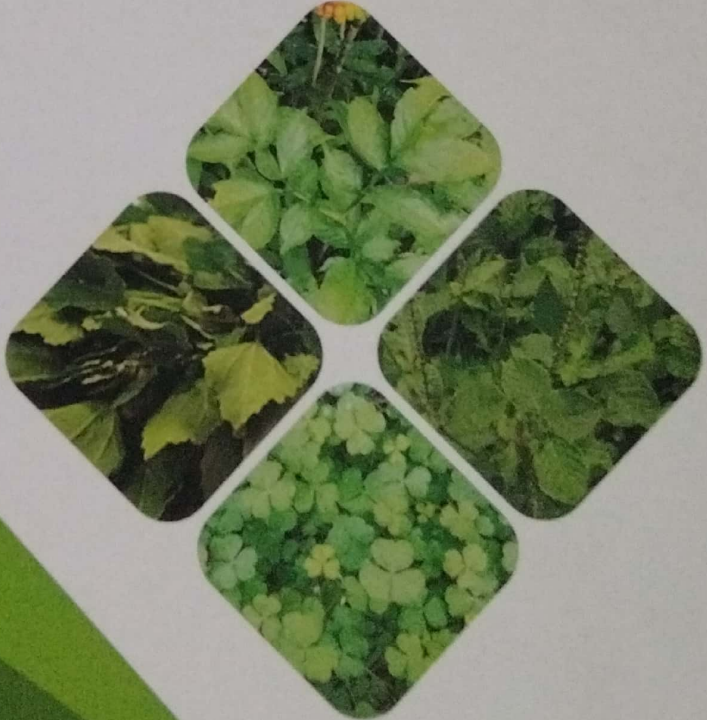


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WILD VEGETABLES



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International Chapter Book on

WILD VEGETABLES

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Tejeshwari M. Tembhare

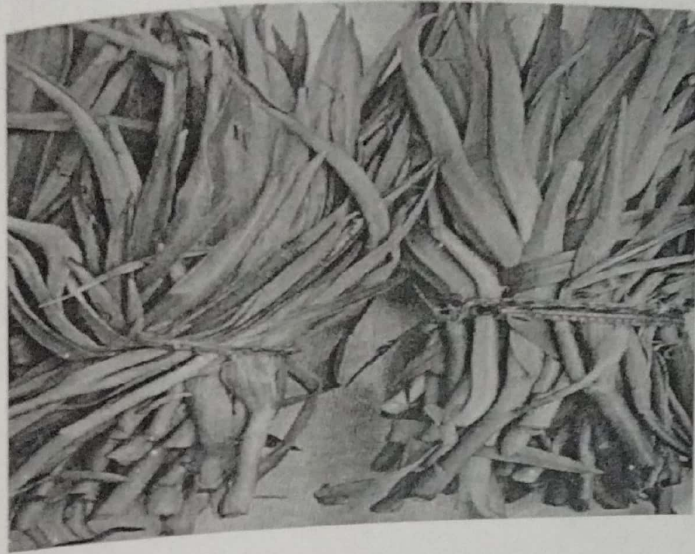
Assistant Professor
Department of Food and Nutrition
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Vegetables are very essential and important for our good health. We consume vegetables daily in our meals for good immunity. We need vegetables that are good sources of different vitamins, minerals, and antioxidants. When the world, 'wild' joins with vegetables we can think of the 'wild vegetables' which grow naturally without any type of cultivation and human care. These vegetables mainly grow in the forest, trail, and in fields. We see lots of vegetables in the early days of the monsoon and these nutritious vegetables are available for our consumption. These vegetables also have some medicinal quality.

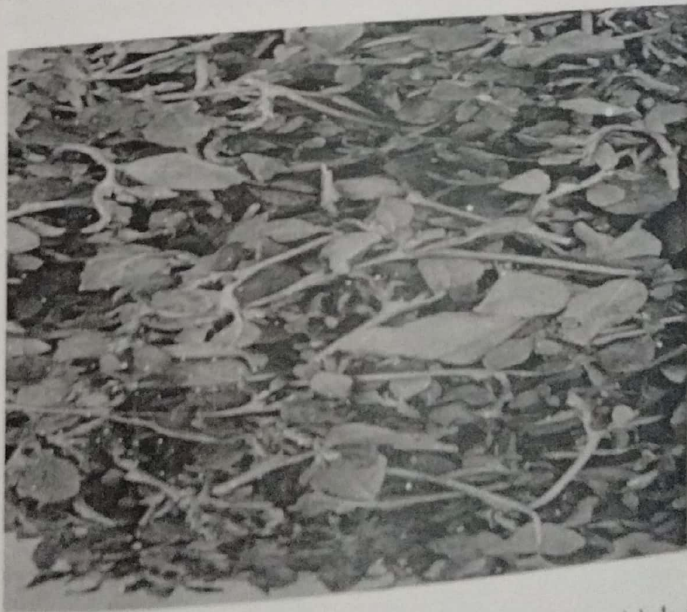
We can eat this wild vegetable before of thousands of years but nowadays people forget their importance, nutritional quality, and health benefits, there is an urgent need to give knowledge and importance regarding wild vegetables. Earlier, the maximum consumption of these wild vegetables was done by the tribal and the people of the village, but the increasing population, people's inclination towards the city, tendency to forget the good habits of our ancestors have taken people away from these wild vegetables. It is very important to explain the importance of these wild vegetables to the people, only then people will again include these in their diet more. Different types of wild vegetables in our Gondia district are also seen, which we know by the name of "Ran Bhaji". Ran Bhaji exhibitions are also organized in different places to make their medicinal properties known to the general public, their importance to the people, and to aware them to include of their diet. Large quantities of wild vegetables are found in the rural areas and forest regions of the district. Maximum wild vegetables are found early in the rainy season and are very useful in terms of health as they are full of properties. We can divide the vegetable into 3 parts on the basis of its suitable portion which is edible, like green leaves e.g. Kathemat, Kuda, Takla, Korla, Kurdu, Ghol, Kavala, etc. Fruits and vegetables e.g. Kartoli, Waghedi, Chichurdi, Payar, Moh, Kapalphodi, Kakad. Enlighten on some of the wild vegetables found in our district are as follows:-

Kena -scientific name is *commelina Benghalensis*. This is a soft herd type of vegetable; we consume its top portion only, and its tastes like fenugreek leaves. The season is short about

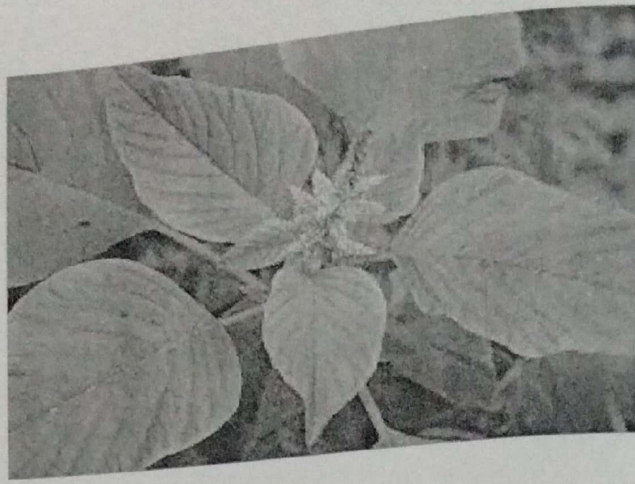
... days in July after which it turns bitter. It is used medicinally as a diuretic and anti-inflammatory.



Khaparkhuti bhaji- The scientific name is *boerhavia diffusa*, it is a very common or wild vegetable which is mostly growing up to about 60 CM tall. It has a number of medicinal virtues and is a very nutritious vegetable that is consumed in the form of Stir soups and bhaji.



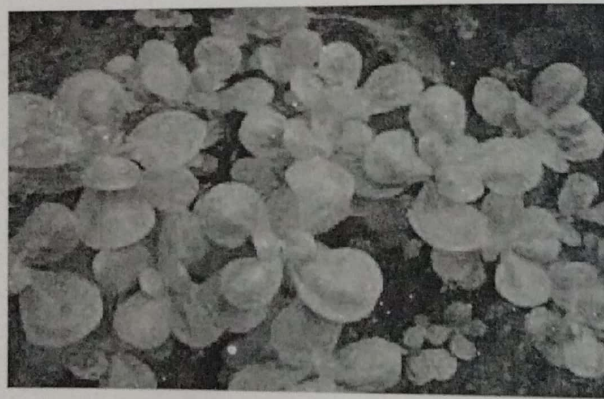
Katemath bhaji- also called *amaranthus viridis* leaves which is high in protein it improves eyesight increase blood, strengthen hair roots, good for digestion



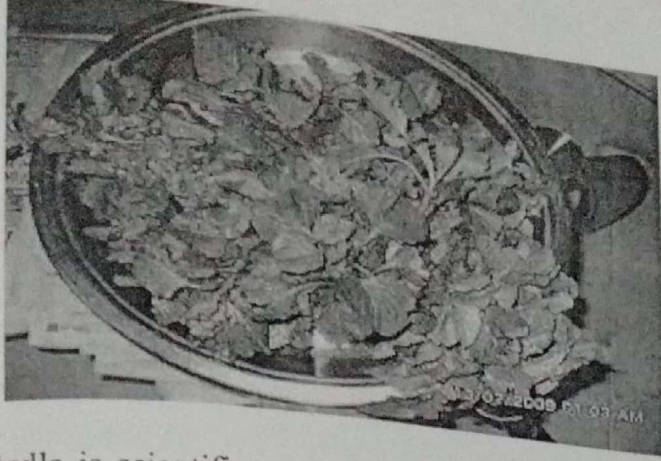
Chivad bhaji - *Portulaca quadrifida* is a scientific name this wild vegetable.



Kulfa- *Portulaca oleracea* is a scientific name of kulfa wild vegetable. It may grow 40 cm in height, it has alpha-linoleic acid, 3 fatty acid, and 93% of water, vegetables has smooth surface.



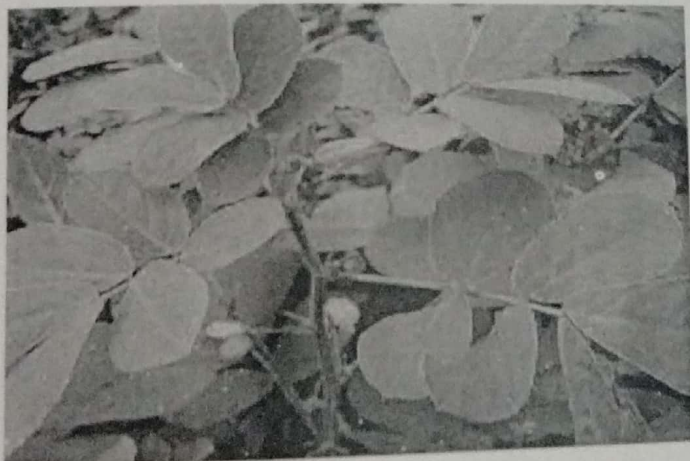
Kuradu- *Celosia Argentina* wild plant growing 40 - 200cm tall. It has antibacterial, anti-inflammatory, anti-metastatic, anti-diabetic; wound healing, anti-diarrheal anti-microbial properties.



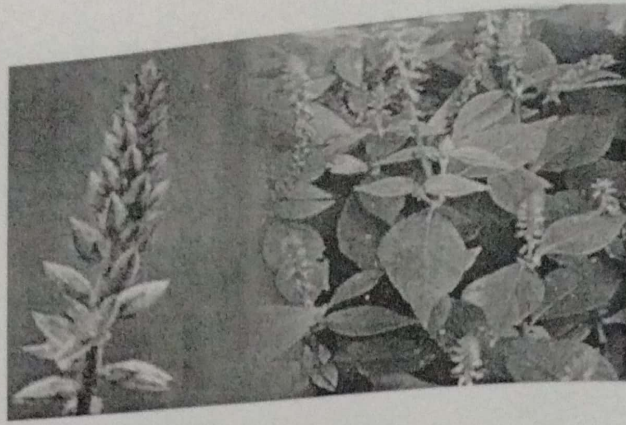
Dinda- *Leea macrophylla* is scientific name of this wild vegetable, it also known as dhol samudrika. *Leea macrophylla* is a perennial plant with stems that becomes more or less woody. The plant is often shrub-like and occasionally tree-like, growing from a tuberous rootstock.



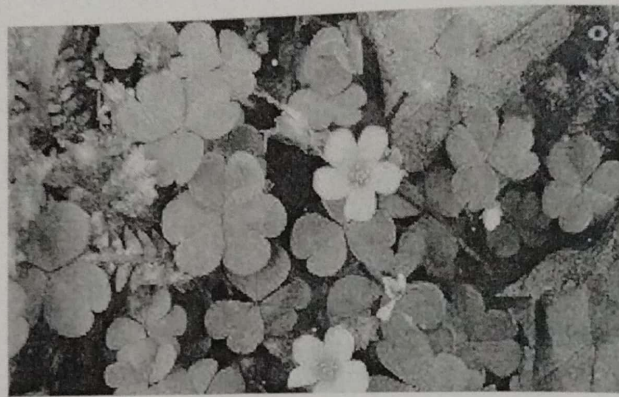
Charota/ tarota- scientific name is *cassia tora* L. It grows 30-90 cm. These vegetables have many medicine quality and health benefits. Leaves roots and seeds are useful part of this vegetable.



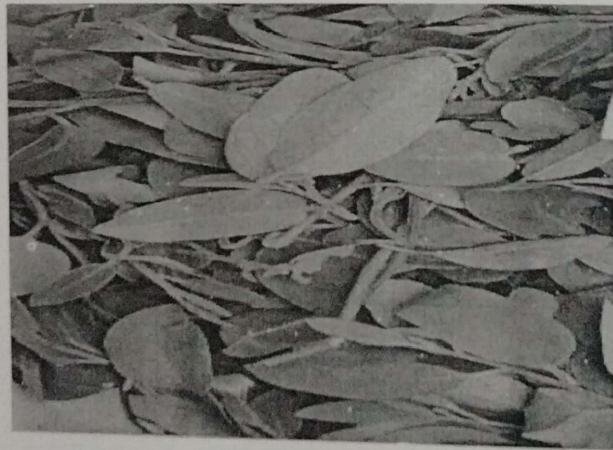
Aghada- *Achyranthes aspera* is a species of plant in the family *Amaranthaceae*. It can be found in many places growing as an introduced species and a common weed.



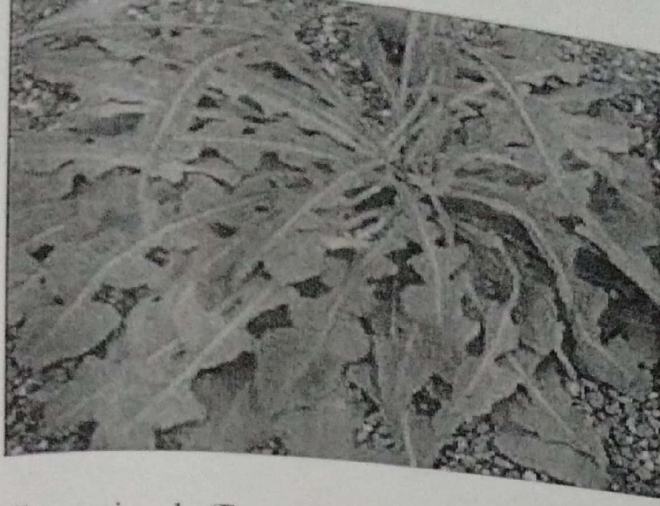
Ambushi- Scientific name is *Oxalis corniculata*, the creeping wood sorrel, also called procumbent yellow sorrel or sleeping beauty, is a somewhat delicate-appearing, low-growing herbaceous plant in the family Oxalidaceae.



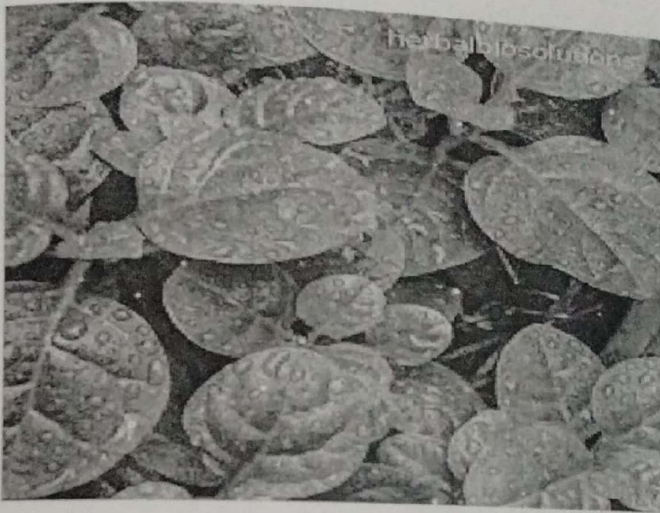
Uradafari- It looks like a bush whose height is enough. People suffering from Arthritis should consume it, it is of hot trend nature and also has good antioxidant properties.



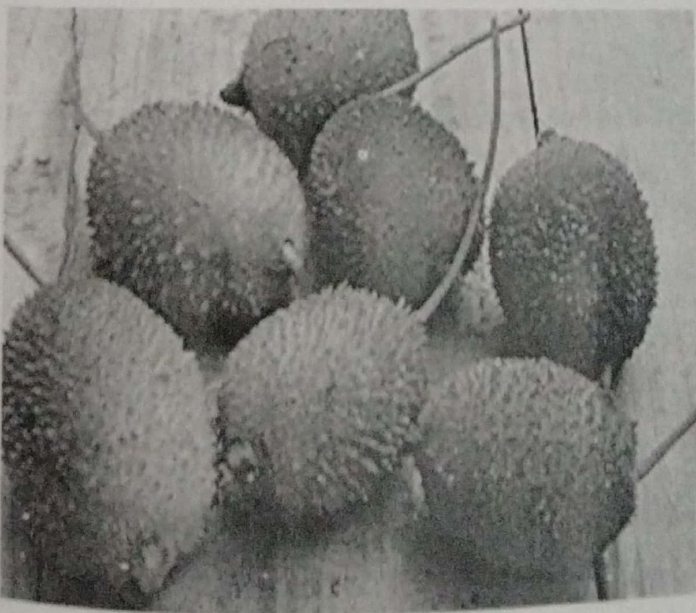
Patur- Creeping *Launaea* is a perennial herb, It grows 40-60 cm tall. It has smooth branched stem.



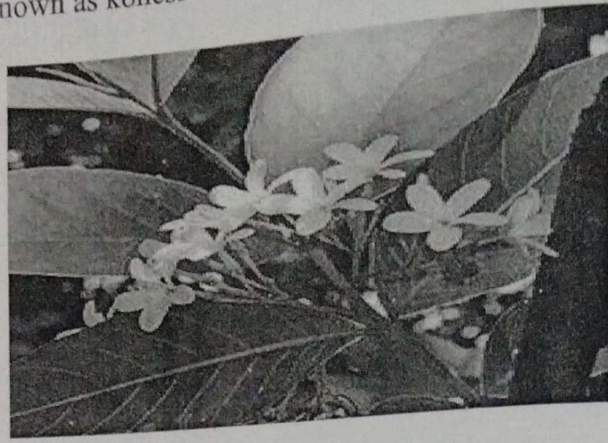
Also called as malbar spinach (*Bassella alba*- scientific name). It has lots of medicinal properties. It commonly grown for its succulent, nutritious & tender stems.



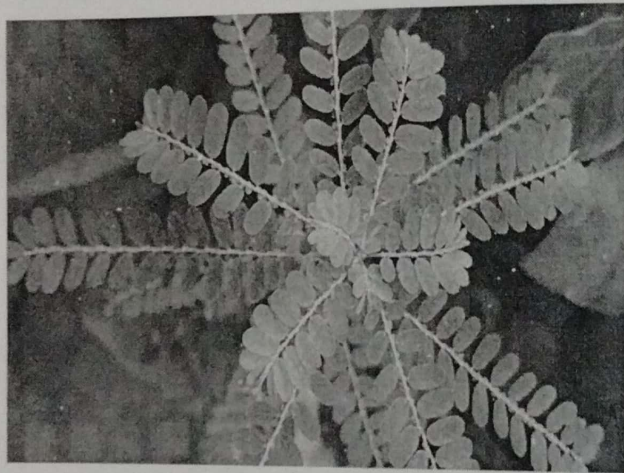
rankarli- Scientific name is *Momordica dioica*, commonly known as spiny gourd or bitter melon. It has small leaves, small yellow flowers, it has small, dark green, round or oval fruits.



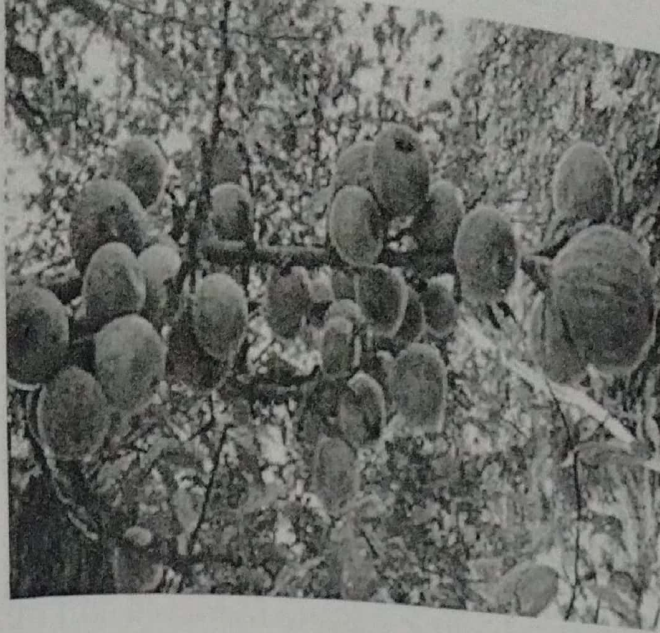
Kuda Flower- *Holarrhena pubescens* is a species of flowering plant in the family apocynaceae. It also known as konesi bark tree.



Bhuiavla- Scientific name is *Phyllanthus amarus* belongs to the family Euphorbiaceae is a small herb well known for its medicinal properties. *P. amarus* has been used in the traditional medicine of various cultures, including Amazonian tribes for the treatment of gallstones and kidney stones.



Umbar- Scientific name is *Ficus racemosa*, also known as cluster fig, red river fig. It is a species of plant in the family maraceae. The fruits are commonly eaten as a vegetable after the seeds have been discarded, and made into stir-fries and curries.



Health benefits of Wild Vegetables -

These wild vegetables are beneficial to treating asthma, diarrhea. Some vegetables overcome the deficiency of calcium, relief from itching, pain & swelling of insect's bites. This is useful in the treatment of stomach aches and headaches. Some wild vegetables are beneficial for eye health. Some of these vegetables are used in the treatment of liver disorders and kidney disorders and in burn conditions. It helps to develop bones, improve digestion, improve eyesight, improve the immune system, good for kidney functioning, improve dysentery, and strengthen hair roots. Protect against cancer, hypertension, and lower cholesterol, suppress appetite, and is good for weight loss. Some wild vegetables have anti-inflammatory properties, free radical scavenging properties, anti-diarrheal property, anti-diabetic property, anti- microbial activity, anti- malarial activity. These are rich sources of iron, vitamin A, vitamin C, and omega fatty acid, antioxidants, calcium

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