

LESS KNOWN WILD EDIBLE FRUITS AND SEEDS OF UTTARA KANNADA DISTRICT OF KARNATAKA

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Introduction

Use of wild plants as a source of food is in practice since the date unknown. As the civilization advanced with time, man focused more on the domesticated plants for his basic need. Still, wild plants are the part of daily diet in many parts of India. The knowledge of these wild edible plants lies mainly with the local people living in close association with the nature. Many of wild plants are unknown to the world with respect to their edibility, nutritional and medicinal value, mostly collected from ethnic communities. In view of possible domestication of wild edible plants, documentation of such plants is gaining importance in the recent years. Some of the noteworthy work in this regard is done by Singh and Arora (1972, 1973), Bhandari (1974), Pundir and Singh (2002) and Hebbar *et al.* (2003) who have reported good number of wild edible plants from different parts of India.

Study area

The present study is carried out in the Uttara Kannada, the northernmost coastal district of Karnataka state in India. The district is situated on the rich biological

zone of the Western Ghats, which lies between 13° 55" to 15° 31" N. latitude and 74° 09" to 75° 10" E. longitude comprising an area of 10291 km². The Uttara Kannada district beholds rich phytodiversity and different tribal communities. Owing to their close association with nature, they have developed the habit of eating several wild fruits and seeds, the knowledge which has come mainly through practical experience.

Methodology

The study included the interview of local people of Uttara Kannada, regarding the wild edible fruits and seed bearing plants, common names, parts used, usage and ethno medicinal value. Plants were collected during flowering seasons, authentically identified by referring floras such as Cooke (1901-1908), Yadav and Sardesai (2002) and Bhat (2003). Herbarium specimens are preserved in the department of Botany, Karnatak University, Dharwad.

Results

Plants are tabulated according to alphabetical order of their botanical names. Information given about each plant includes

Table 1
Wild edible fruits and seeds of Uttara Kannada district of Karnataka

S. No.	Botanical Name	Family	Voucher specimen number	Local/Kannada Name	Place of occurrence	Flowering and Fruiting months	Edible part	Method of usage	Description of edible part	Medicinal Importance if any
1	2	3	4	5	6	7	8	9	10	11
1.	<i>Aglaia lauii</i> (Wight) Sald. [Amcoora lauii (Wight) Bedd.]	Meliaceae	KUD/Ang /EF -01	Honama dike	Forests of Kumta	December -March	Aril	Eaten fresh	White gelatinous, alcoholic sweetish aril in subglobose, yellowish orange berries, covering the seeds.	Skin diseases (Jain, 1991)
2.	<i>Carsjera rheedii</i> Gmel.	Opiliaceae	KUD/Ang /EF -02	Karadi soppu	Semi evergreen forests of district	November -April	Fruit pulp	Eaten raw	Drupe, ovoid or ellipsoid, orange red in color, with whitish pulp.	Used as anthelmintic by local people.
3.	<i>Canthium dicoccum</i> (Gaertn.) Teys & Binn [C. <i>umbellatum</i> Wight, <i>Plectronia wightii</i> Cooke].	Rubiaceae	KUD/Ang /EF -03	Kabbana are mara	Semi evergreen forests of district	November -February	Fruit pulp	Eaten raw	Fruit is obovoid, didymous, black when ripe, with black pulp.	Boils, diarrhoea and fever (Jain, 1991)

Contid....

1	2	3	4	5	6	7	8	9	10	11
4.	<i>Dimocarpus longan</i> Lour. [<i>Euphoria longana</i> Lam., <i>Nephelium longana</i> (Lam.) Camb.]	Sapindaceae	KUD/Ang /EF -04	<i>Kallu sagade</i>	Evergreen Forests of Kumta	February - July	Aril	Eaten raw	Fleshy yellowish aril in globose, reddish and tuberculed fruit.	Tonic and refrigerant (Yoganar asimhan, 1996)
5.	<i>Glycosmis pentaphylla</i> (Retz.) DC [<i>Limonia pentaphylla</i> Retz.]	Rutaceae	KUD/An g/EF -05	<i>Manikbe rina gida</i>	Evergreen forests near Motigudda	October - May	Fruit pulp	Eaten fresh	Globose, pinkish white berry with juicy pulp.	Cancer, dysentery fever, gastric diseases, jaundice and intestinal worms (Jain, 1991)
6.	<i>Grewia nervosa</i> (Lour.) Panigr. [G. <i>microcos</i> L.]	Tiliaceae	KUD/An g/EF -06	<i>Pettekaayi</i>	Forests of Yellapur.	April - October	Tender fruits and fruit pulp	Eaten raw	Fruits globose, purplish when ripe.	Used to treat jaundice by local people.
7.	<i>Otax imbricata</i> Roxb. [O. <i>wightiana</i> Wall.]	Olaceae	KUD/An g/EF -07	<i>Bapana musthi gida</i>	Forests of Mirjan, Kumta	December - June	Fruit pulp	Eaten fresh	Drupes are orange in color and covered by accrescent calyx.	
8.	<i>Schleichera oleosa</i> (Lour.) Oken. [S. <i>trijuga</i> Willd.]	Sapindaceae	KUD/An g/EF -08	<i>Sagade mara</i>	Deciduous forests of lower Ghat of the district	March - July	Aril	Eaten fresh	Brownish aril in pointed, echinate drupes.	

Contd....

1	2	3	4	5	6	7	8	9	10	11
9.	<i>Solena amplexicaulis</i> (Lam.) Gandhi [<i>Bryonia amplexicaulis</i> Lam., <i>Zebneria umbellata</i> Thw.]	Cucurbitaceae	KUD/An g/EF-09	<i>Gamatek aayi</i>	Open forests of district	July - December	Whole tender fruit	Eaten fresh	Fruits oblong, ribbed, bright red when ripe	Antifertily, coolant, cuts, diabetes, ear-ache, fever, snake bite, sores, spermatorrhea, stomach ache syphilis, tonic (Jain, 1991).
10.	<i>Sterculia guttata</i> Roxb. Ex DC.	Sterculiaceae	KUD/An g/EF-10	<i>Basavan agotte</i>	Forests of Ankola.	September -May.	Seeds	Roasted and eaten	3-4 black, oblong seeds in each obovoid, tomentose follicle	
11.	<i>Tali minor</i> (Gaertn.) Almeida	Connara ceae	KUD/An g/EF-11	<i>Hulimajige hannu, Kolimotte hannu, Pullampurse hannu.</i>	Semi evergreen forests of the district	September -August	Aril	Eaten fresh	Orange aril in ovoid, yellow follicles, covering the black seed	Rheumatism, scurvy, diabetes, ulcer, skin diseases and fever (Yoganar asimhan, 1996).
12.	<i>Tamilnadia uliginosa</i> (Retz.) Tirveng. & Sastr. [<i>Randia uliginosa</i> (Retz.) DC., <i>Gardenia uliginosa</i> Retz.]	Rubiaceae	KUD/An g/EF-12	<i>Baganaare</i>	Forests of Kurnta	April - June	Whole unripe fruit	Eaten after roasting	Fruits ovoid and yellowish brown in color	Cholera, diarrhoea, dysentery eye complaints, headache, pimples and sores (Jain, 1991).

its family, voucher specimen number, local Kannada names, place of occurrence, flowering and fruiting seasons, part used, method of usage, description of edible part and medicinal importance of the plant with reference.

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SUMMARY

This paper deals with the less known wild edible fruits and seeds of Uttara Kannada district of Karnataka. Less known 12 wild edible fruit and seed bearing plants are documented. Each plant is given with the information about its family, voucher specimen number, local kannada names, place of occurrence, flowering and fruiting seasons, part used, method of usage, description of edible part and medicinal importance of the plant is also given, wherever available.

Key words: Uttara Kannada, wild fruits, wild seeds, wild edible.

कर्णाटक के उत्तर कन्नड जिले के अल्पज्ञात जंगली खाद्य फल और बीज
एस.एस हेब्बार, गुरुमूर्ति हेगड़े व जी.आर हेगड़े

सारांश

इस अभिपत्र में कर्णाटक के उत्तर कन्नडा जिले के अल्पज्ञात जंगली खाद्य फलों और बीजों पर विचार किया गया है। 12 अल्पज्ञात जंगली खाद्य फलों और बीजधारी पादपों को प्रलेखित किया गया है। प्रत्येक पादप के साथ उसके कुल वाउचर नमूने की संख्या, स्थानीय कन्नड़ नाम, मिलने की जगह, पुष्पन और फलन का मौसम, उपयोग किए जाते भाग, उपयोग करने की विधि, खाद्य भाग का वर्णन और पादप के औषध महत्व सम्बन्धी जानकारी, जहां उपलब्ध हो सकी, की गई है।

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