

A CHECKLIST of WILD EDIBLE FRUITS OF BHURBANDHA, MORIGAON DISTRICT, ASSAM

Kumar Kritartha Kaushik

*Ph.D. Scholar, Dept. of Molecular Biology & Biotechnology,
Tezpur University, Sonitpur-784028, Assam (INDIA)
E-mail: kritartha@tezu.ernet.in, kkritartha@gmail.com*

Abstract—*The paper is an outcome of an investigation on wild edible plants in the market of Bhurbandha, Morigaon district of Assam for documentation. This study was to find out the essential edible fruits which are consumed daily by the local people of Bhurbandha area. Regular surveys were conducted on the Tuesday market in fourteen months. Based on field survey, 40 species belonging to 24 families of angiosperms have been recorded as wild edible fruit yielding plants that are used to sell in the market by local inhabitants thereby earning a part of their livelihood. The enumeration includes scientific as well as Assamese names of plants, time of availability and uses.*

Keywords: *Wild edible fruits, Bhurbandha, Morigaon district.*

Introduction

Wild edible fruits are a rich source of vitamin C., sugar, fibre, minerals and water, and they generate side income to the poor people [1]. The growing interest in search of new, economically viable plants has influenced many investigators to devote attention to the study of wild edible plants. Knowledge of potential food plants and utilisation of these in genetic improvement of food and medicinal plant resources, as well as acceptance of new food plants, is the prime importance of such type of study. Documentation of wild edible plants is an essential step towards their conservation.

The investigation has been initiated to know the flora and species, parts and mode of use of wild vegetables in the Bhurbandha and adjacent areas. This paper is aimed to give an impression on the edible fruit yielding plants of the area that have been collected from wild habitat in the surroundings. Many times, these fruits are sold in the market to earn money and hence become an essential aid for their livelihood.

Study Area

Morigaon is an agrarian district. It is situated between 26.15 degrees North and 26.5 degrees North latitude and between 92 degrees East longitudes. Bhurbandha is a Town in Bhurbandha Tehsil in Marigaon District of Assam State, India. It is located 8 km towards North from District headquarters Morigaon. It is a Tehsil headquarter. Bhurbandha Pin code is 782104, and postal head office is Jaluguti. Nagabandha (5 km), Kacharibori (6 km), Jaluguti (6 km), Garmari (6 km), Tarabori (6 km) are the nearby Villages to Bhurbandha. Bhurbandha is surrounded by Marigaon Tehsil towards South, Laharighat Tehsil towards North, Kapili Pt.I Tehsil towards South, Batabraba (Part) Tehsil towards East [2]. Often they collect wild plants from surroundings for various purposes, and some of them apply to sale such plants in the local market to earn their daily requirements.

Materials and Methods

Frequent field trips were conducted at Bhurbandha market area in different seasons during the study period from October 2017 to January 2019. People from diverse communities, i.e. Bodo, and Tiwa and plant sellers in the markets were interacted. Plants identified as wild edibles by these people but not have been cultivated, collected from native habitat, were identified with the help of relevant published papers and books such as [3], [4], [5] and [6] and enumerated accordingly. Questionnaires were done for the collection of data such as local name, time of availability, and their mode of uses. Photographs have been collected from the field. The wild fruits of the present study area are arranged alphabetically with their Assamese name, scientific name, family, time of availability and use as food are shown in Table 1 and some photographs of collected wild fruits are also presented in this paper.

Results & Discussion

In the present investigation, a total of 40 species of wild edible fruits belonging to 24 families have been recorded which are sold in the Bhurbandha market by local inhabitants, thereby earning a part of their livelihood. Most of these wild fruits have prosperous nutritive value. Some of them also have medicinal properties. Majority of the fruits are eaten as raw when ripe, few

are taken as vegetables and pickles. These are alphabetically enumerated below along with their Assamese names and season in which they are available. It has also been revealed that due to change in socio-economic condition, a lot of information regarding wild vegetables has been lost and some of such plants are on the verge of rarity.

Acknowledgement

The author is very thankful to local vegetable vendors, villagers and all the people who helped in documenting the wild edibles by providing information and support. The author is also grateful to the Department of Science and Technology, India, for awarding INSPIRE Fellowship.

References

- [1] Borgohain, Dharitri., "Ethno-botanical study of wild edible fruits consumed by the people of Lakhimpur district of Assam, India.", *Annals of Plant Sciences*, 6.11, August 2017, pp 1732-1735.
- [2] Onefivenine.com., Bhurbandha Town, Bhurbandha Tehsil, Marigaon District. [online] Available at: <http://www.onefivenine.com/india/villages/Marigaon/Bhurbandha/Bhurbandha>, 2019. [Accessed 18 Aug. 2019].
- [3] Singh, H.B. and Arora, R.K., "Wild edible plants of India", ICAR, New Delhi, India, 1978, pp. 88.
- [4] Singh, P.K., "Some ethnobotanically important plants available on the phumdis of Loktak Lake", In: Trisal, C.L. & Th. Manihar (eds.). *Management of Phumdis in Loktak Lake.*, 2002, pp. 37-42.
- [5] Brahma, B.K., *A study on the ethnobotany of Bodos of Kokrajhar district, Assam.* Gauhati University, Guwahati, Doctoral Thesis, 1992.
- [6] Borah, A., *Flora of Bongaigaon District, Assam.* Gauhati University, Guwahati, Doctoral Thesis, 1992.

Table 1: List of wild edible fruits of bhurbandha, Morigaon (Assam)

Sl. No.	Name of the plant	Family	Assamese name	Uses	Season
1.	<i>Aegle marmelos</i> Correa	Rutaceae	Bel	The pulp of ripe fruits are eaten fresh, considered medicinal for constipation	Jan.- April
2.	<i>Antidesma ghaesembilla</i> Gaertn.	Euphorbiaceae	Heloch	Mature fruits are eaten fresh, slightly sour.	Sept.-Oct.
3.	<i>Artocarpus chama</i> Buch.-Ham.	Moraceae	Cham Kothal	Ripe fruits are eaten fresh, sweet.	Summer
4.	<i>Annona reticulata</i> L.	Annonaceae	Atlas	Fruits are eaten raw.	Nov-Dec
5.	<i>Averrhoa carambola</i> L.	Averrhoaceae	Kordoi	Ripe fruits are eaten fresh, considered medicinal for urinary problems and jaundice. Pickles, jelly and squash are also made.	Round the year, commonly in spring-summer
6.	<i>Baccaurea ramiflora</i> Lour. [= <i>B. sapida</i> (Roxb.) Muell.]	Euphorbiaceae	Leteku,	Fleshy aril of the fruit is eaten, slightly sour.	May-July
7.	<i>Calamus tenuis</i> Roxb.	Arecaceae	Jati bet	Ripe fruits along with seeds are eaten fresh	Winter
8.	<i>Choerospondias axillaris</i> (Roxb.) Burt. & Hill (= <i>Spondias axillaris</i> Roxb.)	Anacardiaceae	Mitha amora	Mature fruits are eaten fresh	July- Dec.
9.	<i>Cucumis trigonus</i> Roxb.	Cucurbitaceae	Ghimoru	Ripe fruits are eaten fresh or cooked as a vegetable	Sept.- Dec.
10.	<i>Citrus maxima</i> (Burm) Osbeck	Rutaceae	Robab tenga	Ripen fruits are eaten raw.	Winter
11.	<i>Citrus aurantifolia</i>	Rutaceae	Gul nemu	Fruits are eaten raw or aspickles.	May-Nov
12.	<i>Dillenia indica</i> L.	Dilleniaceae	Ouw-tenga	Fleshy sepals of mature fruits are eaten fresh and cooked; pickles are also prepared.	Sept.- April
13.	<i>Elaeocarpus floribundus</i> Bl.	Elaeocarpaceae	Jal-phai	Mature fruits are eaten fresh; pickles, jelly etc. are made.	Nov.- Dec.
14.	<i>Flacourtia jangomas</i> (Lour.) Raesch	Flacourtiaceae	Poniyol	Ripe fruits are eaten raw	Sept.- Jan.
15.	<i>Garcinia cowa</i> Roxb. ex DC.	Clusiaceae	Kau-thejera	Fruits are eaten fresh, sliced and dried for future use; seeds are also eaten. Medicinal for dysentery.	July-Sept.

16.	<i>Garcinia lanceaefolia</i> Roxb.	Clusiaceae	Rupahi thekera	-Do-	June- Aug.
17.	<i>Garcinia morella</i> (Gaertn.) Desr.	Clusiaceae	Kuji thekera	-Do-	-do-
18.	<i>Garcinia pedunculata</i> Roxb.	Clusiaceae	Bor thekera	-Do-	April- May
19.	<i>Gymnopetalum cochinchinensis</i> (Lour.) Kurz	Cucurbitaceae	Tatoka tita	-do-	Aug.- Oct.
20.	<i>Ipomoea aquatica</i> Forssk.	Convolvulaceae	Kolmou sak	Fruits, in addition to twigs & leaves, are eaten fried.	Oct.- Dec.
21.	<i>Livistona jenkinsiana</i> Griff.	Arecaceae	Tokou	Seeds are eaten like Areca nut, very hard but sweet.	Sept.- Dec.
22.	<i>Morus australis</i> Poir. (= <i>M. indica</i> L.)	Moraceae	Nuni	Ripe fruits are eaten fresh, sweet.	June- Aug.
23.	<i>Nelumbo nucifera</i> Gaertn	Nelumbonaceae	Podum phul	Mature seeds are eaten raw or cooked.	Aug- Oct.
24.	<i>Nymphaea nouchali</i> Burm.f.	Nymphaeaceae	Boga-bhet	Mature seeds are eaten raw or puffed.	Oct.- Nov.
25.	<i>Nymphaea rubra</i> Roxb. Ex Andrews	Nymphaeaceae	Ronga bhet	-Do-	-Do-
26.	<i>Nymphoides hydrophyllum</i> (Lour.) Kuntze	Menyanthaceae	Pani kola	Mature fruits are eaten raw	Aug.- Sept.
27.	<i>Phyllanthus acidus</i> (L.) Skeels	Euphorbiaceae	Pora- amlokhi, Holfoli	Mature fruits are eaten raw; pickles are also prepared	June- Aug.
28.	<i>Phyllanthus emblica</i> L.	Euphorbiaceae	Amlokhi	Mature fruits are eaten raw; pickles are also prepared; considered medicinal liver ailments and anaemia	Round the year, commonly July- Nov.
29.	<i>Phyllanthus urinaria</i> L.	Phyllanthaceae	Bhui-amla, Mati amlokhi	Mature fruits are eaten raw, considered medicinal for liver	May- Aug.
30.	<i>Physalis minima</i> L.	Solanaceae	Pokmou	Ripe fruits are eaten raw, sweet.	Winter
31.	<i>Prunus domestica</i> L.	Rosaceae	Nora bogori	The ripe fruit is eaten with delicacy, either raw or as pickles.	Jan-May
32.	<i>Rubus ellipticus</i> Smith.	Rosaceae	Jetulipoka	Ripe fruit smells sweets and is very tasty, eaten with must relish.	Sept- Mar
33.	<i>Solanum anguivi</i> Lamk. (= <i>S. idicum</i> auct. non L.)	Solanaceae	Tita-bhekuri, Deuritita, Birkulitita	Mature fruits are sometimes eaten fried as a vegetable, considered medicinal for worm infection	Autumn- Winter
34.	<i>Spondias pinnata</i> (L.f.) Kurz.	Anacardiaceae	Amora	Mature fruits are eaten raw, sour; pickles, jam, jelly etc. are also prepared	June- Aug.
35.	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	Kola jamu	Ripe fruits are eaten fresh, jelly also prepared	June- Aug
36..	<i>Tamarindus indica</i> L.	Caesalpinaceae	Teteli	Ripe fruits are eaten fresh, pickles, jam etc. are also prepared.	Jan.- March
37.	<i>Terminalia chebula</i> Retz.	Combretaceae	Silikha	Fruits are eaten raw, powdered and used in preparing "trifala", medicinal for stomach ailments.	Feb.- April
38.	<i>Terminalis citrina</i> (Gaertn.) Roxb. ex Flem	Combretaceae	Silikha/ Horiteki	-Do-	-Do-
39.	<i>Trapa natans</i> L. var. <i>bispinosa</i> (Roxb.) Makino	Trapaceae	Pani-singri, Pani-phal	Seeds are eaten raw, sometimes cooked.	Oct.- Nov.
40.	<i>Zizyphus mauritiana</i> Lamk.	Rhamnaceae	Bogori	Fruits are eaten raw; pickles are also prepared, dried and powdered to use as preserved food during summer.	Feb.- April

Photographs of collected wild edible fruits:



Aegle marmelos



Terminalia chebula



Phyllanthusemblica



*Ipomoea aquatic**Spondiaspinnata**Nymphaea nouchali**Solanum anguivi**Dilleniaindica**Garcinia pedunculata**Baccaurearamiflora**Citrus maxima**Zizyphus mauritiana*