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Socio-Economic-Nutritional Value of Some Common Wild Fruit Trees of Haroti Region

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ABSTRACT: The present studies is aimed to identifying and describing the common wild fruit trees species of Haroti region and their socio-economic-nutritional value in area. Edible products of wild trees have been taken in present communication. These food materials have significant nutritional as well as economic role in daily life.

KEY WORDS: Beverages, Deciduous, Haroti plateau, Nutritional, Socio-economic

I. INTRODUCTION

Haroti plateau is situated at the edge of the Malwa plateau at 23°45' to 25°53' N latitude and 75°9' to 77°26' E longitude in the south eastern corner of Rajasthan. The forest vegetation of Haroti region including south east Rajasthan are described as 'tropical dry deciduous'. The Haroti plateau has dense floristic diversity suggests various plant species. The present information was gathered by of local people, field survey and literature study.

Local people depend upon forest for their existence in several ways. The degree of dependence on forest depends upon various factors. Local and poor people earn money by collection and selling of wild and commonly available fruits. Most of the food materials obtained from the forest possess high nutritional values. A systematic account of wild tree fruit plants species of Haroti region and their socio-economic-nutritional value are given in this paper.

II. RELATED WORKS

Literature survey of floristic, ecological and ethnomedicinal work was studying the earlier work done by Champion and Seth (1968), Joshi (1989), De Groot, Wilson and Boumans(2002), Sharma (2002), Yadav and Yadav (2008), Kumar and Kaseva (2009) and Ghelot (2013), Dadhich, (2016) and Sharma (2017, 2021). Considerable account of present work of area are discussed in this communication.

III. METHODOLOGY

A survey of the whole area was carried out during 2017-2020. The information regarding wild edible fruit trees were noted. The study deals with twelve common tree species consumed by local people of the area. Observed wild edible fruit trees and their socio-economic-nutritional value in area are described, which are arranged alphabetically.

IV. EXPERIMENTAL RESULTS

Important wild tree species of Haroti region those yielding edible fruits are described in present paper. An alphabetically arranged comprehensive data of such plant species, followed by botanical name, common name, their family and socio-economic-nutritional value has been enumerated.

1 *Aegle marmelos*

Family: Rutaceae

Common name: Bel

Significance: *Aegle marmelos* tree is considered to be very sacred because it is associated with Lord Shiva. It is said that Lord Shiva is pleased by offerings of leaves from the Bel tree, particularly in Sawan (rainy season). This valuable tree is protected in many sacred groves of area.



Fruits are edible because of their sweet and aromatic pulp. Drinks prepared from its pulp have medicinal value. Fruit pulp has cooling and laxative properties.

2 *Annonasquamosa*

Family: Annonaceae

Common name: Sitaphal

Significance: This fruit is used in various religious ceremonies. Its white clustered-like pulp is eaten. The nutritive value of fruits is highly significant. Ripe fruit are very sweet and they enrich the blood.

3 *Buchanania lanzan*

Family: Anacardiaceae

Common name: Chironji

Significance: *Buchanania lanzan* is a deciduous tree which produces seeds that are edible to humans. These almond-flavoured seeds are used as a cooking spice primarily in India. *Buchanania lanzan* Spreng. was abundant in past in Shahbad and Mukandarra range of Haroti plateau, but due to overexploitation is threatened now. It is commonly known as Chirongi and used in spices as well as dry fruits.

4 *Diospyros melanoxylon*

Family: Ebenaceae

Common name: Tendu

Significance: Its produce is the best example of Non timber forest products, local people obtained money by collecting and selling of leaves and fruits of Tendu tree. Pulp of ripe fruit is eaten. The fruits have a high percentage of sugar and some tannin content.

5 *Emblica officinalis*

Family: Euphorbiaceae

Common name: Amla

Status: Cultivated/wild

Significance: Its fruits are highly nutritious for hair, eyes and whole body. It is worshiped by women especially in the month of Kartik (October - November). The fruits are offered to god.

6 *Feronia limonia*

Family: Rutaceae

Common name: Kait

Significance: Fruits are of tennis ball size, pulp is mealy, odorous and acidic. It is mainly used in the form of 'chatani'.

7 *Mangifera indica*

Family: Anacardiaceae

Common name: Aam

Status: Cultivated/wild



Significance: Ripe fruit are very sweet and edible. The nutritive value of fruits is very high. This fruit is used in various religious ceremonies. On all auspicious occasions the leaves of the mango tree are used.

8 *Manilkara hexandra*

Family: Sapotaceae

Common name: Raini

Significance: A tall evergreen tree with berry obovoid fruits, which turn yellow on ripe. Ripe sweet fruits are edible. Local people collect and sell the fruit in local market.

9 *Phoenix sylvestris*

Family: Arecaceae

Common name: Khajur

Significance: Fruits are eaten for their taste and nutritious values. Dates are used as staple food and as high sugar fruits. It has high food values. Local people collect and sell the fruit in local market. Fruits and plants juice is taken for build strong the nervous system.

10 *Syzygium cumini*

Family: Myrtaceae

Common name: Jamun

Significance: Fruits of Jamun is the common features of local fruit markets. Fruit pulps are eaten. Its fruits is supposed to be highly nutritious and used in indigenous medicine for dysentery and diabetes.

11 *Tamarindus indica*

Family: Mimosaceae

Common name: Imli

Significance: Its pulp is acidic, contain tartaric acid and sugar, and has sour taste. It is extensively used in area as a fresh fruit, beverages, as preservative and in medicines. Imli is the common features of local vegetable and fruit markets.

12 *Zizyphus mauritiana*

Family: Rhamnaceae

Common name: Badibordi/Badabor

Significance: It is very common and easily available wild fruits. Yellow or orange ripped fruits are edible. Fruits have highly nutritious value as a rich source of vitamin C and sugars. It is useful in cooking and candy making.

V. CONCLUSION

The study of wild economic plants as herbal resources has become a necessity. Many wild edible local plants have potential of earning source of money for local people. There is an urgent need to carry out the basic traditional research for obtaining revenue from natural resources. Some of the wild edible forests products are highly nutritious and also possess socio-economic impact.



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