves**Medicinal Use:** Laxative**19. *Cicer arietinum* L.****Family:** Fabaceae**Vernacular name:** Harbhara**Part Used as Vegetable:** Only tender leaves**Medicinal Use:** Purgative, astringent, abortifacient, dyspepsia**DISCUSSION AND CONCLUSION**

In the present study, rarely used vegetables of 20 plants used by the villagers of Hinganghat tahsil of Wardha district are given. All these species belong to dicotyledons and monocotyledons. Family wise analysis revealed that Fabaceae is a dominant family with five species followed by Brassicaceae and Araceae with two species each, Amaranthaceae, Sapotaceae, Capparidaceae, Poaceae, Cariaceae, Liliaceae, Rhamnaceae, Aristolochiaceae, Malvaceae, Cucurbitaceae and Portulacaceae with one species each. They are also used against diseases such as pain and inflammation, respiratory disorders, abortifacient, antihelmintic, constipation, poisonous bite, antidigestion, rheumatism, skin diseases, jaundice, diuretic, antioxidant, laxative, sedative, appetite, antiseptic, hypertension, gastrointestinal, etc. These observations are well supported by the previous studies of Kimiyme *et.al.*, [5] who reported that the vegetables had a medicinal value and cure diseases and the vegetables were healthy, Bhogaonkar *et.al.*, [6] documented 42 plant species belonging to 23 families consumed by the tribal and Dhore *et.al.*, [7] explored 25 wild edible plants species belonging to 15 families. The information of medicinal plants was collected based on interview of villagers and listed 20 plants species used as vegetables. The present study gives more

emphasis to investigate the unexplored vegetables.

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