Wild Edible Plants of Nutritional and Medicinal Significance to The Tribes of Palghar, Maharashtra, India

Yatish Lele, Bhargavi Thorve, Swati Tomar, Anjali Parasnis

Yatish Lele is M.Sc in Environmental Science. Working in subjects related to forestry and biodiversity as Associate Fellow in Forestry and Biodiversity Division, The Energy and Resources Institute, Delhi, India, Email : Yatish.Lele@teri.res.in (Author for Correspondence) ORCID: <https://orcid.org/0000-0002-1800-2835>

Bhargavi Thorve is M.Sc Environmental Science. Working in the Food and Nutrition Security Division, The Energy and Resources Institute, Maharashtra, India

Swati Tomar is M.Sc Environmental Science. Working in the Food and Nutrition Security Division, The Energy and Resources Institute, Maharashtra, India

Anjali Parasnis is Associate Director and Senior Fellow at Food and Nutrition Security Division, The Energy and Resources Institute, Maharashtra, India

Abstract

Wild edible plants (WEP) are an important component from the perspective of tribal diet. There are various traditional practices and beliefs in relation to the use of wild edibles among various tribal communities in Maharashtra. In this study, the WEP found in Jawhar block of Palghar district and detailed information on the local usage for medicine or food purpose has been documented. With this, the traditional methods of preparation, collection and storage of these edible wild plants has also been documented. The present paper presents a total of 162 species of WEP, out of which almost 74% are consumed as food, 14% possess medicinal significance while 12% of the species exhibit both dietary and medicinal significance. This type of study could contribute in recording the traditional heritage of food culture and generate awareness about the importance of wild edible species. Documentation of these wild plant species can help in commercialization and domestication of the wild varieties and their entry into urban marketplaces to generate higher revenue for the farmers. Wild edibles could prove to be a remedy to food scarcity, a source of nutritional security and improve the economy in tribal areas.

Keywords : Tribal communities, Wild edible plants, Traditional knowledge, Jawhar, Western Ghats

Introduction

Over the millennia, forests have played a key role as a source of food, fodder, fuel and medicine in the lives and livelihood of the forest dwelling communities. Although the societies primarily depend on agriculture for food, millions of people like the forest dwelling communities and rural population, have traditionally depended on the wild plant resources (Panda, 2014). Wild edible plants (WEP) are widely used for various purposes mostly as a source of food and medicine by the tribal communities all across the world. These tribal communities have acquired immense knowledge about the use of wild plant species based on the local needs, preferences, customs, and habit (Jain and

Tiwari, 2012). Even today, indigenous people continue to follow many traditions and have long experience and close association with the nature. For example, Vietnamese commonly use Chinese herbal medicine and a set of indigenous folk practices referred to as "Southern medicine" in an effort to cure any disease (Jenkins, 1996) whereas, 'Ayurveda' in Indian Folk-medicine is still an important method of treatment using the plant resources (Deshmukh and Waghmode, 2011).

A number of wild plants significantly contribute to the human diet and food security across the world. In central Italy, 126 wild plants from 39 families are consumed (JmanRedzic, 2006) and wild greens are eaten raw in salads, or in boiled mixtures, as 'blood

cleansing' and 'intestine cleansing' agents (Pieroni, 2000). In Vietnam, over 90 species of WEP have been documented (Ogle et al, 2003). Several studies on dietary uses of edible wild plants are forthcoming to tackle malnutrition and famine conditions faced by the tribal population of Nigeria which is prone to droughts and crop failure (Lockett et al, 2000). Hence the WEP are also significant and usually considered as an Emergency food during the adverse conditions such as floods, droughts and famine.

Similarly, it has also been estimated that there are around 800 varieties of wild species being consumed in India (Nivedita, 2017). The Indian Himalaya reveals the richest biodiversity of WEP with over 675 wild plant species used as food and their various parts are either consumed raw, roasted, boiled, fried, cooked or in the form of oil, spice, seasoning material, jams, and pickles by the native communities (Samant, 1997). The Garo tribe in Meghalaya uses around 38 species of wild plants as vegetables and 33 species are consumed raw or cooked (Singh et al, 2012); 28 species of wild plants are consumed as vegetables by aboriginal of Vindhyan plateau in Central India and over 45 plant species are consumed as emergency food by the tribes inhabiting Pachmarhi biosphere reserve in Madhya Pradesh (Jain and Tiwari, 2012). On the other hand, an ethnobotanical study on edible wild plants in a few chosen districts of Maharashtra reports 29 wild edible fruit plants consumed by tribal communities from Kalsubai- Harishchandragad wildlife sanctuary (Deshmukh and Vidya, 2010); 101 species were recorded used by tribes residing in Toranmal plateau of Maharashtra (Sharma and Mujumdar 2003) and 30 plant species, used by the tribal and non-tribal of Nasik district for ethnomedicinal purposes was recorded by Patil and Patil (2005).

This clearly indicates that the wild edibles form a major and prominent source of food and medicine in the daily routine of the tribal and non-tribal. Wild edibles such as tubers and corms are also frequently consumed to fulfil the critical gaps created by the agricultural shortfall, natural disasters, disease epidemics and famine and thus act a response to emergency (Belcher, 2005). However owing to the land use changes and yearlong availability of fruits and vegetables in the local markets, the use of wild edibles has been restricted which shall in turn threaten the traditional knowledge of the use of these wild plants. As a result, the ethnobotanical studies need to be carried out to document the important sources of nutrition which played an important role in their diet and medicine.

This study documents the traditional knowledge of

wild edibles in the Jawhar region of Maharashtra, India and provides an inventory of wild plants consumed by the tribal communities of Jawhar block of Palghar district in Maharashtra. The plants have been recorded along with their availability, seasonality, uses and traditional recipes.

Methodology

Study Area

Jawhar block from Palghar district, Maharashtra state, India was identified as the site for conducting the study. Known as "Mahabaleshwar (A famous hill station in India) of Palghar district", Jawhar taluka is located at 19.92°N 73.23°E at the height of approx. 473 meters above sea level (Fig. 1). The area receives an average rainfall of around 3000 mm (Chotte et al, 2014). Being part of the Northern Western Ghats, the area is rich in biodiversity with a moist deciduous type of forest ecosystem (Champion and Seth, 1968). The region is inhabited by different tribes like Thakur, Mahadev Koli, Warli, Katkaris and Kokana who are partly dependent on different plants species for food and medicinal purposes.

Palghar district is well known for the WEP consumed by the tribal population (Sonawane et al., 2012; Chotte et al, 2014; Oak et al 2015; Shivprasad et al 2016). But there is no proper documentation and validation of the WEP of Jawhar region. The tribal communities in Jawhar also depend on the WEP for their dietary and medicinal purposes apart from the agricultural produce. These WEP are largely harvested

Map 1: Location of the study site

from the local forest areas present around villages. Today, expansion of agricultural area and over-exploitation of the Non Timber Forest Produce (NTFP) have resulted in the degradation and deforestation which may threaten the ecological and biological value of the remaining tracks of forests in future (Belcher, 2005).

One of the major issues faced by the tribal population in this region is malnutrition. Malnourishment remains a major problem in the region mostly in the women and children below age group of 6 years. Studies have reported the issue of malnourishment to be severe in case of infants and children (Hatekar and Rode., 2003; Dimri et.al, 2012). One of the possible reasons for this severity could be lack of knowledge about healthy diet, ignorance towards wellbeing and proper sanitation or lack of food variety and absence of purchase power to procure nutritious food. Today, local livelihoods are mainly based on the small scale farming with cultivating sustenance crops such as rice, nachni etc; fruit crops such as banana and chickoo. The other sources of income mostly include labour wages in the nearby cities such as Thane and Mumbai.

Methodology

The study was conducted from December 2014 to March 2016. Extensive review of literature was undertaken in order to collate information about the wild edible species from Jawhar block. Focus Group Discussions (FGD) were conducted in 25 tribal villages namely Tasupada, Madvihira, Kahandolpada, Umbrachapada, Bhagada, Savarpada, Malghar, Khuripada, Chibhadepada, Kogade, Jamsar, Sarsun, Umbervihir, Khambala, Behedpada, Dhodipada, Barwadpada, Pachgud, Kalamvihira and Kasatwadi which were selected by stratified random sampling. The local names of the plant species and their significance to the community was documented using a questionnaire. The discussions consisted of men, women, youth, elderly people, local medicine men (locally known as Vaidu) as well as plant experts (botanists) to understand the varied significance of wild edibles to each group (in this case total, N= 323).

Participatory transect surveys were undertaken in the forest areas with the help of the local tribes to identify and validate the plant species. Flora of Maharashtra aided in the identification of plants on field (Almeida, 1996, 1998, 2001a,b; 2003a, b; 2009 a, b). The surveys were undertaken seasonally as the floral pattern is subjected to change as per the season. The points to be surveyed in the forest were marked using Google Earth software. On field, these points were identified, tracked and marked using a Global Posi-

tioning System (GPS). The relevant plants observed at random were also recorded to collate and update the checklist. This approach helped document all the wild edibles present in the area irrespective of their significance to the tribal communities in the vicinity.

Results and Discussion

WEP and Perceptions

WEP are being consumed by all the strata of the tribal community throughout the year. A total of 162 species of WEP were reported from the survey. The details of the reported plant species such as the local names of the plant, season of availability and significance of the wild edible plant and the method of consumption is provided below in Table 1.

The study indicated plants belonging to 65 families out of which maximum plants consumed were from Leguminosae family (19 species). The top ten families following Leguminosae were Cucurbitaceae (12 species), Malvaceae (10 species), Dioscoreaceae (7 species), Amaranthaceae (6 species), Araceae (6 species), Lamiaceae (6 species), Poaceae (5 species), Rubiaceae (5 species) and Apocynaceae (4 species). As it could be observed from Fig. 2, trees have constituted 34% of the WEP species followed by herbs (29%), climbers (23%), shrubs (12%), Fungus(mushrooms) (1%) and fern species (1%).

Although the WEP form a crucial part of the diet of the tribal communities, very few of them were aware about of the nutritional aspect of the wild edibles. The knowledge of medicinal uses of plants species was restricted to the older generation or the Vaidu'. It was found that out of the 162 species of wild edibles, almost 74% of the wild edibles were consumed as food and 14% of the species possess medicinal significance

Graph 1 : Life forms of the WEP recorded in Jawhar

while 12% of the species are characterised for both dietary and medicinal significance.

Seasonal availability of wild food resources

Seasons play an important role in the pattern of consumption of wild edibles by the tribal communities. A total of 48 % species are seen in monsoon (June-September) while 20% plants are found throughout the year, 18% in summers (February- May) and 14 % in winters (October- January) (Fig. 3).

Different processes of the plant such as flowering, fruiting, and leafing seasonal and hence different plant parts are consumed in different seasons. Of these 30% consumption was of fruits, followed by leaves (27%), seeds (12%), flowers (8%), tubers (7%) and followed by others (Fig.4).

The analysis shows that most of the wild edibles are consumed during the monsoon. Most of the fruits, flowers and leaves of different plant species are harvested for consumption during monsoons. The food items being highly perishable are mostly consumed immediately after harvesting while some species are stored in the form of pickles or dried forms (Chotte A, 2014). Tree species such as *Pterocarpus marsupium*, *Anogeissus latifolia* are perennial thus the leaves, bark and sap of these plants are utilized on a regular basis. The months of winter and summer are most vulnerable to food shortages due to water scarcity and less availability of edible plant species in the wild. In such situations, tubers are the preferred due to their availability in the dry season. The tribal communities depend on the agricultural produce during this time of the year.

Graph 2 : Season of availability of the WEP for consumption

Graph 3 : Parts of the plant consumed by the tribal communities of Jawhar

Consumption of Significant Species

The tribes in Kasatwadi village consume a fern species, *Athyrium hohenackerianum*, (Akri) which is a unique observation from the study area. The studies reporting the consumption of WEP from Maharashtra have not yet reported such observation from different parts of the state. Thus this is the first of its kind recorded observation of consumption of fern as food. But this observation was recorded only from one village, Kasatwadi, while communities from other villages are unaware about the significance of the fern. Another species, *Justicia procumbens* (Sharambal) was also found to be consumed only in the Kasatwadi village. The reason for the same was unknown. Species consumed by different villages also varied. Villages situated near river were found to consume aquatic plant species such as *Cryptocoryne spiralis* (Sol) and *Marsilea quadrifolia* (Girjala) whereas villages situated up-hill did not have access to these and thus were ignorant about its availability.

Some of the plant species have also been domesticated such as *Momordica dioica* (Karli/Karele), *Dioscorea bulbifera* (Kadukand), *Amorphophallus paeoniifolius* (Suran), *Curcuma longa* (Halad/Haldi) and *Basella alba* (Mayalu/ Indian Spinach) which are cultivated in the backyard /kitchen gardens. Germplasm of these plants are stored until the next season of plantation. Few wild edibles are found to be consumed only in few villages due to the geographical differences, lack of availability and accessibility and lack of knowledge about the plant species. It was also found that few wild edibles such as tubers, bamboo, leafy vegetable, fruits and flowers also contribute to the economics of the tribal communities. The tribes sell the WEP in the local market at Jawhar or sell it directly by

setting up small stalls at the road sides or highways.

Conclusion

The regular diet of the tribal people of Jawhar consist of rice, finger millet (nachni/raagi), urad and few locally available vegetables. They mostly depend on rain-fed agriculture for food and sell the surplus. Forest land is gradually getting converted into agriculture land, with the growing demand for food due to increasing population, but climatic variations are negatively impacting the agricultural produce. Shifting cultivation is the common practice and increasing deforestation and mono-culture are changing the landscape which is a threat to the availability and abundance of wild edibles. This could also be one of the reasons why the tribal communities are increasingly dependent for food on agricultural produce available in the market. Moreover, lack of knowledge about WEP in the younger generation and the lack of livelihood opportunities leads to migration which again results in to lesser consumption of wild edibles.

Traditionally used wild edibles have enormous medicinal potential and could be an excellent source of nutrition and vitamins as a supplementary food. This immense knowledge gained through trial and error practices over several decades needs to be documented as they are an integral part of the Indian culture. It has been reported that out of an estimated portfolio of 30,000 edible plant species recorded worldwide, man depends only on 12 crops for the bulk of its nutritional requirements (Padulosi et al, 2011). This implies the great potential of wild edibles in the context of food security. The decreased use of wild edibles due to modernization and lack of knowledge among the younger generation are the major challenges. Thus it is important to conduct various studies on the commercial potential for ensuring the conservation and sustainable utilization of these species to hold a food-secure future.

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Table 1: List of WEP consumed by the tribal communities along with their significance and method of consumption

Sr. No	Local Name of Species	Scientific Name	Family	Habit	Season of availability	Plant part used	Significance	Recipes (If any)	Medicinal information
1.	Aagheda/ Achira	<i>Achyranthes aspera</i> L.	Amaranthaceae	Herb	Monsoon	Tender leaves	Food and Medicinal	Tender leaves are soaked in water and cooked with onion and local masalas as a vegetable.	Root powder extract is consumed during tooth ache.
2.	Aalambi/ Alimbi	<i>Pleurotus</i> spp	Agaricaceae	Fungus	Monsoon	Whole mushroom	Food	Mushrooms are boiled and cooked with local spices.	-
3.	Abay/ Abai/ Chopdi	<i>Canavalia gladiata</i> (Jacq.) DC.	Leguminosae	Climber	Monsoon	Pods	Food	The young pods are boiled and are cooked with onion and chilly. The excess boiled water is drained.	-
4.	Adulsa	<i>Justicia adhatoda</i> L.	Acanthaceae	Shrub	All season	Leaves	Medicinal	-	Decoction of leaves is consumed during cough.
5.	Akri/ Akkadghad	<i>Athyrium hohenackerianum</i> T. Moore	Athyriaceae	Fern	Monsoon	Tender shoots	Food	Young shoots are boiled and cooked as vegetable in local spices.	-
6.	Aliv/ Alav	<i>Meyna laxiflora</i> Robyns	Rubiaceae	Tree	Monsoon	Fruits	Food (Sold in the market during season)	Directly consumption of fruits.	-
7.	Alu/ Arabi/ Tera/ Teri	<i>Colocasia esculenta</i> (L.) Schott	Araceae	Herb	Monsoon	Leaves and Tuber	Food	1. Leaves are steamed and layered with gram flour to make local dish called 'Wadi'.	-

Sr. No	Local Name of Species	Scientific Name	Family	Habit	Season of availability	Plant part used	Significance	Recipes (If any)	Medicinal information
								2. Green curry or 'Saag' is also prepared by using the leaves. 3. Tubers are boiled and cooked as vegetable.	
8.	Amba	<i>Mangifera indica</i> L.	Anacardiaceae	Tree	Summer	Bark and Fruits	Food and Medicinal	Directly consumption of fruits	Bark decoction is consumed during stomach ache
9.	Ambadi	<i>Hibiscus sabdariffa</i> L.	Malvaceae	Herb	Monsoon	Leaves and Fruits	Food and Medicinal	1. Initially leaves are dried and cooked as vegetable using local masalas. 2. As it is sour to taste only small portion is added just to add taste while cooking curry or fish.	A small portion of the dried fruit is boiled and the water is consumed to cure cough or stomach infection.
10.	Ambuti	<i>Begonia crenata</i> Dryand	Begoniaceae	Herb	Monsoon	Leaves	Food	Leaves are consumed directly or added in vegetable for its sour taste.	-
11.	Asand	<i>Bridelia retusa</i> (L.) A.Juss.	Phyllanthaceae	Tree	Monsoon	Fruits and Bark	Food and Medicinal	Directly consumption of ripe fruits	Bark extract is consumed during ear ache. Also effective on stomach ache.
12.	Avala	<i>Phyllanthus emblica</i> L.	Phyllanthaceae	Tree	Winter	Fruits and Stem	Food and Medicinal	Ripe fruits are consumed raw or pickled through sun drying.	Stem extract is consumed during dental pain.
13.	Badade	<i>Arisaema murrayi</i> (J. Graham) Hook.	Araceae	Herb	Monsoon	Tuber	Food	Tubers are soon boiled and cooked and consumed directly or as vegetable.	-

Sr. No	Local Name of Species	Scientific Name	Family	Habit	Season of availability	Plant part used	Significance	Recipes (If any)	Medicinal information
14.	Bafali/ Baphali	<i>Heracleum grande</i> (Dalzell & A. Gibson) Mukhop.	Apiaceae	Herb	Monsoon	Leaves, roots and seeds	Food and Medicinal (Sold in the market during season)	1. Steamed leaves are saute on oil to make vegetable. 2. Seeds are used in preparation of sauce 'chatni'.	Seed powder and root decoction is used to cure stomach pain.
15.	Bahava	<i>Cassia fistula</i> L.	Leguminosae	Tree	Summer	Flowers	Food	Flowers are boiled and cooked with onion and chilies. The water is drained after thoroughly after cooking.	-
16.	Bamboo/ Vasate	<i>Bambusa bambos</i> (L.) Voss	Poaceae	Herb	Monsoon	Shoots	Food (Sold in the market during season)	Young shoots used to prepare vegetable as well as preserved in the form of a pickle.	-
17.	Bandgul	<i>Dendrophthoe falcata</i> (L.f.) Ettingsh.	Loranthaceae	Shrub	Winter	Fruits	Food	Fruits are consumed directly.	-
18.	Beheda	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae	Tree	Monsoon	Fruits and Seeds	Food and Medicinal	Seeds consumed raw by children only after the fruit dries and breaks. Too much consumption of seeds may cause giddiness in children.	Powder of fruits is consumed during cough.
19.	Bel	<i>Aegle marmelos</i> (L.) Corrêa	Rutaceae	Tree	Summer	Fruits and Bark	Food and Medicinal	Ripe fruits are directly consumed or added in juice 'Sharbat'	Bark decoction consumed during dental pain.

Sr. No	Local Name of Species	Scientific Name	Family	Habit	Season of availability	Plant part used	Significance	Recipes (If any)	Medicinal information
20.	Bhagar/ Varai	<i>Panicum miliaceum</i> L.	Poaceae	Herb	Winter	Seeds	Food	1. Mostly consumed by preparing Soup 2. Grains are boiled to prepare 'Khichadi' (Type of rice item) by adding local ingredients.	-
21.	Bharangi	<i>Rotheca serrata</i> (L.) Steane & Mabb.	Lamiaceae	Shrub	Monsoon	Leaves	Food	Young leaves are used to make vegetable.	-
22.	Bhokar	<i>Cordia dichotoma</i> G.Forst.	Boraginaceae	Tree	Summer	Fruits	Food	Raw fruits are pickled while ripe fruits are directly consumed	-
23.	Bhopla/ Bhopala/ Dangar/ Dongar-bhaji	<i>Cucurbita maxima</i> Duchesne	Cucurbitaceae	Climber	Monsoon	Fruits	Food	Fruits are boiled and cooked as a vegetable.	-
24.	Bibba	<i>Semecarpus anacardium</i> L.	Anacardiaceae	Tree	Summer	Fruits and Seeds	Food	1. Fleshy part of fruit is consumed directly. 2. Seeds known as Godambi are consumed raw.	-
25.	Bivala/ Beeja	<i>Pterocarpus marsupium</i> Roxb	Leguminosae	Tree	All season	Leaves and Bark	Food and Medicinal	Young leaves boiled and cooked used as vegetable	Bark powder used to cure dental problem
26.	Bondara	<i>Lagerstromia parviflora</i> Roxb.	Lytharaceae	Tree	All season	Leaves	Food	Tender leaves are mixed with other wild vegetable and cooked to remove itchiness occurring in throat.	-

Sr. No	Local Name of Species	Scientific Name	Family	Habit	Season of availability	Plant part used	Significance	Recipes (If any)	Medicinal information
27.	Bor	<i>Ziziphus jujube</i> Mill.	Rhamna-ceae	Tree	Winter	Fruits	Food	Direct consumption of fruits.	-
28.	Borod	<i>Echino-chloa colona</i> (L.) Link	Poaceae	Herb	Monsoon	Seeds	Food	Seeds are used in the preparation of sweets.	-
29.	Chaivel/ Chaikand/ Chayavel	<i>Dioscorea alata</i> L.	Dioscorea-ceae	Climber	Monsoon	Tubers	Food	Tubers are boiled, cooked and consumed as vegetable.	-
30.	Chavali	<i>Vigna unguiculata</i> (L.) walp.	Legumino-sae	Climber	Monsoon	Seeds	Food	Seeds are boiled and cooked as vegetable.	-
31.	Chibud/ Musk-melon	<i>Cucumis melo</i> L.	Cucurbita-ceae	Climber	Summer	Fruit	Food	Fruits are consumed directly on ripening.	-
32.	Chinch	<i>Tamarindus indica</i> L.	Legumino-sae	Tree	Summer	Ripe fruits	Food	1. Ripe fruit are added in vegetables to add the sour flavor. 2. Riped fruits are also consumed directly.	-
33.	Chirambot	<i>Physalis minima</i> L.	Solanaceae	Herb	Monsoon	Fruits	Food	Ripe fruits are consumed directly.	-
34.	Chirati	<i>Mukia maderaspatana</i> (L.) M.Roem.	Cucurbita-ceae	Climber	Monsoon	Fruits	Food	Ripe fruits are consumed directly.	-
35.	Chunch/ Chuch/ Chinch-nuk	<i>Corchorus olitorius</i> L.	Malvaceae	Herb	Monsoon	Leaves	Food	Young leaves are boiled and cooked as vegetable.	-

Sr. No	Local Name of Species	Scientific Name	Family	Habit	Season of availability	Plant part used	Significance	Recipes (If any)	Medicinal information
36.	Dauda	<i>Sterculia gutata</i> Roxb. ex G.Don	Malvaceae	Tree	Winter	Seeds	Food	Roasted seeds are consumed directly.	-
37.	Dehagadi/ Digha- vadi/ Konchi	<i>Dioscorea wallichii</i> Hook.f.	Dioscoreaceae	Climber	Monsoon	Tender leaves and shoots	Food	Tender leaves and shoots are boiled and cooked with local masalas to be consumed as vegetable.	-
38.	Dhavda/ Dhamoda	<i>Anogeissus latifolia</i> (Roxb. ex DC.) Wall. ex Guillem. & Perr.	Combretaceae	Tree	All season	Gum	Food	Gum is edible and added in various curries and vegetables.	-
39.	Dhayati	<i>Woodfordia fruticosa</i> (L.) Kurz	Lytharaceae	Shrub	Winter	Flowers	Food	Flowers are not only used to extract nectar but they are also cooked and consumed.	-
40.	Dudhi	<i>Lagenaria siceraria</i> (Molina) Standl.	Cucurbitaceae	Climber	Monsoon	Fruits	Food	Fruits are boiled and cooked as a vegetable.	-
41.	Erand	<i>Ricinus communis</i> L.	Euphorbiaceae	Shrub	All season	Seeds	Medicinal	-	Oil is extracted from the seeds of Erand which are used as laxative during stomach problems.
42.	Fanas	<i>Artocarpus heterophyllus</i> Lam.	Moraceae	Tree	Summer	Fruits	Food	Direct consumption of fruits.	-

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43.	Fatangadi/ Phangota/ Phatangdi/ Ambattingra	<i>Embelia tsjerium-cottam</i> (Roem. & Schult.) A.DC.	Primulaceae	Shrub	All season	Leaves and Seeds	Food and Medicinal	Leaves are boiled and cooked as vegetable using local masalas.	Seeds are consumed during stomach pain.
44.	Gagola	<i>Ipomoea muricata</i> (L.) Jacq.	Convolvulaceae	Climber	Monsoon	Fruits	Food	Fruits are consumed only after removal of the seed and stir fried with onion and local masalas to make vegetable.	
45.	Gala/ Gela Ghela/ Gal	<i>Catunaregam spinosa</i> (Thunb.) Tirveng.	Rubiaceae	Tree	Monsoon	Tender fruits	Food	Tender fruits are boiled and cooked in niger seeds and local masala to be consumed as vegetable.	
46.	Garbhanda	<i>Leea asiatica</i> (L.) Ridsdale	Vitaceae	Shrub	Monsoon	Leaves	Food	This wild edible was recorded in Jawhar but the tribes do not consume the same. In other parts of Maharashtra, the leaves are cooked and consumed.	
47.	Garbhend	<i>Thespesia lampas</i> (Cav.) Dalzell	Malvaceae	Shrub	Monsoon	Roots	Medicinal	-	The roots decoction is consumed during yellow urination.
48.	Gavar	<i>Cyamopsis tetragonoloba</i> (L.) Taub.	Leguminosae	Shrub	Winter	Fruits	Food	Fruits are boiled and cooked as vegetable.	-

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49.	Gavathi-udid	<i>Vigna mungo</i> (L.) Hepper	Legumino-sae	Herb	Monsoon	Seeds	Food	Seeds are cooked in the form of curry or vegetable.	-
50.	Gholu	<i>Portulaca oleracea</i> L	Portulaca-ceae	Herb	Monsoon	Leaves	Food	Leaves are boiled and cooked as vegetable.	-
51.	Ghugur-val	<i>Flacaurtia indica</i> (Burm.f.) Merr.	Salicaceae	Tree	Monsoon	Fruits	Food	Direct consumption of fruits.	-
52.	Girjala	<i>Marsilea quadrifolia</i> L.	Marsilea-ceae	Herb	Winter	Leaves	Food	Leaves are boiled and cooked as vegetable.	-
53.	God Kanda/ Karanda	<i>Dioscorea esculenta</i> (Lour.) Burkill	Dioscorea-ceae	Climber	Monsoon	Bulbil and Tuber	Food (Sold in the market during season)	Bulbils and tubers are boiled and cooked as vegetable.	-
54.	Gometi	<i>Solena amplexi-caulis</i> (Lam.) Gandhi	Cucurbita-ceae	Climber	Monsoon	Tuber	Medicinal	-	Tuber powder is consumed to increase the appetite in children.
55.	Gulvel	<i>Tinospora sinensis</i> (Lour.) Merr.	Menisper-maceae	Climber	Monsoon	Stem	Medicinal	-	Stem decoction is consumed during acidity and heat problem.
56.	Gunj	<i>Abrus precatorius</i> L.	Legumino-sae	Climber	Monsoon	Leaves	Food and Medicinal	Leaves are directly consumed after meal or add in 'Pan'	Leaves are used as medicine on cough and it also helps in digestion

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57.	Halad	<i>Curcuma longa</i> L.	Zingiberaceae	Herb	All season	Rhizome	Food	Rhizome powder is used in daily cooking.	-
58.	Halinda	<i>Vigna vexillata</i> (L.) A.Rich.	Leguminosae	Climber	All season	Tuber	Food	Tuber is consumed raw or is boiled and cooked as vegetable.	-
59.	Hirda	<i>Terminalia chebula</i> Retz.	Combretaceae	Tree	Monsoon	Fruits	Medicinal	-	Fruit powder is consumed against cough.
60.	Humb	<i>Miliusa tomentosa</i> (Roxb.) J.Sinclair	Annonaceae	Tree	Summer	Fruits	Food	Ripe fruits are consumed directly.	-
61.	Jambhul	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Tree	Summer	Fruits	Food	Ripe fruits are consumed directly.	-
62.	Jangali Kanda	<i>Drimia indica</i> (Roxb.) Jessop	Asparagaceae	Herb	All season	Bulb	Medicinal	-	Juice of the bulb is consumed during piles.
63.	Jungli-Suran/ Loth/ Shevala	<i>Amorphophallus commutatus</i> (Schott) Engl.	Araceae	Herb	Monsoon	Tuber, Tender leaves and Stem	Food (Sold in the market during season)	1. Tubers are boiled and cooked as vegetable. 2. Tender leaves (Loth) are steamed and cooked with onion and garlic. Leaves of 'Bondar' are added while cooking to remove the itchiness. 3. The leaves are also dried and stored for off season consumption. 4. Tender stem (Shevala) is cooked as vegetable.	-

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64.	Jwari	<i>Sorghum bicolor</i> (L.) Moench	Poaceae	Herb	Winter	Seeds	Food	Powdered seeds are mixed with water to make bread.	-
65.	Kadunimb	<i>Azadirachta indica</i> A. Juss.	Meliaceae	Tree	All season	Leaves	Medicinal	-	Leaves decoction is used for dental care.
66.	Kadukand/ Dukkar-kand	<i>Dioscorea bulbifera</i> L.	Dioscoreaceae	Climber	Monsoon	Tuber	Food	Tuber is kept overnight in the river so as to dissolve the bitter taste. It is then boiled and consumed.	-
67.	Kahandal	<i>Firmiana simplex</i> (L.) W.Wight	Malvaceae	Tree	Winter	Seeds and Gum	Food	1. Roasted seeds are consumed. 2. The gum of the plant is also consumed by adding it in various food items.	-
68.	Kaharul	<i>Bauhinia purpurea</i> L.	Leguminosae	Tree	Winter	Young leaves and Buds	Food	Young leaves and buds are consumed as vegetable.	-
69.	Kakad/ Kakhodshi	<i>Garuga pinnata</i> Roxb.	Burseraceae	Tree	Summer	Fruits	Food	Fruits are consumed directly and also prepared as pickle.	-
70.	Kakdi	<i>Cucumis sativus</i> L.	Cucurbitaceae	Climber	Summer	Fruits	Food	Direct consumption of fruits	-
71.	Kala kuda	<i>Wrightia tinctoria</i> R.Br.	Apocynaceae	Tree	Summer	Flowers	Food	Flowers are boiled and cooked in local masalas as vegetable.	-

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72.	Kali dhaman	<i>Grewia tillifolia</i> Vahl.	Malvaceae	Tree	Summer	Fruits, Bark and Roots	Food and Medicinal	Direct consumption of fruits.	1. Root extract is consumed during stomach ache. 2. Bark decoction is consumed during piles and bones joints.
73.	Kali musali	<i>Curculigo orchiodes</i> Gaertn.	Hypoxida-cea	Herb	Monsoon	Roots	Medicinal	-	Root decoction is useful in treatment of piles and joint pain.
74.	Kamal kakadi	<i>Nelumbo nucifera</i> Gaertn.	Nelumbo-naceae	Herb	All season	Seeds	Food	Roasted seeds are consumed.	-
75.	Kardai	<i>Argemone mexicana</i> L.	Asteraceae	Herb	Summer	Seeds	Food	Seeds are crushed to extract edible oil which is used in cooking purposes.	-
76.	Karli/ Karle/ Karavli	<i>Momordica charantia</i> L.	Cucurbita-ceae	Climber	Monsoon	Fruits	Food	Fruits are boiled & cooked as vegetable.	-
77.	Kartoli	<i>Momordica dioica</i> Roxb. exWilld.	Cucurbita-ceae	Climber	Monsoon	Fruits	Food (Sold in the market during season)	Fruits are boiled & cooked in oil as vegetable.	-
78.	Karval/ Karmal	<i>Dillenia pentagyna</i> Roxb.	Dillenia-ceae	Tree	Summer	Flowers	Food	Flowers are used in preparation of vegetable.	-

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79.	Karvand/ Karvanda	<i>Carissa carandas</i> L.	Apocynaceae	Shrub	Summer	Fruits	Food	1. Fruits are consumed directly on ripening. 2. Raw fruits are also used in pickles.	-
80.	Kate Math	<i>Amaranthus spinosus</i> L.	Amaranthaceae	Herb	Monsoon	Leaves	Food (Sold in the market during season)	Leaves are fried and cooked in oil and masalas as vegetable.	-
81.	Katesawar	<i>Bombax ceiba</i> L.	Malvaceae	Tree	Summer	Flowers	Food	Flowers are boiled and cooked as vegetable.	-
82.	Kavadar	<i>Ensete superbum</i> (Roxb.) Cheesman	Musaceae	Herb	Monsoon	Flowers and stem	Food	Stem and flower are boiled and consumed as a vegetable.	-
83.	Kaval- amba	<i>Trichosanthes tricuspidata</i> Lour.	Cucurbitaceae	Climber	Monsoon	Roots	Medicinal	-	Roots decoction consumed during urinary infection.
84.	Kavisha/ Kavisa	<i>Firmiana colorata</i> (Roxb.) R.Br.	Malvaceae	Tree	All season	Bark	Medicinal	-	Bark decoction is consumed during urine infection and stomach pain.
85.	Kawla	<i>Smithia conferta</i> Sm.	Leguminosae	Herb	Monsoon	Leaves	Food	Young leaves cooked with spices as vegetable.	-
86.	Keni	<i>Commelina benghalensis</i> L.	Commelinaceae	Herb	Monsoon	Leaves	Food	Young leaves are boiled and cooked in oil as vegetable.	-

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87.	Khadak-tera/ Teralu	<i>Ariopsis peltata</i> Nimmo	Araceae	Herb	Monsoon	Leaves	Food	1. Leaves are cooked as vegetable with oil and onion. 2. Leaves are also rolled to make spirals along with chana paste which is consumed after shallow frying. 3. Leaves are directly added to curry as garnish.	-
88.	Khajur/ Shindi	<i>Phoenix sylvestris</i> (L.) Roxb.	Arecaceae	Tree	Summer	Fruits and	Food Bark sap	Fruits are consumed directly while the sap is consumed as 'Madi/Neera' (Local alcohol).	-
89.	Kharbat/ Kharbati	<i>Grewia abutilifolia</i> Vent. ex Juss.	Malvaceae	Shrub	All season	Fruits	Food	Direct consumption of fruits.	-
90.	Kharsheng	<i>Radermachera xylocarpa</i> (Roxb.) Roxb. ex K. Schum.	Bignoniaceae	Tree	Monsoon	Fruits	Food	Young pods are boiled to remove bitterness and cooked as vegetable.	-
91.	Khurasani/ Khurasni	<i>Guizotia abyssinica</i> (L.f.) Cass.	Compositae	Herb	Summer	Seeds and Leaves	Food	1. Oil is extracted from seeds. 2. Tender leaves steamed and cooked with local masalas as vegetable.	-
92.	Koprya	<i>Alternanthera sessilis</i> (L.) R.Br. ex DC.	Amaranthaceae	Herb	Monsoon	Leaves	Food	Leaves are boiled and cooked as vegetable.	-
93.	Vazkand	<i>Dioscorea hispida</i> Dennst.	Dioscoreaceae	Climber	Monsoon	Tuber	Food	Tubers are boiled and cooked as vegetable.	-

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94.	Koshimb/ Koshim/ Kusum	<i>Schleichera oleosa</i> (Lour.) Oken.	Sapindaceae	Tree	Winter	Leaves and Seeds	Medicinal	Seed oil is used in vegetable.	Leaves decoction given for vomiting.
95.	Kothambal/ Kothimbir	<i>Coriandrum sativum</i> L.	Apiaceae	Herb	All season	Leaves	Food	Leaves cooked as vegetable or consumed directly by adding in the curry or as garnish.	
96.	Kudie/ Kuda/ Kod/ Kudva	<i>Holarrhena pubescens</i> Wall. ex G.Don	Apocynaceae	Shrub	Winter	Flowers	Food	Flowers are boiled and cooked as vegetable.	-
97.	Kuharool/ Shid	<i>Bauhinia racemosa</i> Lam.	Leguminosae	Tree	Winter	Leaves	Food	Leaves are boiled and cooked as vegetable.	-
98.	Kuli/ Kovalibhaji	<i>Chlorophytum tuberosum</i> (Roxb.) Baker	Asparagaceae	Herb	Monsoon	Young leaves	Food	Leaves are boiled and cooked as vegetable.	-
99.	Kumbha	<i>Careya arborea</i> Roxb.	Lecythidaceae	Tree	All season	Bark	Medicinal	-	Bark powder is consumed during stomach pain
100.	Kurdu	<i>Celosia argentea</i> L.	Amaranthaceae	Herb	Monsoon	Leaves	Food	Young leaves are steamed and cooked with onion and local masalas as vegetable.	-
101.	Kusar	<i>Jasminum malabaricum</i> Wight	Oleaceae	Climber	Monsoon	Fruits	Food	Fruits are consumed directly.	-

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102.	Lokhandi	<i>Ixora brachiata</i> Roxb.	Rubiaceae	Tree	All season	Leaves	Medicinal	-	Leaf powder is consumed during cough.
103.	Lundha	<i>Dioscorea pentaphylla</i> var. <i>jacquemontii</i> (Hook.f.) Prain & Burkill	Dioscoreaceae	Climber	Monsoon	Young shoots and tubers	Food	1. Tubers are boiled and cooked as vegetable. 2. Young shoots are also boiled and cooked as vegetable.	-
104.	Maswadi	<i>Ocimum</i> sps	Lamiaceae	Herb	All season	Leaves	Food	Leaves are used in local sauce preparation	-
105.	Math bhaji/ Getna	<i>Digera muricata</i> (L.) Mart.	Amaranthaceae	Herb	Monsoon	Leaves	Food	Young leaves are steamed and stir fried with onion, garlic and chili to make the vegetable.	-
106.	Mayalu	<i>Basella alba</i> L.	Basellaceae	Climber	Monsoon	Leaves	Food	Leaves are specially used to make Fritters. It is also consumed as a vegetable or added in curry preparation.	-
107.	Meki	<i>Cucumis setosus</i> Cogn.	Cucurbitaceae	Climber	Monsoon	Fruits	Food	Raw fruits are consumed directly.	-
108.	Moha/ Moh/ Mohati	<i>Madhuca longifolia</i> var. <i>latifolia</i> (Roxb.) A.Chev.	Sapotaceae	Tree	Summer	Seeds and flowers	Food	1. Flowers are cooked and consumed as vegetable. 2. Seeds are crushed for oil which is used during cooking.	-

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109.	Mokha/ Mukh-pala/ Moka	<i>Schrebera swietenoides</i> Roxb.	Oleaceae	Tree	Late Summer	Fruits and Leaves	Food	Young leaves and fruits are boiled and cooked as vegetable.	-
110.	Morvel	<i>Clematis gouriana</i> Roxb. ex DC.	Ranunculaceae	Climber	Monsoon	Fruits	Food and Medicinal	Leaves boiled and cooked with spices	Fruit extract used in ear ache
111.	Murud sheng/ Aati	<i>Helicteres isora</i> L.	Malvaceae	Shrub	Summer	Pods	Medicinal	-	Fruit decoction is used for stomach pain. 1. Crushed powder is consumed with water on scorpion bite.
112.	Nachani/ Nagli	<i>Eleusine coracana</i> (L.) Gaertn.	Poaceae	Herb	Monsoon	Flowers	Food	Grain powder is mixed with water and used for making 'bread'.	-
113.	Nadukali	<i>Pavetta indica</i> L.	Rubiaceae	Shrub	Summer	Flowers	Food	Flowers are boiled and cooked as vegetable.	-
114.	Nalbhaji	<i>Ipomoea aquatica</i> Forssk.	Convolvulaceae	Climber	Winter	Leaves and Stem	Food	Leaves and stem are cooked with onion and local masala as vegetable.	-
115.	Nilgiri	<i>Eucalyptus globulus</i> Labill.	Myrtaceae	Tree	All season	Leaves	Medicinal	-	Leaf extract used on dental problem and also used in common cold and cough.
116.	Nirgudi	<i>Vitex negundo</i> L.	Lamiaceae	Shrub	All season	Leaves	Medicinal	-	Leaf extract used for ear pain.

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117.	Ova	<i>Plectranthusamboinicus</i> (Lour.) Spreng.	Lamiaceae	Herb	All season	Leaves	Food	Leaves used to make Fritters and also added in curries for taste.	-
118.	Palas	<i>Butea monosperma</i> (Lam.) Taub.	Leguminosae	Tree	Winter	Flowers	Food and Medicinal	Flowers are used to make vegetable.	Branch decoction is consumed during sore throat.
119.	Papai	<i>Carica papaya</i> L.	Caricaceae	Tree	All season	Fruit	Food and Medicinal	Fruits are consumed directly on ripening.	Milky latex is consumed during dental problem.
120.	Papdi	<i>Holoptelea integrifolia</i> Planch.	Ulmaceae	Tree	Summer	Seeds	Food and Medicinal	Seeds consumed directly	Bark extract is used for dental diseases.
121.	Raan-Pavata	<i>Lablab purpureus</i> (L.) Sweet	Leguminosae	Climber	Winter	Seeds	Food	Seeds are cooked as vegetable.	-
122.	Pave	<i>Cheilocostusspeciosus</i> (J.Koenig) C.D.Spech	Costaceae	Herb	Monsoon	Leaves and Stem	Food	Tender leaves and stem are added to curry directly.	-
123.	Pendara/Pendhar	<i>Tamilnadia uliginosa</i> (Retz.) Tirveng. & Sastre	Rubiaceae	Tree	Winter	Fruits	Food (Sold in the market during season)	Young fruits are boiled and cooked for consumption.	-

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124.	Pimpal	<i>Ficus religiosa</i> L.	Moraceae	Tree	All season	Bark	Medicinal	-	Bark powder is mixed with water and consumed during stomach pain.
125.	Ran shegut	<i>Moringa concanensis</i> Nimmo	Moringaceae	Tree	All season	Bark and Pods	Food and Medicinal	Pods are boiled and cooked with local masala as vegetable.	Bark decoction is consumed during worm infection.
126.	Ran til	<i>Sesamum indicum</i> L.	Pedaliaceae	Herb	Monsoon	Seeds	Food	The seeds of the plants are crushed to extract edible oil.	-
127.	Ranvanga	<i>Solanum anguivi</i> Lam.	Solanaceae	Shrub	Winter	Fruits	Food	Fruits are cooked and stir fried with onion, garlic and chilly.	-
128.	Ratalu/ Ratala	<i>Ipomoea batatas</i> (L.) Lam.	Convolvulaceae	Climber	All season	Tuber	Food (Sold in the market during season)	Tubers are boiled and cooked as vegetable.	-
129.	Ringani/ Ringni	<i>Solanum xanthocarpum</i> Schrad. & H. Wendl	Solanaceae	Herb	Monsoon	Fruits	Food	Fruits are cooked and consumed as vegetable	-
130.	Sabar/ Sabarkand	<i>Euphorbia nerifolia</i> L.	Euphorbiaceae	Shrub	All season	Stem	Medicinal	-	Stem decoction is consumed during cough.
131.	Sadhadi/ Aine	<i>Terminalia tomentosa</i> Wight & Arn.	Combretaceae	Tree	Summer	Fruits	Food	Young fruits are edible.	-

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132.	Safedkuda	<i>Holarrhena antidysenterica</i> (Roth) Wall. ex A.DC.	Apocynaceae	Tree	Summer	Flowers	Food	Flower are boiled and cooked as vegetable.	-
133.	Sag	<i>Tectona grandis</i> L.f.	Lamiaceae	Tree	All season	Seeds	Medicinal	-	Powder of seeds is mixed with water and consumed for kidney stone and Renal problems.
134.	Sapud/ Dinda/ Dini	<i>Leea macrophylla</i> Roxb. ex Hornem.	Vitaceae	Shrub	Winter	Leaves	Food	Tender leaves are cooked with spices as vegetable.	-
135.	Sarambal	<i>Justicia procumbens</i> L.	Acanthaceae	Herb	Monsoon	Leaves	Food	Young leaves boiled and cooked as vegetable.	-
136.	Shevaga/ Shevga/ Sagava/ Shegalu	<i>Moringa oleifera</i> Lam.	Moringaceae	Tree	All season	Flowers, Fruits and Leaves	Food	Young leaves, fruits and flowers are cooked and consumed as vegetable.	-
137.	Siral/ Dodka	<i>Luffa acutangula</i> (L.) Roxb.	Cucurbitaceae	Climber	Monsoon	Fruit	Food	Fruit cooked as vegetable.	-
138.	Sol	<i>Cryptocoryne spiralis</i> (Retz.) Fisch. ex Wydler	Araceae	Herb	Monsoon	Young leaves	Food	Leaves are mixed with Gram flour to make Fritters and then consumed.	-

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139.	Supali	<i>Cleome viscosa</i> L.	Cleomaceae	Herb	Monsoon	Pod	Medicinal	Pods are boiled and cooked as vegetable.	-
140.	Suran	<i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson	Araceae	Herb	Monsoon	Tubers	Food	Tubers are boiled and cooked with local masala as vegetable.	-
141.	Tadgole	<i>Borrassus flabellifer</i> L.	Arecaceae	Tree	Summer	Fruits	Food	Fruits are consumed directly.	-
142.	Tagadi/ Tagda/ Taag	<i>Crotalaria juncea</i> L.	Leguminosae	Shrub	Monsoon	Flowers	Food	Flowers are boiled and cooked as vegetable.	-
143.	Tambat/ Atrun/ Gugarval	<i>Flacourtia indica</i> (Burm.f.) Merr.	Salicaceae	Tree	Monsoon	Fruits	Food	Fruits are consumed directly.	-
144.	Tandala	<i>Amaranthus tricolor</i> L.	Amaranthaceae	Herb	Monsoon	Leaves	Food	Leaves are boiled and cooked as vegetable.	-
145.	Tantani	<i>Lantana camara</i> L.	Verbenaceae	Shrub	Winter	Fruits	Food	Fruits are consumed directly.	-
146.	Tanvel	<i>Cocculus hirsutus</i> (L.) W.Theob.	Menispermaceae	Climber	Monsoon	Leaves	Food	Leaves boiled and cooked in oil as vegetable.	-
147.	Taravata/ Tarota/ Takhata/ Atora	<i>Senna tora</i> (L.) Roxb.	Leguminosae	Herb	Monsoon	Leaves and Seeds	Food	1. Young leaves boiled and cooked as vegetable 2. Seeds roasted and powdered to prepare coffee powder and then consumed with boiled water or milk.	-

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148.	Tehra/ Terda	<i>Impatiens balsamina</i> L.	Balsamina-ceae	Herb	Monsoon	Young leaves	Food	Young leaves used as vegetable	-
149.	Tembhurni/ Tembhurni/ Tembrun	<i>Diospyros melanoxylon</i> Roxb.	Ebenaceae	Tree	Summer	Fruits	Food	Fruits are consumed directly.	-
150.	Tetava/ Tetavi/ Tetu	<i>Oroxylum indicum</i> (L.) Kurz	Bignonia-ceae	Tree	Early Summer	Young pods and Bark	Food	Young pods are boiled and cooked to make vegetable.	Bark decoction is effective in urinary infection
151.	Tivas	<i>Desmodium oojeinense</i> (Roxb.) H.Ohashi	Legumino-sae	Tree	All season	Flowers and Bark	Food	Flowers are boiled and cooked as vegetable.	Bark decoction helps in balancing the blood pressure level
152.	Tondali/ Tondval	<i>Coccinia grandis</i> (L.) Voigt	Cucurbita-ceae	Climber	Monsoon	Fruits	Food and Medicinal	Fruits boiled and cooked as vegetable.	Milky latex is used for mouth ulcer.
153.	Toran	<i>Ziziphus rugosa</i> Lam.	Rhamna-ceae	Climber	Summer	Fruits	Food	Fruits are consumed directly.	-
154.	Tulas/ Tulasi/ Krushna-tulas	<i>Ocimum tenuiflorum</i> L.	Lamiaceae	Herb	All season	Leaves	Food and Medicinal	Tulsi leaves are added while making tea to add flavor	Leaf extract is consumed during headaches and coughs.
155.	Udid	<i>Vigna radiata</i> (L.) R.Wilczek	Legumino-sae	Climber	Monsoon	Seeds	Food	Seeds are boiled with local masalas to prepare curry.	-

Sr. No	Local Name of Species	Scientific Name	Family	Habit	Season of availability	Plant part used	Significance	Recipes (If any)	Medicinal information
156.	Ulashi/ Udasha/ Ulushi	<i>Dioscorea pentaphylla</i> L.	Dioscoreaceae	Climber	Monsoon	Tender shoots, leaves and tuber	Food and Medicinal	1. Tubers are boiled and consumed as vegetable. 2. Tender shoots are steamed and stir fried with onion and local masalas as vegetable.	Leaf extract is given as paste during iron deficiency.
157.	Umbar/ Umber/ Athi	<i>Ficus racemosa</i> L.	Moraceae	Tree	All season	Fruits	Food	Raw fruits are used to make vegetable while ripe fruits are consumed directly.	-
158.	Usiver	<i>Cayratia japonica</i> (Thunb.) Gagnep.	Vitaceae	Climber	Monsoon	Flowers	Food	Flowers are cooked as vegetables.	-
159.	Vad	<i>Ficus benghalensis</i> L.	Moraceae	Tree	Monsoon	Fruits	Medicinal	-	Fruits are consumed during stomach pain.
160.	Vaghot/ Vaghat/ Vaghoti/ Ekota/ Kaposhi	<i>Capparis zeylanica</i> L.	Cappara-ceae	Climber	Winter	Fruits	Food	Raw fruits are cooked and consumed as vegetable.	-
161.	Vela karanj	<i>Derris scandens</i> (Roxb.) Benth.	Legumino-sae	Climber	Monsoon	Tuber	Medicinal	-	Tuber decoction is given to lactating mothers.
162.	Zendu	<i>Tagetes erecta</i> L.	Compositae	Herb	All season	Leaves	Medicinal	-	Decoction of leaves is used to cure eye infection