

EDIBLE WILD PLANTS OF THE HIMALAYAS



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Wild Edible Plant Resources of the Lohba Range of Kedarnath Forest Division (KFD), Garhwal Himalaya, India

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Abstract

The present study was carried out in the Lohba range of the Kedarnath Forest Division, Garhwal Himalaya to document the diversity, indigenous uses and availability status of wild edible plants. The inhabitants of the region are dependent up to a large extent on wild resources for their food and other daily needs. The region is rich in wild edible plant resources. A total of 82 species belonging to 62 genera and 46 families were documented from the study area. Out of the recorded species 24 were herbs, 23 shrubs, 28 trees and the rest 7 were climbers. Among the documented plants, 15 were abundant, 46 common and 21 uncommon to this area. Plant parts such as leaves, shoots, young twigs, roots, rhizomes, tubers, flowers, fruits, seeds, etc. are used for food by the local people. The study will be helpful in developing a comprehensive data base on wild plant resources, strengthening the food security in area and in conserving the traditional knowledge for the prosperity of the remote areas.

Keywords: Wild edible plants, availability status, indigenous uses, Kedarnath forest division, Garhwal Himalaya.

Introduction

Wild edible plants have played an important role in human life since time immemorial. Throughout the history, wild edible plants have sustained human populations in each of the inhabited continents¹. In India, most rural inhabitants depend on the wild plants to meet their supplementary food requirements². The diversity in wild plant species offers variety in family diet and contributes to household food security. Today, most human plant food is based on rather limited number of crops, but it is clear that in many parts of the world the use of wild plants is not negligible³⁻⁷. Sometimes the nutritional value of wild plants is higher than several known common vegetables and fruits^{8,11}. Garhwal Himalaya has peculiar topography, vegetation, people and traditions. The forest resources play an important role in the livelihood of the local communities in the region. Even now they are dependent on the natural resources from the forests for their sustenance¹², because of small land holdings and subsistence agriculture, the local people collect many wild edible plants for food, medicine, fodder, fuel, timber, agricultural implements, etc. Among these, wild edible plants play an important role as food supplements during scarcity for local inhabitants.

Many works have emphasized on the diversity and indigenous uses of wild plant resources from different parts of Garhwal Himalaya¹³⁻²¹, but little attention has been paid on wild edible plant resources from the Lohba range of the Kedarnath Forest Division (KFD). Documentation of such resources is required in view of gradual disappearance of this knowledge in new generations. Keeping this in view, the present study was

conducted as an attempt from the region to explore and identify the wild edible plant resources and indigenous knowledge about their utilization.

Material and Methods

Study area: KFD is situated in the north-west part of the Himalaya and stretches between 29° 57' 33" to 30° 06' 05" N latitudes and 79° 11' 33" to 79° 20' 33" E longitudes with the altitude ranging from 1268m to 3067m asl (figure-1). The total geographical area of region is about 16387.40 ha which represents 26.76% of the division. Western Ranganaga is the main river of this area, which originates from the lesser Himalayan mountain range (*Dhudhatoli*) and enters into Corbett National Park after flowing 100 km with its tributaries. Besides providing perennial water source it provides habitat to many plant and animal communities. The economy of local people is basically based upon the surrounding forests. The inhabitants of the area largely depend on wild plants for food, fodder, fuel-wood, timber, medicine and various religious and cultural needs.

Vegetation composition: The mountainous tract of the whole region is varying in altitude which contributes variations in the climatic conditions to play an important role in the distribution of the vegetation in the area. The vegetation of the study area is characterized by sub-montane and montane zone types. The area is represented by Pine-mixed forest (1200-1500 m), Oak-mixed forest (1500-2500 m), Oak forest (1800-2000 m), Oak-Abies mixed forest (2700-3114 m) while, some patches are occupied by pine and scrub forest along with grassy slopes. *Benthamedia capitata*, *Berberis* spp., *Bergenia ciliata*,

EDIBLE WILD PLANTS. OF THE HIMALAYAS by. Sarvashri RATTAN LALL BADHWAR. Director, Biological Research., Forest Research Institute and College. Buy Edible Wild Plants of the Himalayas on mydietdigest.com ? FREE SHIPPING on qualified orders. Key Words: wild edible plants; nutritive values; proximate analysis; macro- and micronutrients; Sikkim Himalaya. India faced a series of famine and major food. Present investigation describes the ethnobotanical information of 42 raw edible plants used by the Sheena tribe residing in Kashmir. Most of these species are. The wild edible plants form an important constituent of traditional diets in the Himalaya. In the Sikkim Himalaya a total of species have been screened as. Wild Edible Plants of Uttarakhand Himalaya: A Potential Nutraceutical Source. Research Journal of Medicinal Plants, 5: DOI: /rjmpAbstract. The present article deals with the documentation of tribal knowledge on wild edible plants in Upper Eastern Himalayan. Region of. Edible Wild Plants of the Himalayas by Badhwar mydietdigest.com File Size, MiB. Date, August 20, permalink. Post navigation. < potentialities of the wild edible plant species consumed by the local people Keywords: Wild edible plants, Garhwal Himalaya, indigenous. Abstract. The present paper discusses various wild plants of potential use with a main emphasis on wild edible plants of the Sikkim. Himalaya. Of the total mydietdigest.com: Edible Wild Plants of the Himalayas. Keywords: Wild edible plants, Traditional knowledge, Tibet and astride the Himalayan Range, which nowadays belong to India, Nepal, and. Abstract. The edible wild plants are greatly valued throughout the Himalayan region and serve as an important source of food for indigenous communities. Background: From time immemorial, wild plants have been used for edible purposes. of Western Himalaya to analyze uses of wild edible plants (WEP) and the. Uttarakhand State, which is a part of the Indian Himalayan system, is characterized by a rich diversity and rich heritage of wild edible plants. Wild edible plants. Background: Local people in the Himalayan region use a wide range of wild and non-cultivated edible plants. (WNEPs) for food, spice, medicinal, and cultural. (antioxidant) activity and nutritional potential of the selected 6 wild edible plants used by the local communities of Eastern Himalayan. Region of India. The Himalayas of India: A treasury of medicinal plants under siege Abstract. Wild plant raw material is in great demand around the world for use by Diversity, endemism and economic potential of wild edible plants of Indian Himalaya. Looking for fresh, organic produce? Why not pluck some of your own? Wild plants, although seldom considered food, are excellent sources of. The preferences of local people on the cultivated and wild edible plant species Within Uttaranchal state of Indian Himalaya, more than varieties of paddy. mydietdigest.com - Buy Edible Wild Plants of the Himalayas book online at best prices in India on mydietdigest.com Read Edible Wild Plants of the Himalayas book reviews. And the stem is hollow - you can use it as a straw! This is a piece from the upper part of the stem; below you can see wider straws from the lower part. You can. potentialities of the wild edible plants of Srinagar and Alaknanda valley of Garhwal Himalaya and recorded

total 55 plant species belonging to. Cryptogams of the Himalayas: scientific results of the Botanical Expedition to the Wild edible plants of Nepal / editorial board, Samar Bahadur Malla [et al.] Govt., Ministry of Forests and Soil Conservation, Dept. of Medicinal Plants, This paper describes the botanical richness, elevational distribution and dietary use of the edible wild plant resources from the Sikkim Himalaya (Eastern.

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