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Wild Edible Plant Parts Consumed by the Tribes in Srikakulam District of Andhra Pradesh, India

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ABSTRACT

Forests are vital resources for the survival of many ethnic communities in any part of the world. The present study reported the utilization of 18 parts of 105 wild edible plant species (WEPS) by the tribes of Srikakulam district, Andhra Pradesh, India viz., *Jatapu*, *Kapu Savara*, *Konda Savara* and *Gadaba* etc., belonging to 49 families. *Savaras* and *Gadabas* are considered as Particularly Vulnerable Tribal Groups (P.V.T.G). Analysis of plant life forms revealed that tree species are represented with the highest percentage i.e., 43% followed by climbers and herbs with 22%, shrubs with 12% and thallus with 1%. Analysis of eaten state by tribals showed the dominance of 60 plant species (53%) eaten in raw state, 47(41%) species as cooked, 3 (3%) species in roasted state, 2 (3%) species eaten soaked and each (1%) in boiled and burnt form. Although these wild edible plants play an important role in food security, they are ignored. These are popularized by introducing them into home gardens, agricultural fields of farmers in plain areas and by establishing Wild edible plant species parks by the Government of India.

Key words: Tribes, Wild edible plant species and parts, Indigenous traditional knowledge, Food security

Forests are the vital resources for the survival of many ethnic communities in any part of the world. According to the 15th State Forest Report (ISFR, 2017) 24.4% of land area is under forest and tree cover. Tribal population of India is 8.6% as per 2011 census, which constitutes 15% of its geographical area. The tribal people are very close to nature and have hereditary traditional knowledge of consuming wild plants and plant parts viz., tuber, shoots, leaves, fruits etc. as a source of food. The term “wild food” is used to describe all plant resources outside of agriculture areas that are harvested and collected for the purpose of human consumption in forests, savannah and other bush land areas. Wild foods are incorporated into the normal livelihood strategies of many rural people, shifting cultivation, continuous croppers or hunter gatherers [1]. The tribal communities draw their sustenance mainly from the forests, which provide them food plants and other material requirements. Their lives are much dependent on forest or natural plant wealth [2]. Indigenous knowledge of wild edible plants is important for sustaining utilization of those plant species [3]. In most cases rural communities depends on wild resources including wild edible plants to meet their food needs in periods food crisis.

Wild edibles were documented from different States of India viz., from Assam [4-8] from Arunachal Pradesh [9]; from North Karnataka [10]; from Meg Garo Hills of Meghalaya [11-12]; from Arunachal Pradesh [13-14]; from Orissa and Jharkhand [15], Orissa and West Bengal states, 2007); from Sikkim [16]; from Tamil Nadu [17-21]; from Kerala [22]; Tripura [23]; from Meghalaya [24]; Upper Eastern Himalaya [25]; from Tripura [26]; Mardin (Turkey) Province [27].

Documentation of wild edibles from Andhra Pradesh were very few. Reddy *et al.* [28], reported 156 wild edibles from Andhra Pradesh used by the tribal people viz., *Chenchu*, *Khond*, *Paroja*, *Kutia Khond*, *Kolam*, *Sugalis* and *Lambadis* of Andhra Pradesh. Among them fruits are 65 species, leaves 54 species, tubers 11 species and flowers 7 species. Out of total wild plants 60 species are used as vegetables. Rao and Reddi [29] reported a total of 24 plant species involving 19 genera and 18 families consumed by the primitive tribal groups viz., *Gadaba*, *Khond*, *Porja* and *Savara* from Visakhapatnam district, Andhra Pradesh.

MATERIALS AND METHODS

The study area (Fig 1) is located in Srikakulam district of Northeastern Andhra Pradesh, India (18° 5' -19° 12' N and 83° 32' -84° 47' E). Although within the State, the district ranks low in terms of area (5837 km²) and population (27,08,114). It possesses a considerable tribal population 1,66,118 (6.15%) in hilly and forest habitats.

The main tribes in the district Jatapu, Kapu Savara, Konda Savara and Gadaba etc are the main tribes in the district

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Srikakulam of Northeastern Andhra Pradesh, India. Savaras and Gadabas are considered as Particularly Vulnerable Tribal Groups (P.V.T.G). Total population in 7 mandals viz.,

Seethampeta, Bhamini, Kothuru, Pathapatnam, Meliaputti, Mandasa and in Hiramandalam is 4,17,191; tribal population is 1,10,331 (26%) (Table 1).

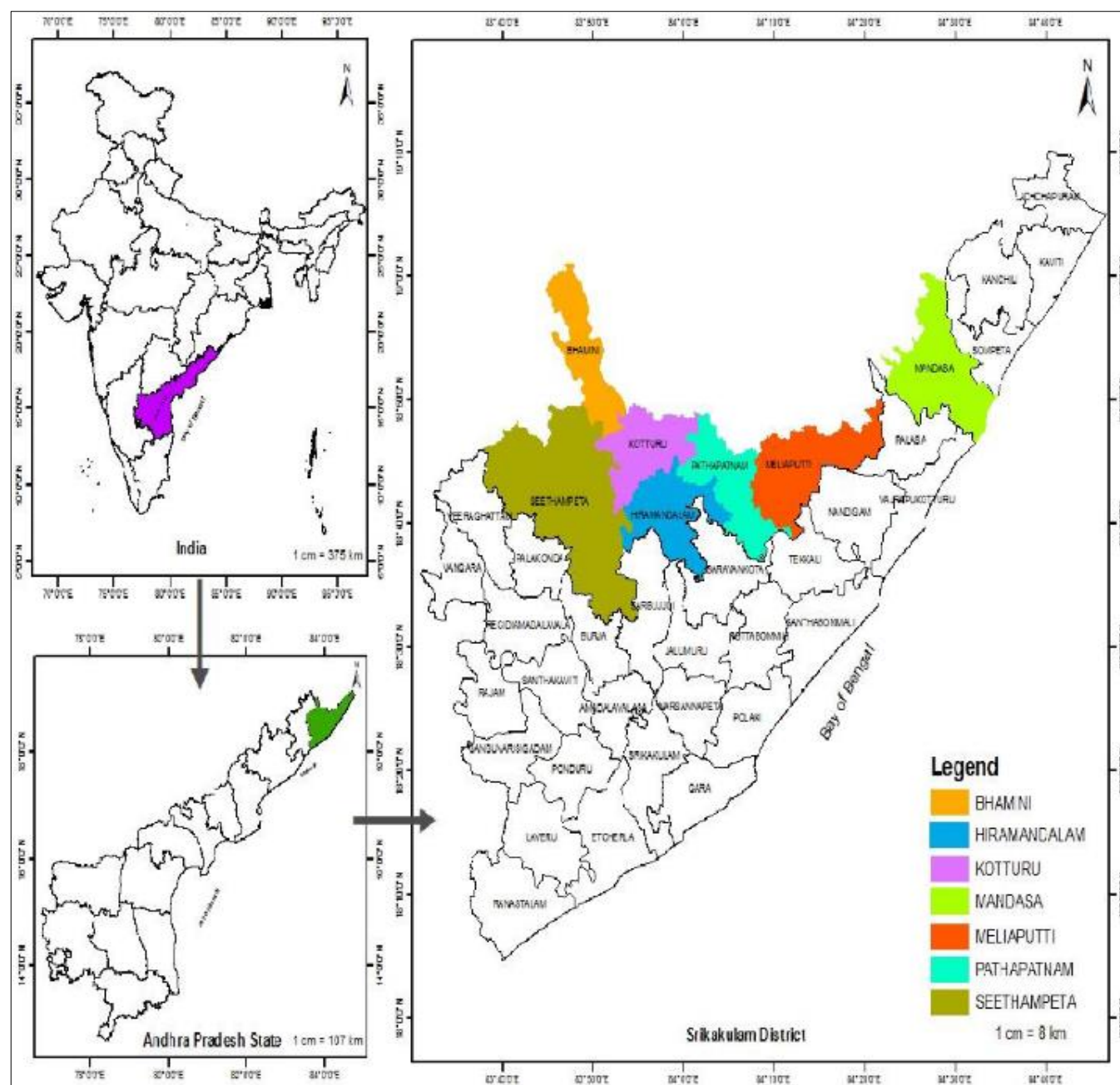


Fig 1 Study area

Table 1 Distribution of tribal population in seven Mandals

Name of the mandal	Area in square km	Total population	Tribal population	Percentage of tribal population
Seethampeta	152.34	55,848	50,747	90
Bhamini	107.08	44,157	9,102	20
Kothuru	155.75	67,093	8,911	13
Pathapatnam	108.84	64,639	9,376	15
Meliaputti	153.74	52,737	14,908	28
Mandasa	218.24	82,699	11,901	14
Hiramandalam	103.10	50,018	5,386	10
Total	999.09	4,17,191	110331	26

Source: District census handbook, Srikakulam, 2011 Census, Andhra Pradesh

The highest percentage of tribals are present in Seethampeta Mandal (90%), followed by Meliaputti (28%),

Bhamini (20%), Pathapatnam (15%), Mandasa (14%), Kothuru (13%) and Hiramandalam (10%) mandals (Fig 2).

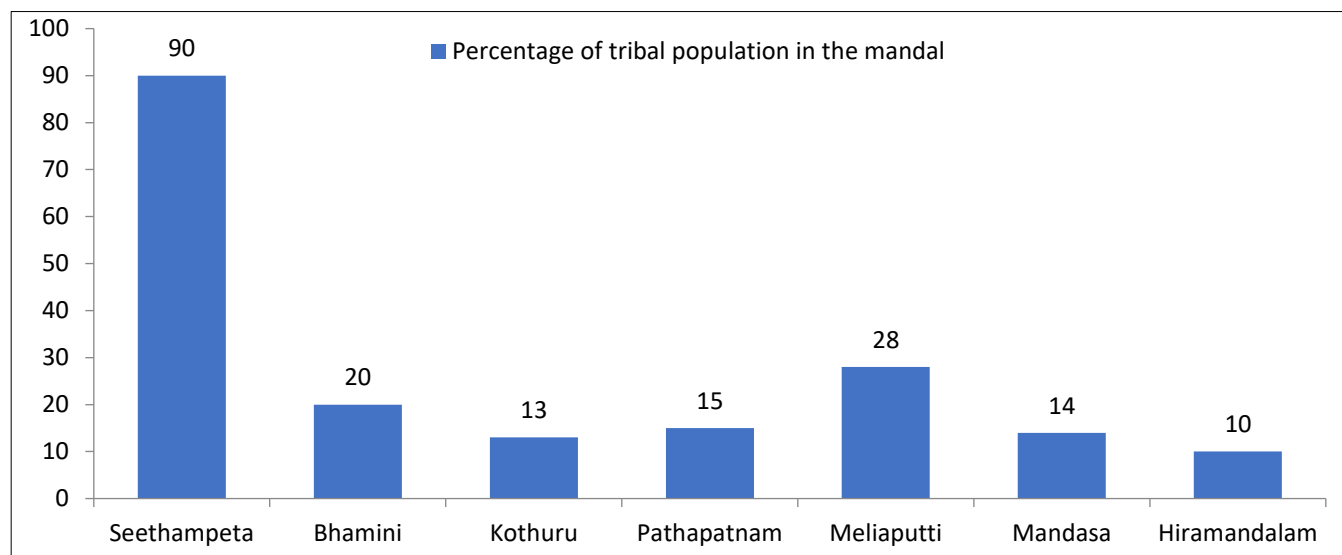


Fig 2 Tribal population in terms of percentage in 7 mandals

Wild edible plants specimens were collected from the study area were studied by following the approaches and methodologies for Ethnobotanical work suggested by Jones [30], Jain [31] and Chadwick and Marsh [32] were followed. Emphasis was given mainly on intensive field study in selected tribal habitations. For the purpose of gathering detailed information on the wild edibles tribal pockets were visited, oral interviews were conducted at their habitat. To investigate and to collect voucher specimens, well acquainted informants were chosen and taken to the field. The data were substantiated in different villages among the informants showing the same plant sample and with same informants on different occasions.

Extensive field visits were planned in different seasons of the year. In each mandal interior tribal pockets were selected and each field trip is planned to stay for 7-8 days duration covering 3-4 pockets in nearby mandals helped a lot to gather information on wild edibles.

RESULTS AND DISCUSSION

The study has documented 105 plant species belonging to 49 families. Among them 103 are angiosperms; 1 fungi and 1 Pteridophyta (Table 2)

Table 2 Plant species used as wild edibles

Name of the plant	Family	Part used	Eaten raw / cooked
<i>Alternanthera sessilis</i> (L.) R.Br.ex DC.	Amaranthaceae	Leaf	Cooked
<i>Amaranthus spinosus</i> L.	Amaranthaceae	Leaf	Cooked
<i>A. viridis</i> L.	Amaranthaceae	Leaf	Cooked
<i>Digera muricata</i> (L.) Mart.	Amaranthaceae	Leaf	Cooked
<i>Aerva lanata</i> (L.) Juss.	Amaranthaceae	Tender leaf	Cooked
<i>Celosia argentea</i> L.	Amaranthaceae	Tender leaf	Cooked
<i>Bridelia retusa</i> (L.) A. Juss.	Euphorbiaceae	Fruit	Raw
<i>Embllica officinalis</i> Gaertn.	Euphorbiaceae	Fruit	Raw, soaked, pickled
<i>Securinega leucopyrus</i> (Willd.) Müll.Arg.	Euphorbiaceae	Fruit	Raw
<i>Sauropus androgynous</i> (L.) Merr.	Euphorbiaceae	Leaf	Cooked
<i>Antidesma acidum</i> Retz.	Euphorbiaceae	Tender leaf	Cooked
<i>Manihot esculenta</i> Crantz.	Euphorbiaceae	Tuber	Boiled
<i>Corallocarpus epigaeus</i> Hook.	Cucurbitaceae	Fruit	Raw, cooked
<i>Lagenaria siceraria</i> (Molina) Standl.	Cucurbitaceae	Fruit	Cooked
<i>Momordica dioica</i> Roxb. ex Willd.	Cucurbitaceae	Fruit	Cooked
<i>Mukia maderaspatana</i> (L.) M. J. Roem.	Cucurbitaceae	Fruit	Raw
<i>Cucurbita maxima</i> Duchense	Cucurbitaceae	Fruit, tender leaf	Cooked
<i>Dioscorea alata</i> L.	Dioscoreaceae	Tuber	Cooked
<i>D. bulbifera</i> L.	Dioscoreaceae	Tuber	Cooked
<i>D. hispida</i> Dennst.	Dioscoreaceae	Tuber	Cooked
<i>D. oppositifolia</i> L.	Dioscoreaceae	Tuber	Cooked
<i>D. pentaphylla</i> L.	Dioscoreaceae	Tuber	Cooked
<i>Diospyros chloroxylon</i> Roxb.	Ebenaceae	Fruit	Raw
<i>Buchanania cochinchinensis</i> (Lour.) M. R. Almedia	Anacardiaceae	Fruit	Raw
<i>Mangifera indica</i> L.	Anacardiaceae	Fruit, Kermel	Raw
<i>Anacardium occidentale</i> L.	Anacardiaceae	Kernel, Pedunle	Raw
<i>Semecarpus anacardium</i> L. f.	Anacardiaceae	Peduncle, kernel	Raw, burnt
<i>Annona reticulata</i> L.	Annonaceae	Fruit	Raw
<i>Annona squamosa</i> L.	Annonaceae	Fruit	Raw
<i>Polyalthia cerasoides</i> (Roxb.) Bedd.	Annonaceae	Fruit	Raw
<i>Polyalthia suberosa</i> (Roxb.) Thwaites	Annonaceae	Fruit	Raw

<i>Tamarindus indica</i> L.	Caesalpiniaceae	Fruit, tender leaf	Raw, cooked
<i>Bauhinia vahlii</i> Wight & Arn.	Caesalpiniaceae	Kernel	Roasted
<i>Cassia tora</i> L.	Caesalpiniaceae	Tender leaf	Cooked
<i>Bauhinia purpurea</i> L.	Caesalpiniaceae	Tender leaf, kernel	Cooked, Roasted
<i>Mucuna pruriens</i> (L.) DC	Fabaceae	Kernel	Roasted
<i>C. gladiata</i> (Jacq.) DC.	Fabaceae	Pod	Cooked
<i>Canavalia ensiformis</i> (L.) DC.	Fabaceae	Pod and seed	Cooked
<i>Atylosia volubilis</i> (Blanco) Gamble	Fabaceae	Seed	Cooked
<i>C. dicocum</i> (Gaertn.) Merr.	Rubiaceae	Fruit	Raw
<i>Gardenia latifolia</i> Aiton	Rubiaceae	Fruit	Raw
<i>Tarenna asiatica</i> (L.) Kuntze ex K. Schummann.	Rubiaceae	Fruit	Raw
<i>Canthium coromandelicum</i> (Burm.f.) Alston	Rubiaceae	Leaf, Fruit	Cooked, raw
<i>Citrus aurantium</i> L.	Rutaceae	Fruit	Raw
<i>C. medica</i> L.	Rutaceae	Fruit	Raw
<i>Glycosmis mauritiana</i> (Lam.) Tanaka	Rutaceae	Fruit	Raw
<i>Limonia acidissima</i> Groff.	Rutaceae	Fruit	Raw
<i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson	Araceae	Tuber	Cooked
<i>Lasia spinosa</i> (L.) Thwait	Araceae	Tuber	Cooked
<i>Phoenix loureirii</i> Kunth.	Arecaceae	Fruit	Raw
<i>Phoenix sylvestris</i> (L.) Roxb.	Arecaceae	Fruit	Raw
<i>Caryota urens</i> L.	Arecaceae	Pith	
<i>Cuscuta reflexa</i> Roxb.	Convolvulaceae	Fruit	Raw
<i>Rivea hypocrateriformis</i> Choisy.	Convolvulaceae	Leaf	Cooked
<i>Ipomoea batatas</i> (L.) Lam.	Convolvulaceae	Leaf, tuber	Cooked, raw
<i>Diospyros chloroxylon</i> Roxb.	Ebenaceae	Fruit	Raw
<i>D. melanoxylon</i> Roxb.	Ebenaceae	Fruit	Raw
<i>Maba buxifolia</i> (Rottb.) A.L. Juss.	Ebenaceae	Fruit	Raw
<i>Artocarpus heterophyllus</i> Lam.	Moraceae	Fleshy aril, Fruit, kernel	Raw
<i>Streblus asper</i> Lour.	Moraceae	Fruit	Raw
<i>Ficus benghalensis</i> L.	Moraceae	Receptacle	Raw
<i>Portulaca oleracea</i> L.	Portulacaceae	Leaf	Cooked
<i>P. quadrifida</i> L.	Portulacaceae	Leaf	Cooked
<i>P. tuberosa</i> Roxb.	Portulacaceae	Leaf	Cooked
<i>Trianthema decandra</i> L.	Aizoaceae	Leaf	Cooked
<i>T. portulacastrum</i> L.	Aizoaceae	Leaf	Cooked
<i>Carissa carandas</i> L.	Apocynaceae	Fruit	Raw, cooked
<i>C. spinarum</i> L. Mant.	Apocynaceae	Fruit	Raw
<i>Azadirachta indica</i> A. Juss.	Meliaceae	Flower, fruit	Raw
<i>Cipadessa baccifera</i> (Roth) Miq.	Meliaceae	Fruit	Raw
<i>Psidium guajava</i> L.	Myrtaceae	Fruit	Raw
<i>Syzygium jambos</i> (L.) Alston	Myrtaceae	Fruit	Raw
<i>Ziziphus mauritiana</i> Lam.	Rhamnaceae	Fruit	Raw
<i>Z. oenoplia</i> (L.) Mill.	Rhamnaceae	Fruit	Raw
<i>Allophylus serratus</i> (Hiern) Krz.	Sapindaceae	Fruit	Raw
<i>Schleichera oleosa</i> (Lour.) Merr.	Sapindaceae	Fruit	Raw
<i>Madhuca longifolia</i> (J.Koenig ex L.) J.F.Macbr.	Sapotaceae	Fleshy petals, Kernel	Raw
<i>Manilkara hexandra</i> (Roxb.) Dubard	Sapotaceae	Fruit	Raw
<i>Gmelina arborea</i> Roxb.	Verbenaceae	Fruit	Raw
<i>Lantana camara</i> L.	Verbenaceae	Fruit	Raw
<i>Hygrophila auriculata</i> (Schumach.) Heine	Acanthaceae	Leaf	Cooked
<i>Agaricus campestris</i> L.	Agaricaceae	Mushroom	Cooked
<i>Alangium salvifolium</i> (L.f) Wangerin.	Alangiaceae	Fruit	Raw
<i>Basella rubra</i> L.	Basellaceae	Leaf	Cooked
<i>Ananas sativus</i> Schult & Schult. f.	Bromeliaceae	Fruit	Raw
<i>Garuga pinnata</i> Roxb.	Burseraceae	Fruit	soaked
<i>Canna indica</i> L.	Cannaceae	Rhizome, soft seed	Cooked, raw
<i>Carica papaya</i> L.	Caricaceae	Fruit	Raw
<i>Gymnosporia emarginata</i> (Willd.) Thawaites.	Celastraceae	Fruit	Raw
<i>Chenopodium album</i> L.	Chenopodiaceae	Leaf	Cooked
<i>Hugonia mystax</i> L.	Linaceae	Fruit	Raw
<i>Hibiscus cannabinus</i> L.	Malvaceae	Leaf	Cooked
<i>Marsilea quadrifolia</i> L.	Marsileaceae	Leaf	Cooked
<i>Memecylon umbellatum</i> Roxb.	Melastomaceae	Fruit	Raw
<i>Cocculus hirsutus</i> (L.) W. Theob.	Menispermaceae	Leaf	Cooked
<i>Pithecellobium dulce</i> (Roxb.) Benth.	Mimosaceae	Aril	Raw
<i>Gisekia pharnaceoides</i> L.	Molluginaceae	Leaf	Cooked

<i>Moringa oleifera</i> Lam.	Moringaceae	Leaf, fruit	Cooked
<i>Musa paradisiaca</i> L.	Musaceae	Fruit, Inflorescence	Raw, Cooked
<i>Oxalis corniculata</i> L.	Oxalidaceae	Leaf	Cooked
<i>Bambusa bambos</i> (L.) Voss	Poaceae	Rice, tender shoot	Cooked
<i>Polygonum plebeium</i> . R.Br.	Polygonaceae	Leaf	Cooked
<i>Punica granatum</i> L.	Punicaceae	Fruit	Raw
<i>Grewia tiliifolia</i> Vahl	Tiliaceae	Fruit	Raw
<i>Ampelocissus latifolia</i> (Roxb.) Planch.	Vitaceae	Fruit	Raw

Family wise analysis

Highest number of wep species belonging to Amaranthaceae and Euphorbiaceae (6 each), Cucurbitaceae and Dioscoreaceae (5 each); Anacardiaceae, Annonaceae, Caesalpiniaceae, Fabaceae, Rubiaceae and Rutaceae (4 each); Araceae, Arecaceae, Convolvulaceae, Ebenaceae, Moraceae and Portulacaceae (3 each); Aizoaceae, Apocynaceae, Meliaceae, Myrtaceae, Rhamnaceae, Sapindaceae, Sapotaceae

and Verbenaceae (2 each) and Acanthaceae, Acanthaceae, Basellaceae, Bromiliaceae, Burseraceae, Cannaceae, Caricaceae, Celastraceae, Chenopodiaceae, Linaceae, Malvaceae, Melastomaceae, Menispermaceae, Mimosaceae, Molluginaceae, Moringaceae, Musaceae, Oxalidaceae, Poaceae, Polygonaceae, Punicaceae, Tiliaceae and Vitaceae; Agaricaceae and Marsiliaceae one each [33] (Table 3).

Table 3 Family wise analysis

Name of the family	No. of plant species
Amaranthaceae and Euphorbiaceae	6
Cucurbitaceae and Dioscoreaceae	5
Anacardiaceae, Annonaceae, Caesalpiniaceae, Fabaceae, Rubiaceae and Rutaceae	4
Araceae, Arecaceae, Convolvulaceae, Ebenaceae, Moraceae and Portulacaceae	3
Aizoaceae, Apocynaceae, Meliaceae, Myrtaceae, Rhamnaceae, Sapindaceae, Sapotaceae and Verbenaceae	2
Acanthaceae, Acanthaceae, Basellaceae, Bromiliaceae, Burseraceae, Cannaceae, Caricaceae, Celastraceae, Chenopodiaceae, Linaceae, Malvaceae, Melastomaceae, Menispermaceae, Mimosaceae, Molluginaceae, Moringaceae, Musaceae, Oxalidaceae, Poaceae, Polygonaceae, Punicaceae, Tiliaceae and Vitaceae; Agaricaceae and Marsiliaceae	1

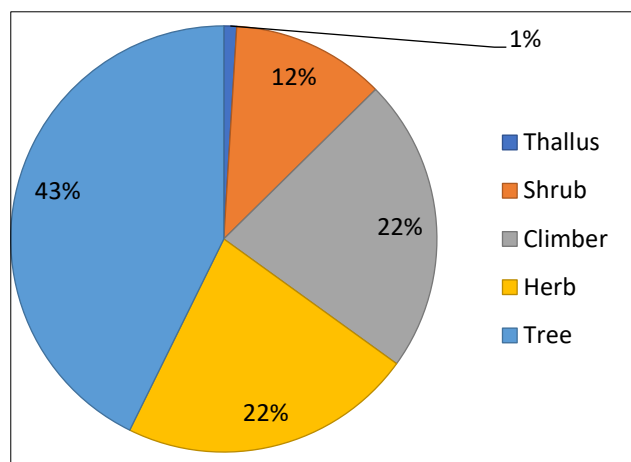


Fig 3 Analysis of plant life forms of wild edibles

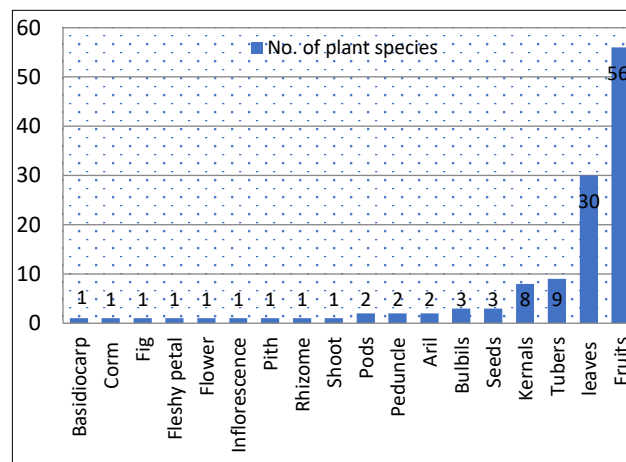


Fig 4 Analysis of plant parts and number of plant species utilized as edibles

Analysis of plant life forms

Analysis of plant life forms of wild edibles revealed that tree species are represented with highest percentage i.e., 43% followed by climbers and herbs with 22%, shrubs with 12% and thallus with 1% (Fig 3).

Analysis of plant parts

Nearly 18 parts of 105 plants are used as edible by the tribes viz., aril, basidiocarp, bulbil, corm, fruit, fig, flower, kernel, leaf, fleshy petal, inflorescence, peduncle, pith, pods, rhizome, seeds, shoot and tuber. Among 18 edible parts most of them are fruits (56 plant species), followed by leaves (30), tubers (9), kernel (8), bulbils and seeds (3 each), pods, peduncle and aril (2 each), shoot, rhizome, pith, inflorescence, flower, fleshy petals, fig, corm and basidiocarp (1 each) [34] (Fig 4).

Plant parts consumed by the tribes are identified as basidiocarp of *Agaricus campestris* (Fig a), corm of *Colacasia esculenta*, fig of *Ficus benghalensis*, fleshy petals of *Madhuca longifolia*, flowers of *Azadirachta indica*, inflorescence of *Musa paradisiaca*, pith of *Caryota urens*, rhizome of *Canna indica*, shoots of *Bambusa bambos*; pods of *Canavalia ensiformis* (Fig E) and *C. gladiata*, fleshy peduncle of 2 plant species *Anacardium occidentale* and *Semecarpus anacardium* (Fig O), aril of *Artocarpus heterophyllus* and *Pithecellobium dulce*, Bulbils of *Dioscorea alata* (Fig G), *D. bulbifera* (Fig H), *D. oppositifolia*; seeds of *Atylosia volubilis*, *Canavalia ensiformis* (Fig E) and *Canna indica*; kernels of *Anacardium occidentale*, *Artocarpus heterophyllus*, *Bambusa bambos*, *Bauhinia purpurea* (Fig D), *Bauhinia vahlii*, *Mangifera indica*, *Mucuna pruriens* and *Semecarpus anacardium* (Fig O) tubers of *Amorphophallus paeoniifolius*, *Dioscorea alata* (Fig G), *D.*

bulbifera (Fig H), *D. hispida*, *D. oppositifolia*, *D. pentaphylla*, *Ipomoea batatas*, *Lasia spinosa* and *Manihot esculenta*.

Nearly leaves of 30 plant species are utilized as wild leafy vegetables viz., *Aerva lanata*, *Alternanthera sessilis*, *Amaranthus spinosus*, *A. viridis*, *Antidesma acidum*, *Basella rubra*, *Bauhinia purpurea* (Fig D) *Canthium coromandelicum*, *Cassia tora*, *Celosia argentea*, *Chenopodium album*, *Cocculus*

hirsutus, *Cucurbita maxima*, *Digera muricata*, *Gisekia pharnaceoides*, *Hibiscus cannabinus*, *Hygrophila auriculata*, *Ipomoea batatas*, *Marsilea quadrifolia*, *Moringa oleifera*, *Oxalis corniculata*, *Polygonum plebeium*, *Portulaca oleracea*, *P. quadrifida*, *P. tuberosa*, *Rivea hypocrateriformis*, *Sauropus androgynous*, *Tamarindus indica*, *Trianthema decandra* and *T. portulacastrum* [35].



Plate 1 Wild edible plant species-parts

Fruits of 56 plant species are edible, viz. *Alangium salvifolium* (Fig B), *Allophylus serratus*, *Ampelocissus latifolia*, *Ananas sativus*, *Annona reticulata* (Fig C), *Annona squamosa*, *Artocarpus heterophyllus*, *Azadirachta indica*, *Bridelia retusa*, *Buchanania lazan*, *Canthium dicocum*, *Carica papaya*, *Carissa carandas* (Fig F), *C. spinarum*, *Cipadessa baccifera*, *Citrus aurantium*, *C. medica*, *Corallocarpus epigaeus*, *Cucurbita maxima*, *Cuscuta reflexa*, *Diospyros chloroxylon*, *Diospyros melanoxylon*, *Emblica officinalis*, *Gardenia latifolia*, *Garuga pinnata*, *Glycosmis mauritiana*, *Gmelina arborea*, *Grewia*

tiliifolia, *Gymnosporia emarginata*, *Hugonia mystax*, *Lagenaria siceraria*, *Lantana camara*, *Limonia acidissima*, *Maba buxifolia*, *Madhuca longifolia* (Fig K), *Mangifera indica*, *Manilkara hexandra*, *Memecylon umbellatum*, *Momordica dioica* (Fig P), *Moringa oleifera*, *Mukia maderaspatana*, *Musa paradisiaca*, *Phoenix loureiroi*, *P. sylvestris*, *Polyalthia cerasoides* (Fig M), *P. suberosa* (Fig N), *Psidium guajava*, *Punica granatum*, *Schleichera oleosa*, *Securinega leucopyrus*, *Streblus asper*, *Syzygium jambos*, *Tamarindus indica*, *Tarenna asiatica*, *Ziziphus mauritiana* and *Z. oenoplia* [36].



Fig 5 Analysis of eaten state of wild edibles

Analysis of eaten State

Wild edible plants are consumed raw, soaked, boiled, burnt and roasted. Analysis of eaten state of wild edibles by tribals showed the dominance of 60 plant species (53%) eaten in raw state, 47 (41%) species as cooked, 3 (3%) species in roasted state, 2 (3%) species eaten soaked and each (1%) in boiled and burnt form (Fig 5).

CONCLUSION

India is climbing the population ladder at an alarming rate and providing food security to increasing population is top priority to the Indian Government. The diversity in wild species offers variety in family diet and contributes to household food security. The FAO recognizes that nutrition and biodiversity converge towards a common goal of food safety and sustainable development and that wild species play a key role in global nutrition safety. Documentation of indigenous traditional knowledge (ITK) by researchers will be a good source of

information for future generations as it is not preserved in written form by the ethnic people. Wild edibles are not susceptible to plant diseases when compared to cultivated plants. These plants should be popularized and conserved as equally as possible like *Ocimum sanctum* across the society. It can be better achieved by popularizing wild edibles by introducing them into home gardens, agricultural fields of farmers in plain areas and by establishing Wild edible plant species parks by the Government of India. Documentation of it, Streamlining the weps, establishment of wep parks and their maintenance through nurseries by ethnic people from various parts of the country will play an important role in conserving endemic and endangered plants. Job opportunities to ethnic people in their expertise field with training in nursery maintenance will also conserve plant species and provide financial security. These parks should be integrated with important national organizations like National Institute of nutrition to study its nutritional values, bioactive compounds and Plant tissue culture laboratories for regeneration studies of important endemic and endangered plant species should establish research laboratories at wild edible parks for research studies. The establishment of wild edible plant species park is achieved in the above manner we can make the quote of Hippocrates “Let food be thy medicine and medicine be thy food” real. Better taking a fruit or leaf instead of taking a pill.

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