



*Research Paper*

**WILD EDIBLE PLANTS USED BY KOKNI TRIBE OF NASIK DISTRICT,  
MAHARASHTRA**

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**Abstract**

Wild edible plants play a significant role in the sustenance of tribal people residing in forested areas. The study was to document the wild edible plants used by Kokni tribal of Nasik district of Maharashtra. The economically weaker section of the Kokni tribe is largely dependent upon the preparation from the wild plants. The tribal consumed tubers, leaves, flowers, fruits, seeds and grains of the wild plants. A total of 64 plant species belonging to 58 genera and 41 families were documented as wild plants used as food. The plant species, their families, local name, plant part used and their mode of usage were also reported.

Key words: *Kokni*, Wild edible, Ethnobotany, Maharashtra.

**INTRODUCTION**

Traditional knowledge exists worldwide in all communities covering areas including health, agriculture and natural resource management. Aborigines consume a main staple diet and it is supported with supplementary wild foods. These species are consumed by various communities depending on the local availability. The pattern of tribal livelihood has not changed since time immemorial. In the dense forest area, nature is so kind that for thousands of years it has been possible for these tribal to live in comparative ease by simply hunting and food gathering. A variety of natural products provide them a balanced diet. [1]

Tribal mostly eat vegetables of leafy varieties, which grow as wild weeds and depend on such natural products for their food. In times of scarcity or when the staple food is in short supply, people are mostly dependent upon various species of wild plants. [2]

The Kokni tribal resides in different pockets of Nasik district of Maharashtra. The Kokni are one of the important tribe of Maharashtra. The original name of the community was lost with their migration far back in the historical past. The name Kokni is said to be derived from Konkan, the western strip of Maharashtra from where they have migrated and now settled in different parts of the Nasik district. [3]

## MATERIALS AND METHODS

In the present study field surveys was conducted in tribal villages of Nasik district of Maharashtra during 2016 to 2018. The data was accrued through discussions and interviews with aged tribal, bhagats and women. It was confirmed by repeated enquiries in different seasons and in different villages. [4] The plant specimens were collected and identified with the help of floras. The plant specimens are preserved and housed in Blatter herbarium, St. Xavier's College, Mumbai (Maharashtra). [5-8]

## RESULTS

### *Abelmoschus manihot* (L.) Medic. (Malvaceae)

Local name: Ran Bhendi

Uses: Fruits are used as vegetable.

### *Alternanthera sessilis* (L.) R. Br. ex DC. (Amaranthaceae)

Local name: Matala

Uses: Young leaves are used as vegetable.

### *Amaranthus polygonoides* L. (Amaranthaceae)

Local name: Tandulja

Uses: Entire plant is used as a vegetable.

### *Amorphophallus commutatus* (Schott) Engl. (Araceae)

Local name: Jungali- suran

Uses: The flowering stalk is used as vegetable. Rhizome is boiled in water and used as vegetable.

### *Ampelocissus latifolia* (Roxb.) Planch (Vitaceae)

Local name: Bahinicha vel

Uses: Fruits are eaten by the tribal.

### *Bauhinia purpurea* L. (Caesalpiniaceae)

Local name: Kurul

Uses: Tender leaves are cooked as vegetable.

***Bombax ceiba*** L. (Bombacaceae)

Local name: Kate Savar

Uses: Flower is used as vegetable.

***Borassus flabellifer*** L., (Arecaceae)

Local name: Tad

Uses: Sap called as 'Neera' is extracted from the plant early morning and used as a health drink by tribal. The fruits called as 'Taad gola' is eaten.

***Bridelia retusa*** (L.) Juss. (Euphorbiaceae)

Local name: Asan

Uses: Ripe fruits are eaten by the tribal.

***Caesullia axillaris*** Roxb. (Asteraceae)

Local name: Bondala

Uses: Leaves are used as vegetable.

***Canavalia gladiata*** (Jacq.) DC. (Fabaceae)

Local: Jungli abhui

Uses: Fruits are used as vegetable.

***Careya arborea*** Roxb. (Lecythidaceae)

Local name: Kumbhi

Uses: Fruits are eaten by the tribal.

***Carissa carandas*** L. (Apocynaceae)

Local name: Karvand

Uses: Fruits are eaten and pickled by the tribal.

***Casearia graveolens*** Dalzell (Flacourtiaceae)

Local name: Kirmira

Uses: Fruits are eaten by the tribal.

***Catunaregam spinosa*** (Thunb.) Tiruveng. (Rubiaceae)

Local name: Gal

Uses: Flowers are cooked and used as vegetable.

***Celosia argentea*** L. (Amaranthaceae)

Local name: Kurdu

Uses: Leaves are used as vegetable.

***Cheilocostus speciosus*** (J. Konig) C. Specht (Costaceae)

Local name: Pewda

Uses: Tuber is used as vegetable.

***Chenopodium murale*** L. (Chenopodiaceae)

Local name: Chilni bhaji

Uses: Entire plant is used as vegetable.

***Chlorophytum tuberosum*** (Roxb.) Baker (Liliaceae)

Local name: Dombali

Uses: Leaves are used as vegetable during monsoon.

***Cordia dichotoma*** Forst. f. (Ehretiaceae)

Local name: Bhokar

Uses: Fruits are eaten by tribal people. The inflorescence is used as vegetable.

***Cucumis setosus*** Cogn. (Cucurbitaceae)

Local name: Mekkha

Uses: Fruits are used as vegetable.

***Curcuma pseudomontana*** Graham (Zingiberaceae)

Local name: Ran Halad

Uses: Rhizomes are used as vegetable.

***Cymbopogon martini*** (Roxb.) W. Watson (Poaceae)

Local name: Rohisa

Uses: Leaves are used as substitute for tea powder.

***Dendrophoe falcata*** (L.f.) Ettingsh (Loranthaceae)

Local name: Bandgul

Uses: Fruits are eaten by the tribal.

***Digera muricata*** (L). Mart. (Amaranthaceae)

Local name: Tanduli - Matala

Uses: Leaves are used as vegetable.

***Diospyros melanoxylon*** Roxb. (Ebenaceae)

Local name: Tembhorni

Uses: Fruits are eaten by the tribal.

***Diplocyclos palmatus*** (L.) C. Jeffrey (Cucurbitaceae)

Local name: Mahadevpind

Uses: Leaves are used as vegetable.

***Dioscorea bulbifera*** L. (Dioscoreaceae)

Local name: Kadukand

Uses: Tuber and bulbils are eaten by the tribal.

***Dioscorea hispida*** Dennst. (Dioscoreaceae)

Local name: Vaskand

Uses: Tuber is eaten by the tribal.

***Dioscorea pentaphylla*** L. (Dioscoreaceae)

Local name: Ulashi

Uses: The bulbs are cooked and eaten by the tribal. The leaves, flowers and fruits are used as vegetable.

***Embelia basaal*** (Roem. & Schult). A. DC. (Myrsinaceae)

Local name: Ambati

Uses: Fruits are eaten by the tribal.

***Ensete superbum*** (Roxb.) Cheesm (Musaceae)

Local name: Ran-Keli

Uses: Inflorescence is used as vegetable. Rhizomes are eaten by tribal.

***Ficus amplissima*** Sm. (Moraceae)

Local name: Payar

Uses: Fruits are eaten by the tribal.

***Ficus arnottiana*** (Miq.) Miq. (Moraceae)

Local name: Khadak - Payar

Uses: Fruits are eaten by the tribal.

***Flacourtia indica*** (Burm.f.) Merrill (Portulacaceae)

Local name: Bam

Uses: Plant is used as vegetable.

***Flueggea leucopyrus*** Willd. (Euphorbiaceae)

Local name: Pichrun

Uses: Leaves are used as vegetable. Fruits are eaten by the tribal.

***Gmelina arborea*** Roxb. (Verbenaceae)

Local name: Shivan

Uses: Ripe fruits are eaten by the tribal.

***Grewia hirsuta*** Vahl. (Tiliaceae)

Local name: Kirmid

Uses: Ripe fruits are eaten by the tribal.

***Holostemma ada-kodien*** Schult. (Asclepiadaceae)

Local name: Shiri

Uses: Flowers are eaten raw by the tribal.

***Ipomoea aquatica*** Forsk. (Convolvulaceae)

Local name: Nali

Uses: Leaves are used as vegetable by tribal people.

***Ipomoea hederifolia*** L. (Convolvulaceae)

Local name: Ganeshvel

Uses: Leaves are used as vegetable by tribal people.

***Ipomoea nil*** (L.) Roth. (Convolvulaceae)

Local name: Nilya

Uses: Leaves are used as vegetable by tribal.

***Ipomoea turbinata*** Lag. (Convolvulaceae)

Local name: Phang

Uses: Leaves are used as vegetable by tribal.

***Limonia acidissima*** L. (Rutaceae)

Local name : Kavath

Uses: Ripe fruit pulp is eaten by tribal.

***Momordica dioica*** Roxb. ex. Willd. (Cucurbitaceae)

Local name: Kartule

Uses: Fruits are used as vegetable.

***Moringa concanensis*** Nimmo ex Dalz. & Gibs. (Moringaceae)

Local name: Jungli Shewaga

Uses: Fruits are boiled in water and used as vegetable.

***Meyna spinosa*** Roxb. ex Link., Gewachsk. (Rubiaceae)

Local name: Aliv

Uses: Fruits are eaten by the tribal.

***Mukia maderaspatana*** (L.) Roem. (Cucurbitaceae)

Local name: Math Ghughri

Uses: Ripe fruits are eaten by the tribal.

***Nicandra physalodes*** (L.) Gaertn. (Solanaceae)

Local name: Ran popati

Uses: Fruits are eaten by the tribal.

***Opuntia elatior*** Mill. (Cactaceae)

Local name: Phansavar

Uses: The inner part of fruit is eaten by the tribal.

***Persicaria glabra*** (Willd.) M. Gomez. (Polygonaceae)

Local name: Mendi

Uses: Leaves are used as vegetable.

***Phoenix sylvestris*** (L.) Roxb. (Arecaceae)

Local name: Sindhi

Uses: Sap is collected in earthen pots before sunrise and used as nutritious drink is called 'Nira'. After sunset it is converted into alcoholic drink called 'Tadi'. The ripe fruits are called as 'Khajur' are eaten by tribal.

***Phyllanthus reticulatus*** Poir. (Euphorbiaceae)

Local name: Pichrundi

Uses: Ripe fruits are eaten by the tribals.

***Physalis minima*** L. (Solanaceae)

Local name: Phuga

Uses: Fruits are eaten by the tribal.

***Pithecellobium dulce*** (Roxb.) Benth. (Caesalpiniaceae)

Local name: Gorakh Chinch

Uses: Fleshy aril is eaten by the tribal.

***Portulaca oleracea*** L. (Portulacaceae)

Local name: Bam

Uses: Entire plant is used as vegetable.

***Pueraria tuberosa*** (Willd.) DC. (Fabaceae)

Local name: Shirvala

Uses: Tubers are eaten by the tribal.

***Rivea hypocrateriformis*** Choisy (Convolvulaceae)

Local name: Phang

Uses: Leaves are used as vegetables.

***Schrebera swieteniodes*** Roxb. (Oleaceae)

Local name: Mokha

Uses: Fruits are eaten by tribals and leaves are used as vegetable.

***Senna tora*** (L.) Roxb. (Caesalpiniaceae)

Local name: Turtha

Uses: Leaves are used as vegetable. Seeds are crush to powder and used as Tea powder.

***Schleichera oleosa*** (Lour.) Merr. (Sapindaceae)

Local name: Koshimb

Uses: Fruits are eaten by the tribal.

***Sphaeranthus indicus*** L. (Asteraceae)



Local name: Bothada

Uses: Young shoots and leaves are used as vegetable.

***Sterculia urens*** Roxb. (Sterculiaceae)

Local name: Kahandol

Uses: Seeds are roasted and eaten.

***Xanthium strumarium*** L. (Asteraceae)

Local name: Lepadi

Uses: Young leaves are used as vegetable.

## DISCUSSION

The life of tribal people is very much depends upon the plant products because mainly they use the plant as vegetables and few species were used as fruits. They are very simple people and the knowledge of them is very interesting. During the study 64 plants belonging to 41 families were studied and local names were also noted down. It was observed the only old people know about the use of wild edible vegetables and fruits and on the other hand the young generation of the tribe rely on the vegetables and fruits that dominate the market of the plain area and have poor knowledge about the wild edible plants. The knowledge of using wild edible plants is very interesting. These plants play incredible role in their life. So it is necessary to keep this knowledge of tribe alive. Survey of weekly market of this area show that people are trying to cultivate the popular vegetable and fruits. It is necessary to readvocate the use of wild vegetables and edible fruits to young generations of the tribe. [9]

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