

A Review of Wild Edibles Plant Used by Indian Tribes

Review Article

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Abstract

The total forest and tree cover is 79.42 million hectares, which is 24.16 percent of the total geographical area. The tribal population of India as per the 2011 census was 104 million, constituting 8.6% of the country's population. Tribal people in India depend on forests for their livelihood. Wild foods are important Non-timber forest products for the tribes. The tribal people are very close to nature and have hereditary traditional knowledge of eating wild plants and plant parts like tubers, shoots, leaves, fruits, etc. as a source of food. Although these wild edible plants play an important role in food security, they are often overlooked. Primitive man, through trial and error, selected several wild edible plants that were edible and later domesticated. The present research paper reviews the documented wild edible plants and their use by tribes in different parts of India. Streamlining these wild edible plant species will provide food security. Less susceptible to wild food diseases can be easily grown without pesticide application. Ironically, these plants are still unknown or less known in other parts of the world. Wild edible plant species can be popularized after phytochemical analysis and nutraceutical studies. The present study on the review of wild edible plant species would help collect the variety of edible plant species used by different tribes in different parts of India.

Keywords: Wild edible plant; Tribes; Utilization; India

Introduction

Wild edibles are important Non-timber forest products for tribes. According to the India State of Forest Report (ISFR) 2015, the total forest and tree cover is 79.42 million hectares, which is 24.16 percent of the total geographical area. The tribal population of India is 8.6 as per the 2011 census. In India, the tribal people depend on forests for their livelihood. The tribal people are very close to nature and have hereditary traditional knowledge of consuming wild plants and plant parts viz. tuber, shoots, leaves, fruits, etc. as a source of food. Although these wild edible plants play an important role in food security, they are ignored. Various tribal sects of India are repositories of rich knowledge on various uses of plant genetic resources [1]. Wild edible plants play a major role in meeting the nutritional requirement of the tribal population. Among the various kinds of plants, food plants received the earliest attention of mankind and reflect man's search for knowing more and more about the nutrient qualities of food plants. Primitive man through trial and error has selected many wild

edible plants, which are edible, and subsequently domesticated them. Modern man neither domesticated the leftover nor has identified any new food plants in recent times, which are widely accepted; they have improved only a few crop plants. The present-day wild edible plants are particularly useful during famine and similar scarcity situations. Even during normal times, wild plants provide materials for a diet to the less advanced section of the human community, often referred to as tribals/Adivasis in India who generally inhabit hilly and other less accessible tracts in both developed and developing countries (Arora and Pandey, 1996). In India, it is estimated that about 800 species are consumed as wild edible plants, chiefly by the tribal people (Singh and Arora, 1978). The present paper reviewed wild edible plants documented in different parts of India and their utilization by the tribes.

Taxonomy (Gk. *Taxis* = arrangement; *nomos* = rules means "arrangement by rules") is the science of taxonomy in the broadest sense, but more strictly the classification of living and extinct

organisms' *i.e.* biological classification. It is the principle of systematic botany and systematizes the types of plants. In the present study, wild edible plants are classified as per Bentham and Hooker's system of classification. Various publications dealing with wild edibles, ethnography, and botany were surveyed. All information summarized in this review refers to the use of wild edible plants within the boundaries of India, based on literature sources providing relevant information from 2007 onwards. For each publication, geographical area, number of plant species reported and tribe's names where sources are available are given. All data were grouped in wild edible plants and wild edible plants' properties order.

Wild edible Plants

Sathyavathi and Janardhanan (2011) summarize that Nilgiri means Blue Mountain. They said it was originally a tribal land and was occupied by the Todas, Kotas Kurumbas, and Panyas, But Badagas are one of the Major Communities in the district who reside in the mountain. They maintain the weather which is favorable for the wild edible fruits. They maintain 30 wild edible fruits used by the Badagas of the Nilgiri district, but local people were not aware of the economical value of such fruits. Hence researcher suggests this study is being taken to conserve those wild edible fruits and cultivate them on a large scale to uplift their economic status in near future. Reddy, (2011) emphasized the study of different wild edible plant species used by tribal and rural people from the Chandrapur district of Maharashtra state. They reveal information about various edible parts of plant species including dicots and monocots *i. e.* corms, tuber, leaves, flowers fruits and seeds. They also focus on the collection and utilization of wild edible plants to provide seasonal food security and become a source of income to the local people researcher said there is a large number of plant species that can be used to fulfill the nutritional requirements of a growing population. Tribal's are part of nature they fulfill most of their needs from wild resources; they got knowledge of wild edible plants traditionally. Sasi and Rajendran (2012) Nilgiri Hills are situated in the Western Ghats of India, which is known as a rich biodiversity hotspot with, a predominantly tribal population. The researcher said ethno botany is an important tool to assess the wild edible species in plant genetic resources. The researcher studied a total of 70 species which is belonging to 48 genera, which are under 27 families. They said the present ethno botanical aspects of wild and less-known plants of the Nilgiri region can be used to determine collection priorities and conservation strategies. Jadhav and Mahadkar (2012) deal with the identification, documentation and ethnobotanical exploration concerning the food value of wild edible plants from the Kolhapur district. They surveyed 50 wild edible plants. They said edible parts of wild plants were nature's gift to mankind; these are not only delicious and refreshing but the chief source of vitamins, minerals and protein. They said the popularity of this wild form of fruits, flowers and tubers has been defined. They mentioned that special attention should be paid to them to maintain and improve this important source of food supply. Mahadkar and Valvi (2012) studied ten edible plants. The name of the plants as *Ensetesuperbum*, *Gmelinaarborea* Roxb, *Orosylumindicum* Vent, *Bauhiniceracemosa* Lam, *Carotaurens* L, *Smilax zeylanical*, *Woodfordiafruticosa*, *Commelinabenghalensis*, *Gaxiniaindic*,

Zanthoxylumrhetsa were studied for their anti nutritional factors. They found the highest level of phytate in *Ensetesuperbum*, oxalate was highest in *Smilax zeylansea*. Tannin was highest in *Bauhinia racemosa*, saponin was absent in all plants. The values of anti-nutrients in all the above-studied plants are below the toxic levels of anti-nutrients. Vaishali and Jadhav (2013) reported 9 non cultivated greens leafy vegetables being used by the rural people and their medicinal use from various regions of Kolhapur District of Maharashtra. [2] Chauhan *et al.* (2014) reported 51 leafy vegetables being eaten by the tribal and local people of Chhattisgarh. Singh and Kumar (2014) reported 17 wild edible aquatic and marshyplants traditionally used in various forms by the Munda tribe of District Khunti, Jharkhand; 31 wild edible plant species from 19 families being used by the tribals from Kupwara, Jammu 7 Kashmir (Mir, 2014);[3] 105 wild edibles being used by the elder generation of tribal and rural population for sustenance from old Mysore district and categorized into the whole plant (04), root (13), Bark (01), stem (01), leaf (20), flower (07), fruit (55), seed (07), sap (01) and gum (03). Various groups of tribals found in the surroundings are Jenukuruba, Bettakuruba, Paniya, Panjari, Yeravas and Soligas (Nandini and Siddamallayya, 2014). Prasanth Kumar and Siddamallayya (2014) documented 29 wild tuberous plant species belonging to 24 genera of 15 families with their mode of consumption and medicinal uses from other local villagers in Hassan district, Karnataka. Sanyasi Rao *et al.* (2014) reported 55 indigenous food plants viz., 24 species as leafy vegetables, 21 species for fruits, 6 species for tubers, 4 species for tender shoots, 2 each for seeds and flowers from Dumbriguda area of Visakhapatnam commonly consumed by the tribal communities. The major tribal communities are Nookadora, Kotiya, Kondakammari, Bagatha, Kondh, Muliya, Kondadora and Valmiki. Sarvalingamet *et al.* (2014) reported 68 wild edible plants belonging to 56 genera and 39 families from Maruthamalai Hills, Coimbatore district consumed by the Rules. Among them rhizomes, roots and tubers of 14 plant species, fruits of 35 plant species leave of 11 plant species, seeds and arils of 7 plant species stem pith of 1 plant species. Sathyavathi & Janardhan (2014) reported 30 wild edible fruits used by the Badagas of the Nilgiri district. Singh (2014) documented fifty wild leafy vegetables belonging to 31 families, 38 genera and 50 species from nine districts of Jharkhand used by the local tribal and other communities. Panda (2014) documented 86 wild edible plants belonging to 51 families as livelihoods used in the interior of Kendrapara district of Odisha state. Patale Chandra kumar *et al.* (2015) reported a total of 80 wild edible plant species belonging to 69 genera and 38 families used by Gond, Halbaand Kaware tribes of Gondia district, Maharashtra. Pradhan and Tamang (2015) reported 26 species of wild leafy vegetables (WLV) used by Nepali, Bhutia and Lepcha ethnic communities from Sikkim. Saikia (2015) reported 51 wild vegetable plants from the Dhemaji District of Assam with their medicinal uses. Uses of wild and semi-wild Citrus species viz., *Citrushystrix*., *Citrus latipes* and *Citrus indica* by the Khasi and Garo tribes of Meghalaya (Anamika *et al.* 2016); ten countries with the largest wild collection areas in 2014 are Finland, Zambia, India, Namibia, Russian Federation, Romania, Brazil, China, Tajikistan and Bolivia (Frick and Bonn, 2016). Pradeep *et al.* (2016) reported 41 species of wild edible plants (WEPs) used by the Konyak tribe in Mon district, Nagaland. [4] Jyotsna and Katewa (2016) reported a total of 46 plant species belonging to 27 families from

Southern Rajasthan utilized by tribes viz., Bhil, Meena, Damor, Garasia and Kathodi, natural healing force within each one of us is the greatest in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick is to feed your sickness". Ahirwar and Shakya (2013) observed about 33 wild edible plant species which provide food and vegetables to inhabiting Tribes of the Anuppur district of Madhya Pradesh. The data collected have been pooled and presented in tabular form and they have been collecting various types of plants for food, fodder, fuel, medicine, etc., and Bijuri forest represents a diversity of ecosystems, communities and species. The inhabitants have much percentage of many types of tribes. Ballabha *et al.*, (2013) documented the diversity, indigenous uses and availability status of wild edible plants of the Lohba range of the Kedarnath forest division as researchers said the region is rich in wild edible plant resources. They documented 82 species from 62 genera and 46 families, out of that 15 were abundant, 46 common and 21 uncommon to this area, plant parts such as leaves, shoots, young, twigs, roots, rhizomes, tubers, flowers, fruits, seeds are used for food by the local people. The study will help develop a comprehensive database on wild plant resources, strengthening the food security in the area and in conserving the traditional knowledge for the prosperity of the remote area. Brahma *et al.*, (2013) identified, documented and explained wild edible fruits consumed by the Bodo tribe of the Kokrajhar district of Assam. Fruit plays an important role in a well-balanced diet and maintaining healthy living. The researcher said that explanation, documentation, preservation and popularization of wild fruits are very important chief sources of food for Human consumption. Hence researcher studied 32 wild edible fruit belonging to 23 families in Bodo, time of availability, taste and uses. Morales *et al.*, (2013) have studied small shrubby edible fruit. Which is traditionally consumed? They were studied to evaluate their potential for human nutrition, considering their content in bioactive compounds. They studied lipophilic compound photochemical like fatty acids and tocopherols etc. Some hydrophilic antioxidants such as vitamin C, *i.e.* ascorbic acid and dehydroascorbic acids. They say this was the first report on the studied plant. They consider functional food or potential sources of lipidic bioactive compounds. This study provides useful and relevant information to justify tocopherol's influence in the prevention of lipid peroxidation. Patil and Jadhav (2013) studied the *Antidesmaghaesembilla* plant, which a small deciduous tree is belonging to the family Euphorbiaceae, plant leaves, and fruits were edible, nutritious and the plant possesses medicinal properties. They said due to its dual significance in the traditional system of medicine the plant *Antidesmaghaesembilla* is selected for the present work. The leaves of those plants are used as vegetables in rural areas of the Western Ghats and paste is applied for headaches, also some parts they used in powdery form, fluorescence studies and phytochemical screening. They have certain alkaloids, xantho-protein, tannin, cystine and oil. Jadhav and Deshmukh (2013) said that the levels of *Clitoria ternatea* L. are used in India to treat liver problems; they investigate the antioxidant activities to justify the use of the plant in folkloric medicine. They studied the antioxidant activities of different fractions from different extracts. They were evaluated by using antioxidants such as say like DPPH, FRAP, metal chelating ability, and reducing power as say metabolic extract of *C. ternatea*, *v. pilosa* root showed the highest value of 87.75 ± 0.057 and

74.26 ± 0.04 in DPPH and famous ion Chelating activity. This result shows that both varieties have antioxidant properties which provide a basis for the traditional use of plants and could be harnessed as drug formulation. Mahadkar and Vavli (2013) analyze the bioactive compound from different five medicinally important wild edible plants. These plants were *Bauhinia racemosa* Lam *Caryota Urens* L, *Commelinabengalensis* L, *Garcinia indica* and *Gmelina arborea* Roxb. They study through GCMS. They analyzed different compounds from the above plant. They found the majority of the compounds were belonging to the acid group. The researcher found a common compound *i.e.* hexadecanoic acid. Anuradha *et al.*, (2013) Nutritive analysis of fresh and dry fruits of *Morinda tinctoria*. The researcher emphasizes the importance and nutrient content present in wild fruits and also the problem of food security. They said all fruits have excellent sources of nutrients such as minerals and vitamins they studied two medicinal values of *Morinda tinctoria*. They focused on the ash content, protein, carbohydrates, vitamins, and minerals content of this plant. They maintain the difference between dried and fresh fruit. The ash contains 4% and 1.6% in fresh and dry fruits respectively. They said this fruit contains a rich source of ascorbic acid and Niacin but dry fruit contain Riboflavin and Thiamine dry fruit contains calcium and fresh contain iron and copper, thus this fruit could be a source of food nutrient.[5] Kumar Ajay *et al.*, (2013) studied 15 wild edible fruits from the deciduous forest zone. They found the significance of wild fruit species as important sources of nutrient of wild fruits species as important sources of nutrients for the value of studied fruits with domesticated population fruit like mango, banana, etc. They found high carbohydrates in *Mimusops elengi* then mango and pomegranate. They noted a high concentration of sugar in *Ziziphus rugosa* compared to sapota, but protein content in *Bridelia tomentosa*, *Coriaria spinarum* and *Polyalthia suberosa* was found similar to cultivated fruits. Hence they as backyard planning especially farming systems suffering from crop loss, food shortage and chronic malnutrition. Deshmukh *et al.*, (2013) said leaves of *Clitoria ternatea* L. were used in India to treat liver problems. They investigate the antioxidant activity to justify the use of plants in folkloric medicine. They studied the antioxidant activities of different fractions from different extracts. They were evaluated by using antioxidant assays like DPPH, FRAP, metal chelating ability, and reducing power assay. This result shows that both varieties have antioxidant properties which provide a basis for the traditional use of plants and could be harnessed as drug formulation. Mahadkar and Vavli (2013) analyze the bioactive compound from different five medicinally important wild edible plants. These plants were *Bauhinia racemosa*, *Caryota urens*, *Commelinabengalensis*, *Garcinia indica* and *Gmelina arborea*. They study through GCMS. They found majority of the compound common *i.e.* hexadecanoic acid. Joshi, (2014) studied the *Ficus palmata* plant which is a herbaceous perennial plant belonging to the family Moraceae. The fruit contains chiefly sugar and mucilage. This plant is used in various diseases, *e.g.* gastrointestinal disorders, hypoglycemia, tumor, ulcer, and hyperlipidemia and fungal infection. The phytochemical screening of the extract showed the presence of alkaloids, tannins, flavonoids, terpenoids and cardiac glycosides. The fruit shows antioxidant activity using free radical scavenging and ferric-reducing activities. Chothe *et al.*, (2014) studied wild fruit resources of the Jawhar region; they said people consumed

Bhokar, Kakad, Alive and Pendhra. They investigate their preserving method, like salting, drying, pickle making, etc. but they observed people did not maintain unhygienic conditions. Hence they said to give training to the tribal women for the preservation of wild fruits and uplift their economy by market products. This study will focus on the green economy and the establishment of a wild fruit orchard. Singh and Ahirwar (2015) [6] collect and record from Bandhavgarh National Park, District Umaria, Madhya Pradesh the folklore about the food utility of 38 plant species and 25 families of Angiosperms. The botanical names followed by local names and along with parts used are furnished. The tribal sects of Central India use under normal monsoon conditions, more or less the same food grains as the civilized people in society. The food grains include *Avena sativa*, *Vicia sativa*, etc. However, during the time of scarcity and famine, they utilize other wild plants.

Wild Edible Plants Properties

Nazarudeen (2007) studied that wild edible fruits play a significant role in the dietary requirement of the tribal and local communities of Kerala. They studied 218 plant species of fruit, and out of that 10 species they selected for chemical analysis. They studied moisture protein, fats, non-reducing and total sugar, fiber, and total vitamin. Vitamin C, iron, sodium, potassium and energy value were carried out and they compared the result with ten common cultivator fruits. Nkafamiya *et al.*, (2007) studied the proximate composition and the physicochemical characteristic of the *Deuterium microcarpum*, *Balanitesaegytiaca* and *Gemilinarbora* oils. They measured saponification value, iodine value, peroxide; acid value and percentage of free fatty acid. They measured the refractive index. They found iodine value of the oils was not greater than 88g but the saponification value was in the range of 122 \pm 0.14 to 201 \pm 0.05 mg KOH. The proximate value of the protein oil and carbohydrate content of the seed suggests that they may be adequate for the formulation of animal feed. The vitamins A and C found to be present in the seed were low, though could alleviate the symptoms associated with these vitamins. They studied qualitative and quantitative chemical analysis showed that the entire sample studied contains hydrogen cyanide in the form of a cyanogenetic glycoside. They found the aglycone for all the glycoside detected was found to be benzaldehyde. Rathor (2009) studied around 600 plant species in an Indian forest that plant has good food value. Arid zone vegetation comprises a wide range of edible fruit-bearing and food-producing species. But out of 600 species, she focused on only 10 plant species from an arid zone which play an important role in the nutrition of children in rural and urban areas, that rich in source of protein and energy. She said Ber is richer than apple in protein, phosphorous, calcium, carotene and vitamin C. however they are often undervalued and underutilization as more exotic fruits. These production and consumption provide a dietary supplement as well as a commercial opportunity. Clolomboet *al.*, (2010) emphasized the increased recognition of the importance of wild plants used as food, as a source of micronutrients and play secondary metabolites. They said the non cultivated plant was perceived as an important and healthy food. Many adults are often unaware of the toxicity of certain plants or they consume them, as a result of mistaking them for alternative herbs. The researcher describes plant species are related to the high frequency of exposures

or intoxications that was related to the survey of 1995-2007. Hence they say avoid some mistakes, a morphological comparison of edible species versus toxic plants which produced the poisoning. Domingo and Bordonaba (2011) are concerned about the safety of genetically modified plants is an important and complex area of research. The environmental non-government organization has suggested that all GM plants should be subjected to long-term animal feeding before approval from human consumption. The main goal of the researcher was to assess the current state of the art regarding the potential adverse effects assessment of human consumption. As per the review maize and soybeans are as safe and nutritious as the respective conventional non-GM plants. Saklani *et al.*, (2011) have emphasized the investigation of the Nutritional profile, Antimicrobial activity, and Phyto-chemical screening of wild edible fruit of Himalaya. They got this fruit with very high nutritional value such as crude protein of 1.3 %, Carbohydrates of 17.39%, crude fiber of 3.4, ash content of 1.25% and minerals such as calcium, magnesium, potassium and phosphorus (1.0, 8.4, 1.98, 0.24 mg/ 100g) respectively. They show ethanolic fruit extract of *Carissa opaca* showed significant activity against streptococcus progeny. They show the fruit contains a higher value of fat, protein, fiber and minerals as compared to the cultivated fruit. Consumption of fruit may promote general health and well-being as well as reduce the risk of chronic disease. Afolabi and Israel *et al.*, (2011) emphasized papaya seed which is a waste product of *Carica Papaya* Linn, Papaya is abundant in Nigeria, with present study deal with the effect of some potential food methods, the researcher examined biochemical properties and compared with the fresh sample. They studied pH, titratable acidity, tannin and acid phosphatase activity of fermented seed. They observed significant increases were observed in all. In conclusion, the seed and the fermentation product may be useful for bio-fuel, medicinal and industrial purposes. Saklani and Chandra (2012) focus on the importance of *Ficus palmate*, This plant is commonly called Bedu and produces a unique quality in comparison to all other fruits. These plants have reach source of polyphenolic compounds, flavonoids which are responsible for strong antioxidant properties that help in the prevention and therapy of various oxidative stress-related diseases such as neurogenerative and hepatic disease. In the present research, the researcher correlates evaluating the nutritional profile, successive value, thin layer chromatography and phytochemical screening of *Ficus palmate*. Saklaniet *al.*, (2012) evaluate the nutritional profile, antimicrobial activity and phytochemical screening of wild edible fruit rich in nutrients. They contain crude protein, carbohydrates, crude fiber minerals, calcium, Magnesium, potassium and phosphors they extract ethanol content from fruit against *Escherichia Coli* and *Streptococcus pyogenes*. They did photochemical screening for glycoside, flavonoids, Phenol, resin and tannins. They do not contain alkaloids. They said after consumption of these fruits their general health and well-being and reduce the risk of chronic disease. Olujobi *et al.*, (2012) emphasized the logical approach towards the improvement and efficient use of indigenous species fruits to supply nutritional requirements for the human diet through the investigation of their nutritional value. The researcher studied the value of the African locust bean. They collect the fruit from the different agroecological zone. They separate the fruit into two analyzed for proximate, vitamins and mineral contents. The locust bean pulp from

rainforest vegetation had the highest value for crude protein, crude fiber, total ash and dry matter. They found the highest value of vitamin except for vitamin E. The study has shown that location significantly affects the nutritional composition of locust bean fruit. Malik *et al.*, (2013) *Prosopis cineraria* (L.) Druce is an endemic tree from the hot desert of India, from the Leguminosae family, Sangri pods of plants are considered as dry fruit of desert, as per the researcher studied pods are one of the main ingredients of Rajasthani dish, Sangri pods were studied for various Phytochemical like alkaloids, saponins, and antioxidants potential of pods has also been investigated because plants formed in a water stress area. Acetone and methanol were extracted from the same pods. Nutritional analysis shows it is a good source of protein and minerals like Calcium, sodium and potassium. These studies demonstrate that *P. cineraria* pods may be employed as nutraceutical food with rich nutrition disease prevention and health-promoting effects. Hegazy *et al.*, (2013) said the study of wild fruits was deemed essential; they open the possibility for its use as a source of nutritional and pharmaceutical materials. They studied their fruit species *i.e.* *Arbutus parami*, *Ficus palmate* and *Nitrariaretusa* were analyzed for the evolution of their nutritive values and antioxidant properties. They exceed and coincide protein, carbohydrate and lipids of the above fruits. They demonstrated antioxidant activity and DPPH. Considering the quality rather than quantity, the nutritional value and pharmaceutical potential of the study wild fruits may outweigh the traditionally cultivated fruits. Pehilvan *et al.*, (2013): were collected six different native plants in Gaziantep and its neighboring villages. They were cleaned collected samples, cut and dried at 105°C for 24 hrs. The samples were dissolved in 14 M After mineralization, the metals were determined using an atomic absorption spectrophotometer, and the researchers investigated the contents of some nutrients and trace elements. According to the result of the researcher's study *Portulaccaoleraceae* L. high concentration. Then other identified as the result of the study, *Portulaccaoleraceae* L. inclined to accumulation to heavy metals. Salish, *et al.*, (2015) found proximate composition, mineral content, total soluble phenols, total carotenoid and total antioxidant capacity from the fruit pulp of doum, baobab, tamarind and jujube. They collected samples from Nuba Mountains. They found mineral content was high *i.e.* 14-45 mg and total carotenoids were between 7 to 16 mg/kg. Total antioxidant capacity 120-425 moles. Hence they said the richness of these fruit in minerals and antioxidant compounds makes them considerable sources of nutrients and potential impact on human health. Mahadkr *et al.*, (2015) carried out an ethno-botanical survey in a rural area of the Palghat district. They collect data occurred through discussions and interviews with experienced persons and traditional helpers. They found some plants with medicinal properties. They collected a total of 40 plant species out of that 12 are herbs, 9 trees, 12 shrubs and 7 climbers. Further investigation into their phytochemical and nutraceutical studies may provide better medicinal sources for the future. Geetaet *al.*, (2015) studied *Alliumesculentum*, *Eremurushimalaicus*, *Fagopyrumtataricum*, and *Lepyrodiclis* were selected for proximate composition analysis including minerals and Vitamin content. The range of nutrient present in these vegetables is comparable with the commonly used cultivated green leafy vegetables. The present study should be helpful to the local youth regarding the nutrient. Shah (2016) studied *Smilexovalifolia* leaves for nutrient and

phytochemical analysis. They studied carbohydrates, proteins, amino acids, saponin, alkaloids, steroids, terpenoids, Phenol glycoside and flavanoid and crude fibers. They found various inorganic minerals like S, P, Mg Ca and Fe. The overall data thus support the conclusion that this plant represents a useful dietary source and can be used as an alternative source of vegetables for Human consumption. The FAO recognizes that nutrition and biodiversity converge towards a common goal of food safety and sustainable development and that wild species play a key role in global nutrition safety (FAO 2009). The nutritional potential of wild edible plants has not hitherto been investigated to the extent it deserves. Therefore the present study on the review of wild edibles is hopefully useful to study in this regard.

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