

## WILD FOOD PLANTS USED BY SOME TRIBES OF SINGRAULI REGION (MADHYA PRADESH)

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This paper presents the results of a survey of the wild plants used as food by various tribes namely Gond, Baiga, Kol, Kahirwar, Panika and Agaria of the Singrauli region of Madhya Pradesh. Sixty species of flowering plants used as food were recorded.

**Key words :** Wild food plants, Singrauli, Madhya Pradesh

Forests form an integral part of tribal life. Since they practice very little agriculture, they obtain most of their food from wild plants. The food plants used by various tribes in India have received considerable attention the recent past (Jain, 1964; Oommachan, 1977, 1992; Maheshwari, 1986; Vartak, 1990 and Basu, 1996). However, Singrauli region is yet to be explored. It is one of the foremost coal and power producing

region of the country. It is located in district Sidhi in Madhya Pradesh. It lies between 23°49' N to 24°42' N latitude and 81°18' to 82°50' E longitude with a total area of 1904 sq. km. More than 42 per cent of the area is covered by forests, having great plant diversity. The forest region is inhabited by various tribes namely Gond, Baiga, Kol, Khairwar, Panika and Agaria. They mainly depend upon forests for food.

Table 1. Wild plant exploited for food in Singrauli region

Botanical Name	Local name	Family	Habit	Place of Collection	Frequency of Occurance	Edible Part
<i>Aegle marmelos</i> (L) Corr.	bel	Rutaceae	Tree	Harrai (3)	Common	Fruit
<i>Amaranthus spinosus</i> L	Katili cholai	Amaranthaceae	Herb	Goniari (2)	Common	Leaves & Seeds
<i>A. vrdis</i> L	Cholai	Amaranthaceae	Herb	Harrai (3)	Common	Leaves & seeds
<i>Amorphophallus paenoniifolius</i> (Dennst) Nicol	Sooran	Araceae	herb	He Sidhi Kalan (6)	Occasional	Cornm.
<i>Angoeissus latifolia</i> Bedd	Dhaura	Comber taceae	tree	Padari (13)	Frequent	Gum
<i>Artocarpus heterophyllus</i> Lamk	Kathal	Moraceae	Tree	Tiara (5)	Ocassional	Fruit
<i>Asparagus recemosus</i> Wild	Satawar	liliacaeae	Climber	Utani(25)	Ocassional	Roots
<i>Bauhinia verigata</i> L	Kath Mohila	Cassalpiniaceae	Tree	Godoria (14)	Common	Flower bud
<i>Begonia picta</i> Sm	Khatti bhaji	Bigoniaceae	Herb	Utani (25)	Rare	Whole plant
<i>Bombax ceiba</i> L	Semul	Bombacaeaeae	Tree	Modholi (12)	Occasional	Flower buds
<i>Buchnanania lanzan</i> Spreng	Char	Anacardiaceae	Tree	Mada (30)	Common	Fruits & seeds
<i>Butea monosperma</i> (Lamn) Taub.	Chiula	Fabaceae	Tree	Makrohar (07)	Frequent	Flower buds
<i>Canavalia gladiata</i> (Jock) D.C.	Bansemi	Fabaceae	Climber	Sasan (04)	Frequent	Fruit
<i>Carissa opaca stapfex</i> Hains	Karonda	Apocynaceae	Shrub	Gadaria(14)	Fruit	
				Frequent		

Table 1. (Contd.)

Botanical Name	Local name	Family	Habit	Place of Collection	Frequency of Occurance	Edible Part
<i>Cassia fistuala</i> L	Dhanbad	Caesalpinaceae	Tree	Rondi (31)	Frequent	Flower buds
<i>Cassia tara</i> L	Chakoda	Caesalpinaceae	Herb	Waidhan(01)	common	young leaves & seeds
<i>Cayratia trifolia</i> (L) Domin	Amlola	Vitaceae	Climber	Mada (30)	Occasional	Fruits
<i>Chenopodium album</i> L	Bathua	Chenopodiaceae	Herb	Ganiari(02)	Common	Whole plant
<i>Coccinia grandis</i> (L) Voigt	Berai, Kundru	Cucurbitaceae	Climber	Naugarh(11)	Common	Fruit
<i>Commelina bengalensis</i> L	Kukaua	Commelinaceae	Herb	Waidhan(1)	Common	Leaves
<i>Cordia dichotoma</i> Foosts f.	Beohar	Cordiaceae	Tree	Mdhauli(12)	Occasional	Fruits
* <i>Coastus speciosus</i> (Koen) Sm.	Gona	Costaceae	Herb	Utani(25)	Rare	Tubers
<i>Cucumis melo</i> var <i>agrasis</i> Noud	Pehta	Cucurbitaceae	Climber	Sasan(4)	Occasional	Fruits
<i>Cyperus esculantus</i> L	Gozila	Cyperaceae	Grass	Sasan(94)	Frequent	Bulbs
<i>Dendrocalamus strictus</i> Nees	Bans	Poaceae	Culm	Gadaria (14)	Common	Young shoot
<i>Digera Muricata</i> (L) Mart.	Lesua	Amaranthaceae	Herb	Khutar (22)	Frequent	Leaves
* <i>Dioscorea bulbifera</i> L	Gaenthi	Discoreaceae	Twiner	Sasan(4)	Occasional	Tubers
<i>D. daemons</i> Roxb.	Baichandi	Discoreaceae	Twiner	harrai(3)	Occasional	Tubers
<i>D. deltoides</i> L.	Khanima	Discoreaceae	Twiner	Gadaria(14)	Occasional	Tubers
<i>D. oppositifolia</i> L.	Kathar	Discoreaceae	Twiner	Harrai(3)	Common	Tubers & Bulbil
<i>D. pentaphylla</i>	Kanda	Discoreaceae	Twiner	medhouli(12)	Occasional	Tubers
<i>Diospyros melanoxylon</i> Roxb.	Tendu	Ebanaceae	Tree	Mada(30)	Common	Fruits
<i>Emblia officinalis</i> Gaertn.	Amla	Euphorbiaceae	Tree	Sasan(4)	Frequent	Fruit
<i>Eugenia heyneana</i> Wall.	Kath Jamthi	Myrtaceae	Tree	Gobha(9)	Frequent	Fruits
<i>Feronia limona</i> (L) Swingle	Kaitha	Rutaceae	Tree	Mada(30)	Occasional	Fruits
<i>Flacourtia indica</i> (Burm f.) Merr.	Katai	Flacourtiaceae	Shrub	Mada(30)	Occasional	Fruits
<i>garuga pinnata</i> Roxb.	Kekad	Burseraceae	Tree	Gobha(9)	Occasional	Fruit
<i>grewia hirsuta</i> Vahl.	Gursankar	Tiliaceae	Shrub	Sasan(4)	Occasional	Fruit
<i>Holarrhena antidysentrica</i> (Roth) A.D.C.	Khirna	Apocynaceae	Tree	Medhauli(12)	Common	Flower buds
<i>Ipomoea pestigris</i> L	Bilaripath	Convolvulaceae	Herb/Climber	Waidhan(1)	Rare	Seeds
<i>Madhuca latifolia</i> (Roxb.) Chev.	Mohua	Sapotaceae	Tree	Medholi(12)	Common	Flowers, Fruits
<i>Manilkara hexandra</i> Roxb. Dub.	Khirmi	Sapotaceae	Tree	Gobha(9)	Occasional	Fruits
<i>Momordica diocia</i> Roxb. ex. Wild	Kheksa	Cucurbitaceae	Climber	Rondi(31)	Occasional	Fruit & Root
<i>Phoenix acaulis</i> Buch Hamex Roxb.	Cheer	Aracaceae	Shrub	Godaria(14)	Common	Fruit
<i>Physalis minima</i> L	Patko	Solanaceae	Herb	Ganiari(2)	Occasional	Leaves & Fruits
<i>Pithecellobium dulce</i> (Roxb) Benth.	Jangal Jalebi	Papilionaceae	tree	Mada(30)	Occasional	Aril of seed
<i>Portulaca oleraceae</i> L.	Lonia	Portulacaceae	Herb	Waidhan(01)	Occasional	Whole plant
<i>Puereria tuberosa</i> DC	Patal	Fabaceae	Twiner	Chargoda(01)	Rare	Young tubers
	Kumrha					
<i>Rumex deutatus</i> L.	Jangali Palak	Polygonaceae	Herb	Waidhan (01)	Common	Leaves
<i>Schleichera oleosa</i> (Lour) Okem	Kosam	Sapindaceae	Tree	Tiara(05)	Rare	Aril of seed
<i>Semecarpus anacardium</i> l.f.	Bhela	Anacardiaceae	tree	Medhauli(12)	Common	Thalamus
<i>Solanum nigrum</i> L.	Makoi	Solanaceae	Herb	Waidhan(01)	Common	Fruits
<i>spondias pinnata</i> L.f. Kurz	Amra	Anacardiaceae	tree	Mada(30)	Rare	Fruit
<i>Sterculia urens</i> Roxb.	Kullu	Sterculiaceae	tree	Godaria(14)	Rare	Gum & seeds
<i>Syzygium cumini</i> (L) Skeels.	Jamthi	Myrtaceae	tree	Godaria(14)	Common	Fruit
<i>tamarindus indica</i> L.	Imli	Caesalpinaceae	Tree	Padari(13)	Rare	Fruit, Leaves

Table 1. (Contd.)

Botanical Name	Local name	Family	Habit	Place of collection	Frequency of occurrence	Edible Part
<i>tamarindus indica</i> L.	Imli	Caesalpinaceae	Tree	Padari(13)	Rare	Fruit,Leaves
<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Bhera	Combretaceae	Tree	Sasan(4)	Common	Seed Kernel
<i>Woodfordia fruticosa</i> Kurz	Dhawai	Lythraceae	Shrub	Sasan(4)	Common	Young buds
<i>Ziziphus nummularia</i> (Burm f.) W & A	Ber	Rhamnaceae	Shrub	Dongari(26)	Common	Fruit
<i>Z. oenoplia</i> (L) Mill	Makoi	Rhamnaceae	Climber	Dongari(26)	Common	Fruit

### MATERIALS AND METHODS

Ethnobotanical exploration were undertaken during past three years (1997, 1998 and 1999) in twenty tribal villages of this region. The information regarding the plants was collected by interviewing a large section of various tribes. The distribution and frequency of food yielding plants was made in the forest. Plants were collected, identified and preserved as herbarium specimens. These are listed in alphabetical order followed by local name, family, habit, place of collection, frequency of occurrence, edible parts in Table 1.

### OBSERVATIONS AND DISCUSSION

It is evident from Table 1, 23 trees, 6 shrubs, 14 herbs 14 climbers and 2 grasses belonging to 60 species of angiosperms are used by various tribes of Singrauli region. It is evident

from the data that some of these species are rare and are at the verge of extinction. Therefore, the conservation of germplasm of these species requires immediate attention.

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