

Sustainable Development: A Progressive Step in use of Wild Nutraceuticals of Sakadi, Tehsil of Mahad, District- Raigad, India

Priya Pradip Kadam

Assistant Professor, Department of Botany

HET's College of Computer Science and Information Technology, Mahad-Raigad, Maharashtra, India

priyakadam6191@gmail.com

Abstract: *This research is brought to you in focusing more on use of wild nutraceuticals for sustainable development in day-to-day human life. Research has been made on some wild plants found in Sakadi area in Raigad. This is a small step in making use of unknown plants and highlighting their benefits which plays a major role. There are many more unknown herbs on which research has to be made. This would contribute a lot in medicinal industry. We should turn towards nature more and more and not be dependent on artificial medicines. This would enhance ecological importance of country. Jobs would be generated there would be increase in tourism resulting in a country's economic development.*

Keywords: Sustainable development, wild nutraceuticals, wild plants, Amaranthaceae, Artificial etc

I. INTRODUCTION

While travelling on highway near Sakadi at foothills of the mountains reside the tribal people. A man met with an accident which was easily curable by simple allopathy cream. Instead of applying it he rushed towards the bushes and grabbed some rare wild plant, crushed it and applied it on the injury. So the topic entitled Sustainable Development: A Progressive step in use of wild nutraceuticals of Sakadi Tehsil of Mahad, District- Raigad, India.

That was the time when I realized that there may be some plants found only in such places, they might be medicinal or even edible. Then a thought came into my mind that why to always rush towards expensive, artificial, processed, chemical composed medicines which definitely causes side effects and why not use of such plants species and why not bring them into spotlight for ours as well as our future generation's betterment ? That time I started research on plants in this area. Many tribes sell those herbs in Bazarpeeth (market area) of nearby villages. And the villagers buy them too considering its use in day to day life. There are some early references about wild plants used as food by the tribal communities from different areas. John Graham (1839) was the first modern botanist who recorded 14 edible species from western ghat area.

It makes it possible for us to learn from the past and from the diverse approaches to plants represented by the different human cultures that exist today. Ethnobotany is the science of survival". Saikia et al. (2010) reported 27 wild and cultivated edible plant species whose flowers are used as food from Assam and Arunachal Pradesh; Vartak (1981) reported 120 edible species. Mohanty (2010) reported 38 less known wild edible species from the forest localities of Dhenkanal district of Odisha, Vartak (1988) stated the importance of family Vitaceae.

II. METHODOLOGY

Ethnobotanical exploration of wild nutraceuticals available in forests of Sakadi tehsil of Mahad was undertaken during 2020-2022. Seasonal visit conducted with local elder Villagers and tribal people on the spot and photography with digital camera was done. The wild plants are in flowering and fruiting stage were collected for correct botanical identification. Specimens were identified with the help of literatures (Singh et al. 2001, Sharma et al. 1996; Cook, 1958). Total 30 wild edible plants species used by local and tribal people are listed and presented in alphabetical order along with their botanical name followed by family, Local Name and plant parts used Given in table:1

Table 1: Plants of Study Area

No	Botanical Name of plants	Family	Local Name	Edible plants/ parts used
1	<i>Achyranthes aspera L Var aspera</i>	Amaranthaceae	Aghada	Leaves are used as vegetable
2	<i>Amaranthus viridis L</i>	Amaranthaceae	Math	Leaves are used as vegetable
3	<i>Amorphophallus campanulatus Blume</i>	Araceae	Suran	Tuber is used as vegetable
4	<i>Anacardium occidentale L</i>	Anacardiaceae	Kajju	Roasted seed kernels and Ripe thalamus is eaten
5	<i>Artocarpus heterophyllus Lam.</i>	Moraceae	Phanas	Ripe and unripe fruits
6	<i>Artocarpus incisus L</i>	Moraceae	Kaapa Phanas	Ripe fruits , unripe fruits and seeds
7	<i>Bambusa arundinacea(Retz) Wild</i>	Poaceae	Bamboo, Kalak	Very young shoot and rhizome is used as vegetables
8	<i>Benincasa hispida (thunb) Cogn</i>	Cucurbitaceae	Kohala	Fruits are used as vegetables
9	<i>Bridelia retusa (L) Spreng</i>	Euphorbiaceae	Asana	Ripe fruits are eaten
10	<i>Crissa congesta Weight var.congesta</i>	Apocynaceae	Karvand	Ripe fruits are eaten and unripe fruits are used for manufacturing of pickles
11	<i>Cassia tora L</i>	Caesalpinioaceae	Takla	Young leaves and pods are used as vegetables
12	<i>Celosia argentic L</i>	Amaranthaceae	Kurdu	Young leaves are used as vegetables
13	<i>Centallansiatica (L) Urban</i>	Apiacea	Brahmi	Fresh leaves are eaten as brain tonic
14	<i>Colocasia esculenta (L) Schott and Endl</i>	Araceae	Alu	Petiole and leaves are used as vegetables
15	<i>Cordia myxa Linn</i>	Boraginaceae	Bhokar	Ripe fruits are eaten
16	<i>Dioscorea bulbifera L</i>	Dioscoreaceae	Karanda	Bubils and root tubers are eaten
17	<i>Embilica officinalis Fruct</i>	Euphorbiaceae	Avala	Fruits are eaten
18	<i>Eugenia jambolana Lamk</i>	Myrtaceae	Jambhul	Ripe fruits are eaten
19	<i>Ficus glomerata Roxb</i>	Moraceae	Umbar	Ripe fruits are eaten
20	<i>Hibiscus cannabinus L</i>	Malvaceae	Ambadi	Young leaves are used as vegetables
21	<i>Holarrhena pubescens (buch-Ham) Wall</i>	Apocynaceae	Kuda, Pandharakuda	Young pods and flowers are used as vegetable
22	<i>Lantana camara L</i>	Verbinaceae	Ghaneri	Ripe fruits are eaten
23	<i>Mangifera indica L</i>	Anacardiaceae	Amba	Fruits and endosperm are eaten
24	<i>Opuntia elatiuor Mill</i>	Cactaceae	Nivdung	Ripe fruits are eaten
25	<i>Oxalis corniculata L</i>	Oxalidaceae	Ambadi	Leaves are used as vegetables
26	<i>Portulaca oleracea L</i>	Portulacaceae	Ghol	Young shoots are used as vegetables
27	<i>Syzygium cumini (L) Skeels</i>	Myrtaceae	Jambhul	Ripe fruits are eaten
28	<i>Tamarindus indica L</i>	Caesalpinaceae	Chinnch	Fruits are eaten
29	<i>Teramnus labialis (L.f) Spreng.</i>	Fabaceae	Ran-udid	Seeds are eaten
30	<i>Zizipus jujuba Mill</i>	Rhamnaceae	Bor	Ripe fruits are eaten.

III. RESULT AND DISCUSSION

The main aim of this paperwork is to carryout research on wild species for Sustainable development and its use for future generations. Total 30 wild plant species belongs to 21 Different Families each one having its own specific benefits. They are useful in medicinal purpose some in industries while some are edible too. We found out that there are many unknown such herbs which would be helpful also are sustainable. Efforts are made on use of them instead of any other artificial products.

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V. CONCLUSION

There are many research papers published on wild edible plants in our country as well as in other countries but similar work in Konkan zone is very rare. Sustainable development will not be easy yet more focus should be made on research of such wild nutraceuticals useful in sustainable development by their use for building a better tomorrow as well as turning towards more natural use.

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