

Wild Edible Fruits from Aurangabad District, Maharashtra, India

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Abstract

Aurangabad District is blessed with great history and nature having 2882.78 sq.km forest cover which accounted for 9% of the total geographical area of the district. The district is famous for Ajanta and Ellora caves. Aurangabad district having some tribal community in rural area. They know the importance of the wild edible plants. the present study deals with the identification, documentation and ethno botanical exploration with respect to food value of wild edible fruits from Aurangabad district. It reveals information about various edible fruits from 29 plant species. Collection and utilization of wild fruits provide seasonal security and become source of income to the local people.

Keywords: Ajanta caves, Edible wild fruits, tribal people, food security.

Introduction

Fruits and seeds are an important group of edibles, which contributes to the rural and tribal communities, nutritional requirements from ancient time. The wild edible fruits which have multiple uses such as food additives and medicines, contribute to the food security and livelihood improvement of the local communities. South and Southeast Asia are home to more than 500 fruit species. Unfortunately, there is no authentic data regarding production and trade of wild tropical fruits produced worldwide [1]. Now in modern era we obtain our food through agricultural practices. Before evolution of agriculture, all the food plants were discovered from their natural resources time to time. In rural area which

is hilly and having forest they fulfill nutritional requirement from wild resources. The wild food contains different seasonal fruits having great nutritional value and good source of food for local people [2]. There are many workers carried out research on wild edible fruits like Sinha *et al.* [3], [2]., Rashid *et al* [4]. in this study much focus on locally available wild edible fruits from different area of the district. Fruits of some the medicinal plants are also found edible during the study (5) Fruits of Traditional medicinal plant used for to cure piles (6) Therefore, present study has been conducted to document the ethno botanical survey of wild edible fruits.

Aurangabad city is located in West Central Maharashtra at 19.88° N 75. 32° E. It has elevation of 568 metres. The total forest area of the Aurangabad circle is 2888.78 sq.km. out of this 173. 63 square kilometre is now under the control of FDCM. The tribal community of district are Bhill, Mahadev koli, Dongar koli, and pardhi. These Tribes lives in rural area of district such as Ajanta, Soygaon, kannad and Paithan Tahsil. The rural tribes are labour and farmers. The major river of Aurangabad district is Godavari besides that, Purna, Shivana and Kham river. The district is with great flora.

Methodology

several field visits were undertaken in hilly and forest area of district such as villages which are located near forest area commonly in kannad, Ajanta and Soygaon Tahsil. To assess the traditional knowledge on wild edible fruits, frequent interactions and discussion were made with the local people, which include farmers, tribal people like Bhill, Mahadev koli, Tadvi Bhill and Pardhi. The indigenous knowledge of these people were observed and plants collected by them were noted down the same plants collected from the field and available photographs shown to them for local identification. The wild fruits plants were preserved and identified with the help of Flora of Marathwada.

Results and Discussions

The total 29 wild fruit plants are collected and stored with detailed information regarding botanical name, local name and their uses for future reference study (Table 1.)

Table 1: Wild Edible Fruits

Sr. No.	Botanical Name	Local Name	Family	Uses
1.	<i>Aegle marmelos</i> (Linn.)Corr	Bel	Rutaceae	Ripe Fruits eaten as raw
2.	<i>Annona reticulata</i> Linn	Ramphal	Annonaceae	Ripe Fruits eaten as raw
3.	<i>Annona squamosa</i> Linn	Sitaphal	Annonaceae	Ripe Fruits eaten as raw
4.	<i>Azadirachta indica</i> A. Juss	Kadunimb	Meliaceae	Ripe Fruits eaten as raw
5.	<i>Buchanania Cochichinensis lanzan</i> Spreng.	Charoli	Anacardiaceae	Ripe Fruits eaten as raw
6.	<i>Canthium pariflorum</i> Lam	Katbor	Rubiaceae	Ripe Fruits eaten as raw
7.	<i>Cassia carandus</i> (Linn) Mant	Karvand	Apocynaceae	Ripe Fruits eaten as raw
8.	<i>Coccinia grandis</i> (Linn) Voigt	Jungli kundru	Cucurbitaceae	Cooked as vegetable or eaten as raw
9.	<i>Cordia dichotoma</i> Linn	Bhokar	Boraginaceae	Ripe Fruits eaten as raw
10.	<i>Cucumis melos ssp.agrestri</i>	Shendode	cucurbitaceae	Unripe fruit cooked as vegetable
11.	<i>Diospyros melanoxylon</i> Roxb	Tembhurni	Ebenaceae	Ripe Fruits eaten as raw
12.	<i>Emblica officinalis</i> Gaertn	Awala	Euphorbiaceae	eaten raw,jams and pickle
13.	<i>Ficus benghalensis</i> Linn	Wad	Moraceae	Ripe Fruits eaten as raw
14.	<i>Ficus racemose</i> Linn	Umber	Moraceae	Ripe Fruits eaten as raw & cooked as vegetable
15.	<i>Lantana camara</i> Linn	Ghaneri	Verbenaceae	Ripe Fruits eaten as raw

Table 1: Continued...

Sr. No.	Botanical Name	Local Name	Family	Uses
16.	<i>Limonia acidissima</i> Linn	Kawat	Rutaceae	Ripe Fruits eaten as raw & cooked as chatni
17.	<i>Manikara hexandre</i> (Roxb) Pub	Khirani	Sapotacue	Ripe Fruits eaten as raw
18.	<i>Mangifera indica</i>	Amba	Anacardiaceae	Ripe Fruits eaten as raw& Pickle and jams
19.	<i>Musa balbisiana colla</i> 1820	Rankeli	Musaceae	Ripe Fruits eaten as raw
20.	<i>Opuntia elaitar</i> Mill	Nivdung	Cactaceae	Ripe Fruits eaten as raw
21.	<i>Pheonix sylvestris</i> (Linn). Roxb	Shindi	Areaceae	Ripe Fruits eaten as raw
22.	<i>Pithecellobium dulce</i> (Roxb) Benth (2)	Gorakhimli	Fabaceae	Ripe pulp of pod eaten as raw
23.	<i>Semecarpus anacardium</i> Linn	Bibba	Anacardiaceae	Ripe Fruits eaten as raw
24.	<i>Solanum American</i> Mill	Kanguli	Solanaceae	Ripe Fruits eaten as raw
25.	<i>Syzygium cumunii</i> (Linn) Skeels	Jambhul	Myrtaceae	Ripe Fruits eaten as raw
26.	<i>Tamarindus indica</i> Linn	Chinch	Caesalpinaceae	Ripe Fruits eaten as raw
27.	<i>Ziziphus glaberrima</i> (Sedgw)	Goti	Rhamnaceae	Ripe Fruits eaten as raw
28.	<i>Ziziphus oenoplia</i>	Chandbor	Rhamnaceae	Ripe Fruits eaten as raw
29.	<i>Ziziphus mauritiana</i> Lamk	Bor	Rhamnaceae	

Out of which 04 Species of Herb's, 9 species belongs to shrubs and 16 species belongs to trees. These species were collected by local people from forest, cultivated field and barren lands. Some species viz *Emblica officinalis* Gaertn, *Mangifera indica* Linn, *Syzygium cumunii* (Linn) Skeels, *Tamarindus indica* Linn., *Annona squamosa* Linn., *Annona reticulata* Linn, *Aegle marmelos* (Linn) Corr., and *Zizipus* sp. are commercially cultivated due to their demands. While wild fruits such as *Diospyrous melanoxylon* Roxb, *Bachahania lanzan* Spreng and *Cassia carandus* (Linn) Mant. are collected and sold by local people, tribal people in villages and in local market.

Conclusion

From 29 plant species the Unripe fruits of *Cucumis melos*, *Ficus racemosa*, *Mangifera indica* and *Emblica officinalis* are used as vegetable and for pickles. Majority of fruits are eaten as raw when ripe. out of these most of the species have medicinal properties as such as *Emblica officinalis* and *Aegle marmelos*, *Syzygium cumunii* and *Solanum nigrum* with good source of vitamin C, Mineral and antioxidant. It is very necessary to give attention towards the importance of edible fruits so further phytochemical and nutritional studies of the plant

species may provide better alternative source of nutrition in future.

Conflicts of interest: The authors stated that no conflicts of interest.

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