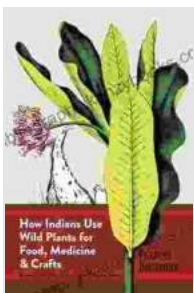


Unveiling the Ethnobotanical Treasures of India: "How Indians Use Wild Plants For Food, Medicine, and Crafts"

In the heart of India's diverse ecosystems lies a profound connection between its people and the wild plants that surround them. "How Indians Use Wild Plants For Food, Medicine, and Crafts" is a comprehensive exploration of this ancient bond, inviting readers on a journey to discover the multifaceted ways in which wild plants have shaped Indian culture and well-being.

A Culinary Tapestry: Wild Plants Nourishing the Indian Palate

India's vast and varied terrain is home to a plethora of wild plants that have long been integral to the Indian diet. From the succulent leaves of the "karonda" (*Carissa carandas*) to the bitter yet nutrient-rich fruits of the "karela" (*Momordica charantia*), wild plants have provided sustenance and flavor to generations of Indians.



How Indians Use Wild Plants for Food, Medicine & Crafts (Native American) by Frances Densmore

★★★★☆ 4.4 out of 5

Language : English
File size : 20550 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 207 pages
Lending : Enabled
Screen Reader : Supported

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Nature's Pharmacy: Wild Plants as Healing Remedies

Beyond their culinary value, wild plants also hold immense medicinal significance in Indian culture. Ayurveda, India's ancient system of medicine, has long incorporated wild plants into its treatments. From the antibacterial

properties of the "neem" (*Azadirachta indica*) to the anti-inflammatory effects of the "ashwagandha" (*Withania somnifera*), wild plants have provided healing remedies for a wide range of ailments.



Crafting with Nature: Wild Plants in Indigenous Arts

The bond between Indians and wild plants extends beyond sustenance and medicine to encompass the realm of art. Indigenous craftspeople have ingeniously utilized wild plants in their creations, adding vibrant colors, intricate textures, and cultural significance to everyday objects.



Ethnobotany: A Bridge between Culture and Conservation

"How Indians Use Wild Plants For Food, Medicine, and Crafts" not only celebrates the rich ethnobotanical heritage of India but also highlights the importance of conservation. By understanding the deep-rooted relationship between people and their local wild plants, we can foster a greater appreciation for these invaluable resources and ensure their preservation for future generations.



ETHNOBOTANICAL STUDY OF WILD EDIBLE FOOD PLANTS USED BY THE TRIBALS AND RURAL POPULATIONS OF ODISHA, INDIA FOR FOOD AND LIVELIHOOD SECURITY

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Abstract

The Wild Edible Food Plants (WEDPs) refer to those species which are neither cultivated nor domesticated but are important source of food in tribal areas of India. Data of wild Odisha food as a coping mechanism in times of food shortage, provides an important safety net for the rural poor. In Odisha, there are 92 different tribes, of which the most numerous ones are Kandh, Gondi, Santal, Sora, Khasi, Mising, Munda, Parjati, Bhojpur, Hitayari, Oram, Gudia, Mithan and Iriga. The tribes of Odisha depend on forests for their food and other needs. They regularly collect and consume fruits, leafy vegetables, tubers, flowers, mushrooms etc. from the nearby forests. This paper reports various tribes about the wild edible food plants. This present study deals with the identification, authentication, ethno-botanical exploration and information on food value of wild edible plants (WEDPs) from different tribal communities/tribes of Kandh, Mayurbhanj, Kalahandi, Puri, Koraput, Odisha, Gondi, Koraput, Sundergarh, Jajpur, Bargarh, Rayagada, Ganjam, Gopabandhu, Nabarangpur, Phulbani, Jharsuguda, Jhena. The ethnobotany and traditional uses of 195 wild edible plants have been dealt in this paper. Although the availability of these wild forest products has declined, they are nutritionally rich and their usage need to be encouraged.

Keywords: Odisha, Wild edible food Plants, Tribes, Traditional knowledge, Food security.

Introduction

Nutrition which is a fundamental biological process for self-sustenance of living organisms. Food and nutritional security are key concerns the world over as low food intake and poor access to food in underdeveloped countries results in malnutrition and health hazards (Breiter *et al.*, 2005; Navarathna *et al.*, 2001; Seber *et al.*, 2004; Mahapatra & Panda, 2012). Food habits of human being have developed from the experience and through successive generations. Feeding in excess of 200 million under-nourished people depends not only on increased productivity of domesticated crops but also the use of underutilized wild species. The wild plants and their products make important contributions to the human and animal food systems. They are a means of survival for millions of people in rural households. There is now greater recognition that products from the wild may support

household subsistence and income generation from their sale, either in raw or processed forms.

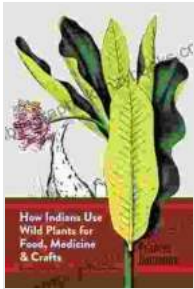
WEDPs are an important source of food in India and have a significant place in the dietary habits of small and marginal farmer's, (unemployed and forest dwelling communities during the periods of food scarcity) (Mishra & Ranogajec, 2010). The food habits of tribals are generally developed according to the seasonal availability of food and their nutritional value and hence, food supply is traditionally based on their own collections.

India includes 45,000 plant species and 550 tribal communities. The tribals belong to 227 linguistic groups and they inhabit varied geographic and climatic zones with diversified plant species, natural products, rich traditional knowledge and wisdom. From the ethno-botanical studies of wild plants indicate that more than 1000 species have been used for human food in India (Giri & Kumar, 2007; Ghosh & Ojha, 2007).

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"How Indians Use Wild Plants For Food, Medicine, and Crafts" is an invaluable resource for those seeking a deeper understanding of the cultural, nutritional, and medicinal significance of wild plants in India. This comprehensive volume serves as a testament to the enduring bond

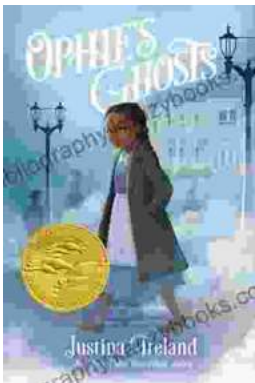
between humans and nature, and inspires us to cherish and protect the wild plants that have sustained and enriched our lives for centuries.



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