



1964,1981; Dwivedi and Singh , 1984; Manilal , 1991; Maheswari , 1984, 1990; Pandey and Oommachan , 1992 ; Oommachan and Masih , 1988; Verma , 1993; Shukla , 1996), Khan,2008 and Ahirwar,2011. Shahdol is one of the key regions of Central India with floristic richness; which remains ethnobotanically unexplored . To fulfill the above gap in our knowledge the present work, therefore, was undertaken to enumerate the wild food plants of this region which the local people use for their day to life.

The present information is based on personal interview between the authors and various tribal sects such as *Gond , Kol, Baiga, Panika , Khairwar, Agaria , Bhil , Bhilala , Korku , Maria , Muria and Patelia* . Umaria district of Shahdol division. The queries were made as per plan suggested by Jain and Goel (1987) . The plants were identified with the help of Floras (Hooker, et. al . 1872-1897; Duthie, 1973, and preserved following the methods prescribed by Agrawal (1983).

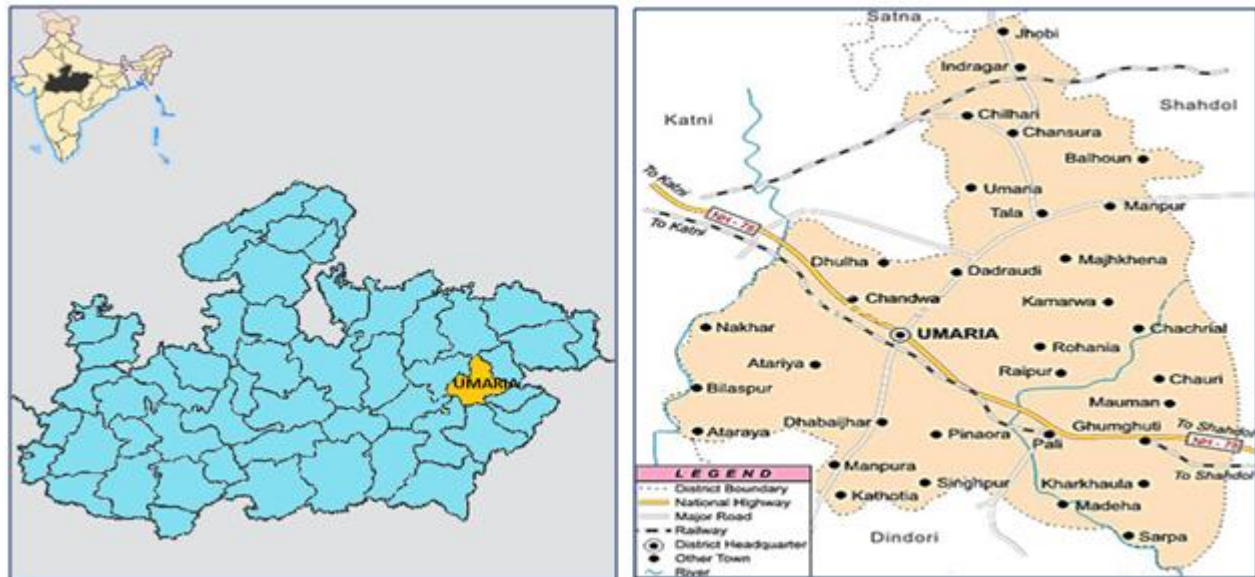


Figure 1: Location Map of Madhya Pradesh and District Umaria.



Figure 2: Location Map of Study area

## 2. Material and Methods

The 38 species and 25 family included of flowering plants are known to be of Ethnobotanical significance particularly serving as source of food. A brief account about these plant species is mentioned below.

Table 1: Wild Food Plants used by various Tribes District, Umaria of Central India

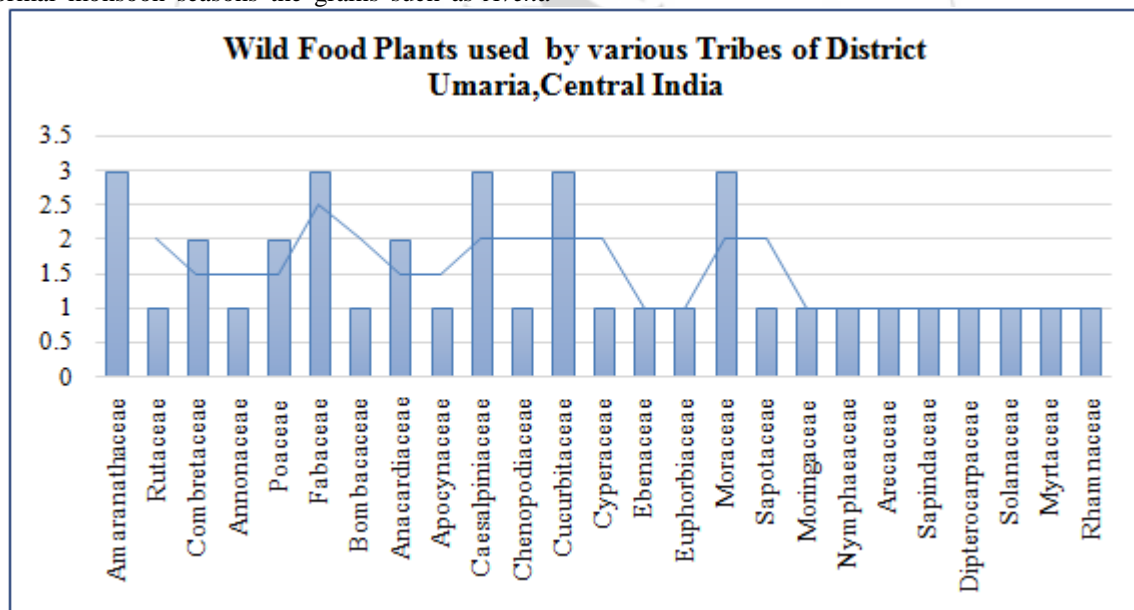
Botanical Name	Local Name	Family	Parts used
<i>Achyrenthes aspera</i> , Linn	Chirchita	Amaranthaceae	Leaves
<i>Aegle marmelose</i> , corr.	Bel	Rutaceae	Fruits
<i>Amaranthus spinosus</i> Linn	Katili Chaurai	Amaranthaceae	Tender shoots and leaves
<i>Amaranthus viridis</i> Linn	Chaurai	Amaranthaceae	Leaves
<i>Anogeissus latifolia</i> Wall	Dhawa	Combretaceae	Stem bark and gum
<i>Annona squamosa</i> Linn	Sitafal	Annonaceae	Ripe fruits
<i>Avena sativa</i> Linn	Jai	Poaceae	Seeds
<i>Bauhinia variegata</i> Linn	Kachnar	Fabaceae	Floral buds
<i>Bombax malbaricum</i> Dc	Semal	Bombacaceae	Young flowers
<i>Buchanania lanzan</i> , Spreng.	Char	Anacardiaceae	Fruits and seeds
<i>Butea monosperma</i> , Lamk.	Palas	Fabaceae	Young Floral buds
<i>Carissa carandas</i> Linn	Karonda	Apocynaceae	Ripe fruits
<i>Cassia tora</i> Linn	Chakaunda	Caesalpiniaceae	Tender shoots

<b>Cassia fistula Linn</b>	Amaltas	Caesalpiniaceae	Leaves and young floral buds
<b>Chenopodium album Linn</b>	Bathua	Chenopodiaceae	Tender shoots
<b>Coccinia grandis Voigt.</b>	Berikand	Cucurbitaceae	Fruits
<b>Coccinia indica W.&amp; A.</b>	Kundru	Cucurbitaceae	Unripe fruits
<b>Cyperus esculent Linn</b>	Gondila	Cyperaceae	Rhizome
<b>Dendrocalamus strictusNees.</b>	Bans	Poaceae	Young stem and leaves
<b>Diospyros melanoxylon Roxb.</b>	Tendu	Ebenaceae	Ripe fruits
<b>Embica officinalis, Gaertn.</b>	Amla	Euphorbiaceae	Fruits
<b>Ficus benghalensis, Linn</b>	Bad/Bar	Moraceae	Ripe fruits
<b>Ficus racemosa, Linn</b>	Gular	Moraceae	Unripe fruits as vegetable
<b>Ficus religiosa, Linn</b>	Peepul	Moraceae	Ripe fruits
<b>Madhuca latifolia, Roxb.</b>	Mahua	Sapotaceae	Flowers and fruits
<b>Momordica dioica, Spreng.</b>	Kheksa	Cucurbitaceae	Fruits
<b>Moringa oleifera, Lam.</b>	Munga	Moringaceae	Tender Shoots and fruits
<b>Nelumbium nucifera , Gaerth</b>	Kamal	Nymphaeaceae	Rhizome
<b>Phoenix sylvestris, Linn</b>	Chhindi	Arecaceae	Pulp of roots
<b>Pueraria tuberosa, Linn</b>	Bidarikand	Fabaceae	Young tuber
<b>Schleichera oleosa, Oken</b>	Kusum	Sapindaceae	Fresh fruits
<b>Semecarpus anacardium, Linn</b>	Bhelma	Anacardiaceae	Fruits
<b>Shorea robusta, Gaertn</b>	Sarai	Dipterocarpaceae	Leaves and Seeds
<b>Solanum nigrum, Linn</b>	Makoi	Solanaceae	Ripe berries
<b>Syzigium cumini, Skeels</b>	Jamun	Myrtaceae	Ripe fruits
<b>Tamarindus indica, Linn</b>	Imali	Caesalpiniaceae	Fruits
<b>Terminalia bellerica, Roxb.</b>	Bahera	Combretaceae	Kemels of the fruits
<b>Zizyphus jujube, Lamk</b>	Ber	Rhamnaceae	Ripe fruits

### 3. Results and Discussion

The Tribals of Central India in District Umaria, use more or less the same food grains used by other classes of the society during normal monsoon seasons the grains such as *Avena*

*sativa* are gathered from natural stands growing in their vicinity. but during famine and acute scarcity. They utilise other wild food plants(**Table 1** and **Figure 3**).



**Figure 3:** Representing of Dominant Family of the Study area

The underground stem of *Amaranthus viridis*, *Nelumbiumnucifera* and tender shoots and leaves of *Achyranthus aspera*, *Amaranthus spinosus*, *Cassia tora*, *Casia Fistulaare* used as vegetables and some plants plants species uses fruits and *Syzigium cumini* and *Tamarindus indica* are eaten both by Tribes and other natives. Fruits pulp of has delicious taste and is known to be eaten mostly by rural and Tribal communities.

### 4. Acknowledgement

The authors are thankful to Tribals on for co-operation in providing information about the wild food plants. Thanks are due to the Principal Dr. S. K. Saxena, Govt. Pt. S.N.S. P.G. (Autonomous) College, Shahdol, (M.P.) for having provided the facilities to carry out the investigation.

## References

- [1] Agrawal, V.S. 1983. Perspectives in Botanical Museum with special reference to India. Today and Tomorrow. New Delhi.
- [2] Agrawal, D.P. (1997) Traditional Knowledge Systems and Western Science. *Current Science*, **73**, 731-733.
- [3] Ahirwar, R.K. (2010) A Survey of Medicinal Plants Used by Tribals of Anuppur District, Central India. *Indian Journal of Applied Pure Biology*, **25**, 227-230.
- [4] Ahirwar, R.K. (2011) Ethnomedicinal Plants Studies in Jaitpur Forest range of Shahdol, District, Central India. *Ad.Plant Sciences*, **24**, 681-684.
- [5] Ahirwar, R.K. (2014) Utilization of Medicinal Plants by the Tribes of Bhatiya, District Shahdol, Madhya Pradesh. *International Journal of Scientific and Research*, **3**, 149-151.
- [6] Ahirwar, R.K. (2010) Ethnomedicinal Uses of Plant Roots from Shadol District of M.P. India. *Indian Journal of Applied Pure Biology*, **25**, 71-76.
- [7] Ahirwar, R.K. (2015) Diversity of Ethnomedicinal Plants in Boridand Forest of District Korea, Chhattisgarh, India. *American Journal of Plant Sciences*, **6**, 413-425. <http://dx.doi.org/10.4236/ajps.2015.62047>
- [8] Duthie, J.F., 1973. (Reprint). Flora of Upper Gangetic Plain and of the Adjacent Siwalik and Sub Himalayan tracts. Botanical Survey of India, Calcutta, India.
- [9] Dwivedi, S.N. and Singh, H., 1984. Ethnobotany of Kols of Rewa division, Madhya Pradesh, Proc. Natl. Sem. Env. EPCO, II: 37-44.
- [10] Hooker, J.D. et al. 1872-1897. The flora of British India 7 vols. Botanical Survey of India. Calcutta, India.
- [11] Jain, S.K. 1964. Wild food plants of the Tribals of Bastar, Madhya Pradesh, Proc. Nat. Inst. Sci. India. **30**: 56-80.
- [12] Jain, S.K. 1981. Observation on the Ethnobotany of Central India, in Glimpses of Indian Ethnobotany. IBM Publishing Co. New Delhi, India pp. 193-198.
- [13] Jain, S.K. and Goel, A.K. 1987. Problem for field work. P. 171-183. In Manual of Ethnobotany Ed. S.K. Jain. Scientific Publishers, Jodhpur.
- [14] Khan, A.A., Agnihotri, Santosh Kumar Singh Manoj Kumar and Ahirwar, Ramesh Kumar 2008. Enumeration of certain Angiospermic plants used by Baiga, Tribe for conservation of plants species. *Plant Archives*(8) 1:289-291.
- [15] Khan, A.A., Agnihotri, S.K., Singh, M.K. and Ahirwar, R.K. (2008) Observation of Certain Plants Used in Skin Diseases by Baiga Tribes of Mandala District. *Plant Archives*, **8**, 283-284.
- [16] Khan, A.A. Singh Pragyan and Pandey Rajshree 2005. Herbal treatment curing children disease among tribals of Shahdol district (M.P.) India. *Plant Archives*.5(1) 159-163. [10] Oommachan M, Masih S.K. (1989) Ethnobotanical
- [17] Maheshwari, J.K. 1984. Ethnobotanical Survey of Mandala district of Madhya Pradesh. Proc. 22<sup>nd</sup> Annual workshop on MAB Project, Govt. of India, Deptt. Of Environment, New Delhi.
- [18] Maheshwari, J.K. 1990. Recent Ethnobotanical researches in Madhya Pradesh, S.E.B.S. News letter 9(1-3):5.
- [19] Manilal, K.S., 1991. An Ethnobotanical connection between mushrooms and dolmens in contribution to Indian Ethnobotany. S.K. Jain (Ed.), Scientific Publishers, India. 299-304.
- [20] Pandey, Aradhna and Oommachan, M. 1992. Studies on certain less known wild food plants in rural and tribal areas around Jabalpur Ibid. 7(2): 129-136.
- [21] Shukla, K.M.L. 1996. Ethnobotanical studies on the Tribals of Bilaspur district with species reference to Korwa Tribe. Ph. D. Thesis. A.P.S. University, Rewa (M.P.).
- [22] Verma, P. 1993. Ethnobotanical studies on the tribals of Shahdol district with species reference to Amarkantak. Ph. D. Thesis. A.P.S. University, Rewa (M.P.).