

## **Study of some medicinal wild edible plants used for several strong diseases**

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**Abstract:** Wild edible plants are essential to people's diets, hygiene, health, and traditional ways of life. The region around Jashpur has a thriving tribal culture that relies on foraging for edible wild plants for sustenance. In addition to being consumed in the Jashpur region, these are also sold in nearby marketplaces for the benefit of various plant parts used to treat various diseases. The survey was carried out in the Jashpur district in a number of villages where local people, Baiga, Vaidyas, and medicine men were met to gather information on ethnomedicinal wild food plants. Twenty different ethnomedicinal wild edible plant species used by the locals or tribes in the Jashpur district of Chhattisgarh were found during the field survey for this study. Plant parts like flowers, seeds, young twigs, shoots, rhizomes, roots, leaves, fruit, and young twigs. In addition to being used to make food, these plants are also utilised as medicines.

**Keywords:** Nutrition, Traditional, Biodiversity, Ethnomedicinal, Community

### **Introduction**

The systematic investigation of the interaction between plants and people is known as ethnobotany. Many plants have both culinary and medical uses. Reserved people and villagers utilise these plants as food to treat various diseases. The floristic biodiversity in the Jashpur district is highly rich. Oraon/Kurunkh, Nagesia, Kanwar,

Birhor, Baiga, Pahadikorwa, and Munda are important tribes in the Jashpur district, with Oraon being the most dominant. Tribal people's way of existence is reliant on the land. The northern hilly region of Chhattisgarh's forest division was examined for patterns of employment, including agriculture, fishing, gathering forest products, labour of any type, and ethnobotanical use of medicinal plants. In this state, there is a greater percentage of mixed woodland.

### **Objectives of the present study**

The primary goals of this proposed research are to emphasise the wild edible plants and their ethnomedicinal applications by tribal people in the Jashpur area of Chhattisgarh. The specific goals of the current study are as follows:

- Study to survey the use of ethno medicinal wild edible plants among tribal people of entire Jashpur District
- Records of tribal people in the Jashpur district using wild food plants for traditional medicine Ethno botany explicitly refers to all aspects of the direct relationship between plants and humans; ever since man first appeared on the earth, plants have been used by him. In India, references to the utilisation of plants are found in the Rig-Veda and Atharva Veda dating back thousands of years. He receives the information and incorporates it into his culture. Wild edible plants have been identified in 122 plant species from 94 genera and 56 families in total (4). The genetic have made their living

throughout the past 50 years. They live in the forest and use plants for food and medicine. Some tribal people in the Jashpur area live in a very remote place where it is very difficult to get health-related facilities. As long as there has been civilization, people have been looking for wild plants (1). Vegetables and fruits, for example, provide high-quality, acceptable edible protein that we can employ to add nutritious value to food (2). The only state in the nation whose forests cover nearly half of the land area—44.2%, or 59772.2 Heq—is Chhattisgarh (3). To research the distribution diversity of different crops and the extinction of forest species in the area have declined rapidly (5). There were 22 edible roots and tuberous plants belonging to different families, primarily used by Bastar tribes (6). 61 species of plants consisting of corms, tubers, leaves, flowers, fruits and seeds used by tribes, food recorded (7). Having appropriate documentation for medicinal plants is crucial (8). There are reports of 41 wild species being used as food supplements by ethnic communities in northeast India (9). In several locations along the Pendra road, wild food plants are used by tribal people as staple foods and significantly improve their food security (10). Minerals, fibre, and vitamins found in fruits are vital sources of nutrients for human health (11). Agriculture provides the majority of the world's food supply, but additional food sources such roots, tubers, leaves, flowers, and forest fruits are also gathered (12). There is a paucity of precise information in these publications, which cover not just wild edible species but also previously recognised therapeutic properties. This paper discusses plant species that are collected and consumed for food and medicinal purposes.

### **Material and methods Study Area**

The current research region is primarily made up of tribal areas, and its economy is

focused on farming and primarily agro-based industry. It is located in the northeastern corner of Chhattisgarh State, India, with the neighbouring districts of Balrampur, Sarguja, and Raigarh. The Jashpur district is situated between latitudes 22017' north and 23015' north and longitudes 83030' east and 84024' east. The overall geographic area of the Jashpur district is 5838.00 square kilometres. The north-south longitude of this study region is roughly 150 kilometres. Its east-west breadth is 85 kilometres. The district consists of Bagicha, Duldula, Jashpur, Kansabel, Kunkuri, Manora, Pathalgaon, and Pharsabahaar, as well as 8 tehsils. The district of Jashpur has a total of 427 Gramme Panchayats, which span all 8 CD blocks. Geographically, the research region is separated into two parts: the northern hilly belt, known as upper Ghat, and the southern part, known as Nichghat.

### **Survey and collection of plant**

Ethnobotanical surveys were conducted in a number of villages and tribal areas in the Jashpur district of Chhattisgarh. We gathered first-hand knowledge on food plants from knowledgeable tribals, vaidyas, and herbalists. There was a somelist of plants, but only some are included here. Plants are organised alphabetically by botanical name, then by local name, family, edible section, tribes that use plants, and habitat. Everywhere tribal people consume or make use of plants, a brief description of how they are used as food and medicine is provided. Scheduled surveys will be utilised to get primary data, although interviews and observational methods will also be employed to gather primary data from the heads of certain households in the sample villages. The plants were put together in the field in flowering and fruiting condition. For the construction of the herbarium, photographs have been taken on the scene

and plant samples like flowers, fruits, leaves, or just a few leaves with a twig, have been collected.

### Identification of plant

The plant specimen were collected and identified by referring slandered local flora (Central Flora).

**Table 1: List of Ethno medicinal wild edible used by tribals of Jashpur district**

S.No	Botanical Name	Local Name	Edible Part	Medicinal uses of plant
1.	Amaranthus viridus	Cholai Bhaji	Leaves and stems	fever, pain, asthma, diabetes
2.	Amorphophallus paeoniifolius	Zimikanda	Stem and corms	pain-killing, anti-inflammatory, digestive, parasitic worms, inflammation, coughs
3.	Buchanania cochinchinensis	Char	Seed	Roots are useful in treatment of diarrhea. Leaves are used in the treatment of skin diseases. Fruits are used in treating cough and asthma
4.	Bryophyllum pinnatum	Patharchati	Leaves	earache, burns, abscesses, ulcer, insect bites, diarrhea and Lithiasis
5.	Cassia tora	Charota	Seeds, leaves, whole plant	It has been used for treating skin like ringworm, itching and psoriasis diseases, snakebites.

### Result

In this study, a total of 20 ethnomedicinal wild edible plant species were identified during a field investigation. used by the Jashpur district of Chhattisgarh's local or tribal population. Thereported organisms included 5 types of herbs, 4 types of shrubs, 1 type of rhizome, 3 types of climbers, and the remaining 7 trees. Here, some is provided.

### Conclusion

People use many plant parts for food and medicine, including leaves (32%), fruits (23%), stems (7%), young stems (2%), roots (2%), rhizomes (4%), flowers (11%), and seeds (14%), as well as the entire plant (5%). Most collectors are women, men, and kids. Some plants are delicious, but others contain substances that can induce

constipation, diarrhoea, and other gastrointestinal problems. Etc The protection of wild edible plants is greatly influenced by cultural standards and religious beliefs, but population pressure and its effects also have a significant negative impact on the survival of these plants. The suggested approach for the sustainable use and protection of the wild edible plants in District Jashpur, Chhattisgarh, is hence community involvement.



**Figure 1: Momordica dioica**



**Figure 4: A. paeoniifolius**



**Figure 2: Citrullus lantus**



**Figure 5: Chorchorusolitorius**



**Figure 3: Osmium tenuiflorum**



**Figure 6: Schleieraoleosa**

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