

Study of Nutrition Content and Medicinal Value in Some Edible Wild Forest Vegetables Commonly Found in Bhandara District (M.S.)

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Abstract: Wild edible plants play a major role in meeting the nutritional requirement of the rural population. The use of wild plants by human as a source of food is in practice since time immemorial. Most tribals are still depend on wild food bearing vegetal plants for food, medicine and nutritional supplement. These people are consuming near about 57 species of plants, which are seasonally available and especially tribal communities more consuming wild plants, which are Gond, Dhamdii. Wild foods are nutritious and powerful for improving the health and provide medicine, especially for pregnant women's and children. In present study documented as such 20 wild forest vegetables species from core area forest, reserve forest, villages fringe, home courtyard and backyard, farm, lake, river side, canal with the help of native shepherd, eco-guides, farmers, local teachers and villagers from Sakoli, Umari, Lavhari, Parsodi, Jambhali, Kosamtondi, Pathri, Tudamapuri. There are mix communities living in periphery of Bhandara District, which is Kohali (Patil), Dhivar, Gond, Mana, Dhamdii, Pradhan and some other backward classes. These wild forest vegetables provide macronutrients such as Fat, Carbohydrates, Dietary fibre, Sugars, Protein, Moisture, as well as micronutrients as Folic acid, Ascorbic Acid, Alpha Tocopherol, Beta Carotene, Lycopene, anthocyanins, Sodium, Potassium, Calcium, Magnesium, Manganese, amino acid, cholesterol, and Iron, Cobalt, Chromium. Zinc, Copper and Boron.

Keywords: Wild Forest vegetable, Nutritional values, Gond and Dhamdii tribes, Tribal communities.

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