

# Ethno-Botanical Studies of Edible Plants Used by Tribal Women of Nirmal District

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## ABSTRACT

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The Tribal community in India already had the knowledge of the protienious food which is discovered by the world in recent times. These food materials rich in nutritional value has already been a part of their diet and hence is much stronger than the present generation. The present study is conducted in tribal area of Nirtmal District, Telangana State in year 2016 to 2018 focusing mainly on the tribal of Gondi, Kolams, Naikpods, Pardhna community. 19 Edible plants from 14 different families were identified from the study location.

**Keywords :** Nirmal District, Tribes, Edible plants, Gondi, Kolams, Naikpods

## I. INTRODUCTION

India, a mega diverse nation, is one of the richest nations in terms of biological diversity. India has rich and varied heritage of biodiversity and has different temperate zones, and wide varieties of habitants such as tropical rain forests, temperate forests, subtemperate, alpine forests, coastal and mangrove, and wet lands. India with its rich diversity of plant and animal wealth has a prominent place in the world. Although India occupies only 2% of world land, yet 7% of world's plant species and 6.5% of animal species are present in India alone. The largest number of the medicinal plants is known to occur in these Tropical dry deciduous forests only. Aborginal people consider themselves as the people of forest and depend on forest for fulfilling their needs. Forest products such as flowers, fruits, leaves etc, play a very important role in their daily diet. Tribal people play a

major role in the proper and sustainable utilization of these resources. It is necessary that we should have full knowledge about the occurrence, frequency, distribution and phenology of various medicinal plants for their proper utilization.

The present study deals with Traditional medicinal plants existing in the district of Nirmal district, Telamgana State related with the traditional medicinal practices of local trible community, Gondi, Kolams, Naikpods, Pardhna community, Chenchu and other village heads and local practitioners. As of today, there is no proper scientific documentation on edible fruits of these communities. To record the edible fruits of the tribal community of Nirmal district I took the help of local tribal peple.. Botanical identification and herbarium preparation of the plants used by local traditional tribal people. Publication of the scientific data in the form of documentation for

future scientific studies. To record the botanical identification, which is the sheet anchor for the scientific documentation.

**Study Area**

The Nirmal District is etched out of erstwhile Adilabad district. The district is located (19.10°N .78.35° E<sup>(4)</sup>) in northern Telangana and borders Maharashtra and the Telangana district of Asifabad, Koumumuram Bheem, Adilabad, Mancherial, Jagatyal, and Nizamabad the Tribal people of first two locations have exposure to rural population. The survey was undertaken for the year 2016 to 2018 in parts of Nirmal District of Telangana State, India. Local tribal people knowing more about these plants and helped in this research and identifying these plants. Tribal women of different age groups were interviewed to collect information about wild edible plants and frequency of consumption. Plant specimens were collected during the survey in different seasons and prepared herbarium, specimens and identified with the help of floras. It is deposited with the Botany department SAP College, Vikarabad. The plant specimens collected were identified and cross checked with the Herbarium of Department of Botany, PG College of science, Saifabad, Osmania University. In this study the local (vernacular) name of plants being used, methods of administration and precautions recorded and documented. For identification and cross checking frequent visits were made to the Botany department Herbarium, PG.

College of Science Saifabad, Osmania University, Hyderabad.



**Table 1.** Plant enumeration of ethno-botanical studies of edible plants used by tribal women

Sl. No	Family Name	Botanical Name	Description	Flowering & Fruitig
1.	Ampelidaceae	<i>Ampelocissus latifolia</i> (Roxb.) Planch.	Woody climbers, deep brown red flower. Fruits black succulent berries, which are sweet and juicy	Fl: June-July Fr: Aug-October
2.	Anacardiaceae	<i>Buchanania lanzan</i> Spreng.	A small straight tree, flowers white	Fl: Jan-March Fr: Apr-May
3.	Anacardiaceae	<i>Spondias pinnata</i> (L.f.) Kurz.	Middle sized tree, flowers white. Fruits are large and become yellow when ripe.	Fl: Feb-Mar Fr: August

			Fruit is eaten as a condiment and made into chutney and also eaten after ripening.	
4.	Ananacardiaceae	<i>Semecarpus anacardium</i> L.f.	Small trees, flowers dull greenish-yellow. Fruits are oblong ovoid drupes, finally become black. The fruit is eaten when completely ripe.	Fl: June-Sept Fr: Nov-Dec
5.	Arecaceae	<i>Phoenix acaulis</i> Buch. – Ham..ex Roxb.	A common plant. Drupes are red, finally black. Ripe fruits are eaten.	Fl: March-april Fr: May-June
6.	Capparidaceae	<i>Capparis zeylanica</i> L.	Shrub with white or pink flowers, Fruits become red when ripe and are eaten	Fl: Mar-May Fr: Sept-Oct
7.	Convolvulaceae	<i>Erycibe paniculata</i> Roxb	Climbing shrubs, flowers yellowish-white. Berry black with dark-purple flesh. The fruits is sweet and is eate	Fl: May-June March-June
8.	Cucurbitaceae	<i>Coccinia grandis</i> (L.) Voigt.	Climbers with white flowers, fruits oblong, cylindrical. Raw fruits green, scarlet when ripe. Unripe fruits used as vegetables and pickled	Fl: Aug-Dec Fr: May-June
9.	Dilleniaceae	<i>Dillenia pentagyna</i> Roxb.	Small trees, flowers white. Raw fruits are edible	Fl: March-April Fr: May
10.	Dilleniaceae	<i>Dillenia indica</i> L.	Tree, flowers white solitary. The large fleshy accrescent calyces which form the outer covering of the fruit are eaten before they are quite ripe, usually after cooking	Fl: May-June Fr: Sept-Feb
11.	Ebenaceae	<i>Diospyros malabarica</i> (Desr.) Kostel.	Handsome trees, flowers white fragrant, fruits globose. Fruits are edible	Fl: Mar-April Fr: ripen the following March-April
12.	Ebenaceae	<i>Diospyros melanoxylon</i> Roxb.	Deciduous large tree, flowers white, fruits globose, yellow-brown when ripe and fragrant. Fruit pulp is sweet and eaten raw	Fl: April-May Fr: ripens the following May
13.	Euphorbiaceae	<i>Bridelia stipularis</i> (L.) Blume.	Large woody climber, flowers monoecious, green. Fruits red	Fl: May-Oct Fr: Dec-Jan
14.	Flacourtiaceae	<i>Flacourtia jangomas</i> (Lour.) Raeusch.	Small tree, flowers in glabrous racemes, Fruit purple when ripe and eaten.	Fl: June Fr: Oct-Jan
15.	Moraceae	<i>Ficus racemosa</i> L.	Large trees, recepts are globose. The fruits are largely eaten	Fr: Mar-June
16.	Rubiaceae	<i>Gardenia gummifera</i> L.f.	A handsome shrub, flowers large and white. Fruits ovoid with fleshy mesocarp and hard thin endocarp. The fruit is	Fl: March – May Fr: June-Aug

			eaten.	
17.	Rubiaceae	<i>Meyna spinosa</i> Roxb. ex Link.	A large shrub, flowers small green. Young leaves are eaten as vegetable. The fruits are eaten	Fl: June-Aug.
18.	Rutaceae	<i>Clausena excavata</i> Burm.f.	An under shrub with alternate leaves, flowers green. Fruit ellipsoid and eaten when ripe	Fl: May-June Fr: July-Aug
19.	Sapindaceae	<i>Schleichera oleosa</i> (Lour.) Oken.	Deciduous tree leaves leathery and dark green. Fruits ovoid with fleshy pulp. Yellow pulp is eaten when ripe, pleasant and acrid in taste. Fruits are pickled.	Fl: March Fr: June

## II. DISCUSSION

The life of the tribals is intimately connected with the plants in their day-to-day activities. They are dependant on the plants for their food, clothes, shelter, medicine, beverages, binding material, oils, resins, etc. the tribals and other rural people may be encouraged in their edible fruit plant species reported in this paper from significant component of the economic life of locals. Increased use of these plants may prove to be one of the major solutions to the problem of malnutrition and other increasing health issues among the tribals.

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