

Biomedicinal Benefits and Nutritional Potential of Some Wild Leaf Vegetables of Wadwal Nagnath (Sanjivani) Bet in the Marathwada Region of Maharashtra

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Abstract: *Wadwal Nagnath Bet (Hill) is very famous for its unique feature of producing a very rare species of Ayurvedic bushes and plants. It is 16.5 km away from Chakur and 39 Km from Latur city. The hill is of 600- 700 feet height from the ground and is 3 km near the Wadwal-Nagnath village. The rare species of Ayurvedic plants grows in the Uttara Nakshatra and hence the well-known ayurvedic practitioners from nearest states are visiting this hill in the same period. This place is famous for plant Ayurvedic medicines. vanaushdhi vaidyas are here very popular from old. Every utara nakshtra means in month of July here celebrates medicine festival by people of wadwal nagnath which is the nearest town and people are visited mostly from out of town, district, state. This paper deals with the medicinal and nutritional value of wild leaves vegetable plants like *Amaranthus tricolor L.*, *Amaranthus hybridus L.*, *Amaranthus spinosus L.*, *Cassia tora L.*, *Celosia argentea L.*, *Chenopodium album L.*, *Glossocardia bosvallia (L.f.) DC.*, *Launea procumbence (Roxb.) Ramayya & Rajagopal*, *Portulaca oleracea L.*, *Portulaca quadrifida L.*, *Rivea hypocrateriformis (Desr.) Choisy* and *Trianthema portulacastrum*. These are highly popular plant species of vegetables to which leaves are eaten as potential herb in vegetable recipe, cooked with other vegetables, with a main dishes or by itself. The people of Marathwada mainly rural population depend on wild greens as food supplements. This paper encompasses the information of 12 species, 9 genera of 7 families were tabulated as botanical name, local name, family, habitat, mode of consumption and medicinal uses. Use of wild leafy vegetables may act as alternative food resources other than cultivated vegetables, thus also acting as a multi-valued resource for health and wealth.*

Keywords: Biomedicinal benefits, Nutritional Potential, Leafy vegetables, Wadwal Nagnath Bet, Traditional knowledge

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