

## **WILD EDIBLE PLANTS OF JAMMU & KASHMIR STATE – AN ETHNO-BOTANICAL STUDY**

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**ABSTRACT:** *While conducting the Ethno-Botanical explorations of Jammu and Kashmir State, the authors gathered information from the primitive society, Gujjar, Bakarwala and other inhabitants living in far-flung areas not exposed to civilization as well as the villages, on the importance of the plants, used by them in their way of life, as medicine, food, fodder and other religio-social customs and beliefs. The present paper deals with 109 species of the wild edible plants only being used by them for food in various ways. The botanical names of the wild edible plants, local names, places of collection, parts used and mode of use, are also discussed.*

### **INTRODUCTION**

Recently efforts have been made to identify the folk-lore medicines of Jammu and Kashmir State (Gupta & Srivastava *et al* 1980, 1981 : Srivastava *et al*, 1978, 1980, 1981a, 1981b). Information collected on the use of wild edible plants is meager. Atal *et al* (1980) have discussed a few emergency food through wild flora of Sundarbani area.

### **MATERIALS AND METHODS**

Ethno-Botanical Surveys were conducted in various parts of the State, Jammu & Kashmir inclusive of Ladakh, and information regarding use of the plants by the primitive society, *Gujjar*, *Bakarwal* and other inhabitants of the far-flung areas not exposed to civilization as well villagers of the areas, was collected in detail. In the present paper only the wild plants used by them as food either raw, cooked or after processing, have been discussed.

The botanical names of the wild edible plants, local names, place of collection, parts used, and mode of use, are listed in a Table No. I. The species have been arranged alphabetically. The specimens were collected properly identified and deposited in the herbarium of Regional Research Centre, Rehari Chowk, Jammu.

### **ACKNOWLEDGEMENTS**

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TABLE – I

Wild Edible Plants of Jammu and Kashmir

Sl. No.	Botanical Name	Verna. / Local Name	Place of collection	Part used	Mode of use
1	<i>Acacia modesta</i> Wall.	<i>Phulaigum</i>	Nandani	Gum	Fried with ghee and eaten
2	<i>Aegle marmelos</i> (L.) Correa	<i>Bill</i>	Taror Patti, Chak Bhalwal (Jammu)	Fruits	Ripe fruits eaten raw and sherbet
3	<i>Allium atropurpureum</i> Waldst. & Kit	<i>Wanpraan</i>	Bandipur	Leaves	Vegetable
4	<i>Amaranthus paniculatus</i> Linn.	<i>Seol</i>	Kulwanta	Seeds, Leaves	Fried, Vegetable
5	<i>Amaranthus spinosus</i> Linn.	<i>Charleree</i>	Udhampur	Leaves	Vegetable
6	<i>Amaranthus tricolor</i> Linn.	<i>Charleree</i>	Rajouri, Taror Patti (Jammu)	Leaves	Vegetable
7	<i>Amaranthus viridis</i> Linn.	<i>Charleri</i>	Chak Bhalwal (Jammu)	Leaves	Vegetable
8	<i>Angelica glauco</i> Edgew.	<i>Chorak</i>	Sekhpura (Tilel)	Root	Spices
9	<i>Arnebia euchroma</i> (Royle) I. M. Jonston	<i>Aamokh</i>	Zozila (Ladakh)	Roots	Stews & Soups
10	<i>Arnebia quttata</i> Bunge Var. <i>quttata</i>	<i>Demokh</i>	Upshi (Ladakh)	Roots	Stews & Soups
11	<i>Artocarpus lakoocha</i> Roxb.	<i>Teu</i>	Chak– Bhalwal (Jammu)	Fruits	Raw & Pickles
12	<i>Asparaqus racemosus</i> Willd.	<i>Sahnspour</i>	Ramnagar	Tubers	Vegetable
13	<i>Astragalus chlorstachys</i> Lindl.	<i>Aiste-kachh</i>	Gurez	Fruits	Raw

14	<i>Bauhinia variegata</i> Linn.	<i>Kartrer</i>	Rajouri, Reasi	Buds	Vegetable
15	<i>Berberis artstata</i> DC	<i>Kambel</i>	Rajouri	Fruits	Raw
16	<i>B. lyceum</i> Royle	<i>Kambel</i>	Pancheri (Udhampur)	Fruits	Raw
17	<i>Bunium persicum</i> (Boiss). Fedtsch	<i>Kalajeera/jeerakarp</i>	Dawar (Gurez) Nee (Ladakh)	Fruits	Spice
18	<i>Bupleurum tenue</i> Don.	<i>Jeeraghas</i>	Dawar (Gurez)	Seeds	Spices adulterant to <i>Kalajeera</i>
19	<i>Capparis spinosa</i> Linn.	<i>Kalira</i>	Khalsi (Ladakh)	Unripe fruits & young leaves	Vegetable
20	<i>Capsella bursa-pastoris</i> (L.) Medic	<i>Kralmond</i>	Bandipur	Leaves	Vegetable
21	<i>Caralluma tuberculata</i> N. E. Br.	<i>Charungli</i>	Nawshera, Sunderbani	Tubers	Cooked & Pickles
22	<i>Carissa opaca</i> Stapf. Ex Hains	<i>Garna</i>	Chak Bhalwal (Jammu) Udhampur	Fruits	Raw
23	<i>Carum carvi</i> Linn	<i>Kumblick / Jeera Karp</i>	Dras (Ladakh)	Fruits Leaves	Spice, Vegetable
24	<i>Centaurea iberica</i> Trev. Ex Spreng	<i>Krotzkond</i>	Tangmarg	Tender Leaves	Vegetable
25	<i>Chaerophyllum villosum</i> Wall	<i>Janpligajar</i>	Rajori	Roots	Raw or cooked
26	<i>Chenopodium album</i> Linn.	<i>Bathu</i>	Chak Bhalwal (Jammu)	Leaves	Vegetable
27	<i>Cicer soongaricum</i> Steph. Ex. DC.	<i>Seri-jriboo</i>	Leh (Ladakh)	Unripe Legumes	Vegetable
28	<i>Cichorium intybus</i> Linn.	<i>Kasini</i>	Tangmarg	Tender plant	Vegetable
29	<i>Codonopsis ovata</i> Benth. Ex. Royle	<i>Ludut</i>	Brandipur	Taproot	Vegetable
30	<i>Commelina benghalensis</i> Linn.	<i>Chura</i>	Lander (Udhampur)	Leaves	As Pakora

31	<i>Cordia dichotoma</i> Forst. F.	<i>Lasoor</i>	Chak – Bhalwal (Jammu)	Fruits	Vegetable & as Pickles
32	<i>Dioscorea belophylla</i> Volgt.	<i>Tarar</i>	Mansar	Bulbs	Vegetable
33	<i>Dioscorea bulbefera</i> Linn.	<i>Tagald/Githi</i>	Kirmichi	Tubers	Vegetable
34	<i>Diospyrus lotus</i> Linn.	<i>Amlok</i>	Ramban	Fruits	Raw
35	<i>Diospyrus mitis</i> Don	<i>Wopulhak</i>	Dawar (Gurez)	Tender Leaves	Vegetable
36	<i>Emblica officinalis</i> Gaertn.	<i>Amla</i>	Mansar	Fruits	Acchar & Chutney
37	<i>Ephedra qeradiana</i> Wall.	<i>Cheldum</i>	Nubra (Ladakh)	Fruits	Raw
38	<i>Euphorbia royleana</i> Boiss.	<i>Thor</i>	Kulwanta	Top Tender portion of stem	Boiled and made Raita
39	<i>Ficus auriculata</i> Lour.	<i>Trimbal</i>	Mansar	Fruits	Raw
40	<i>Ficus palmate</i> Forsk.	<i>Phagwar</i>	Rajouri, Udhampur	Figs	Raw
41	<i>Ficus racemosa</i> Linn.	<i>Rumbal</i>	Mansar (Udhampur)	Fruits	Raw
42	<i>Flacourtia indica</i> (Burm. f.) Merr.	<i>Kakoah</i>	Chak Bhalwal (Jammu)	Fruits	Raw
43	<i>Fragaria vesca</i> Linn.	<i>Ankhe</i>	Sanasar	Fruits	Raw
44	<i>Fritillaria roylei</i> Hook.	<i>Sheethkar</i>	Patalwan (Gurez)	Bulb	Raw
45	<i>Hippophae rhamnoides</i> Linn.	<i>Srimang</i>	Tungri (Ladakh)	Fruits	Raw
46	<i>H. tibetana</i> Schlet	<i>Chharboo</i>	Chakchu (Ladakh)	Fruits	Raw

47	<i>Impatiens glandulifera</i> Royle	<i>Phutong</i>	Dawar (Gurez.)	Seeds	Raw
48	<i>Lactuca brunoniana</i> (Wall.) Cl.	<i>Gundula</i>	Gurez	Leaves	Vegetable
49	<i>Lactuca dolichophylla</i> Katam.	<i>Gundhali</i>	Pancheri (Udhampur)	Leaves	Vegetable
50	<i>Lopidium sativum</i> Linn.	<i>Halayan</i>	Mansar	Young leaves	Vegetable
51	<i>Malva parviflora</i> Linn.	<i>Swanchal</i>	Chak Bhalwal (Jammu)	Leaves	Vegetable
52	<i>Malva sylvestris</i> Linn.	<i>Soochal</i>	Kirmichi	Leaves	Vegetable
53	<i>Marselia quadrifolia</i> Linn.	<i>Chopatia</i>	Mansar	Leaves	Vegetable
54	<i>Medicago sativa</i> Linn.	<i>Ispit</i>	Dawar (Gurez)	Tender Leaves	Vegetable
55	<i>Mentha longifolia</i> (L.) Huds sap. <i>Longifolia</i>	<i>Pudina-kachh</i>	Dawar (Gurez)	Leaves	Chatney
56	<i>Momordica dioica</i> Roxb. Ex. Willd	<i>Kakora</i>	Talabtillo (Jammu)	Fruits	Vegetable
57	<i>Moringa oleifera</i> Lamk.	<i>Sohanjna</i>	Ramnagar	Fruits	Vegetabl & Pickles
58	<i>Morus alba</i> Linn.	<i>Tut / Tul</i>	Udhampur, Srinagar	Fruits	Raw
59	<i>Nasturtium officinale</i> R. Br.	<i>Nagbabur</i>	Tangmarg	Leaves	Vegetable
60	<i>Nelumbo nucifera</i> Gaertn.	<i>Kamal</i>	Kanachak (Jammu)	Rhizomes	Vegetable
61	<i>Nymphaea alba</i> Linn.	<i>Brimposh / Nilofer</i>	Srinagar	Rhizomes	Vegetable
62	<i>Nymphoides peltatum</i> Kuntz.	<i>Khur</i>	Srinagar	Petiole	Vegetable
63	<i>Onosma hispidum</i> Wall.	<i>Ratanjot</i>	Tilel	Root	Stews & Soups

64	<i>Origanum normale</i> Don.	<i>Marzanjosh</i> <i>Wanbabur</i>	/	Srinagar	Leaves & topes cut prior to blooming	Spices
65	<i>Orobanche alba</i> steph.	<i>Subzgul</i>		Neeru (Tilel)	Whole plant	Vegetable
66	<i>Oxalis acetosella</i> Linn.	<i>Cholmori</i>		Gulmarg	Leaves	Eaten as raw or added to cooked vegetable to give sub acid taste
67	<i>Oxalis corniculata</i> Linn.	<i>Ammikhati</i>		Udhampur	Leaves	- do -
68	<i>Oxyria digyna</i> Mill.	<i>Suma</i> / <i>Churboo</i> <i>Patan</i>		Panikhar (Ladakh)	Leaves	Vegetable & Chatney
69	<i>Phanera vahlii</i> (W. & A.) Benth	<i>Malwar</i>		Udhampur	Seeds	Roasted / Fried
70	<i>Phoenix sylvestris</i> Roxb.	<i>Khajoor</i>		Krimchi (Udhampur)	Fruits	Raw
71	<i>Physalis peruviana</i> Linn.	<i>Patakka</i>		Gol Gujral (Jammu)	Fruits	Raw
72	<i>Phytolacca acinosa</i> Roxb.	<i>Saranugun</i>		Gurez	Tender leaves	Vegetable
73	<i>Pinus roxburghii</i> Sarg	<i>Chir</i>		Mansar	Seeds	Raw
74	<i>Plantago asiatica</i> Linn.	<i>Karche</i> / <i>Nikto</i>		Panikhar (Ladakh)	Leaves	Vegetable
75	<i>Plantago himalaica</i> Pilger	<i>Karche</i> / <i>Nikto</i>		Panikhar (Ladakh)	Leaves	Vegetable
76	<i>Plantago lanceolata</i> Linn	<i>Gul</i>		Srinagar	Tender leaves	Vegetable
77	<i>Podophyllum emodi</i> Wall. Ex. Royle	<i>Tenumoo-Kusoo</i>		Chhanghra (Ladakh)	Ripe fruits	Raw
78	<i>Polygonum alpinum</i> All.	<i>Tsokladar</i>		Suru	Tender leaves	Vegetable

79	<i>Polygonum amplexicaule</i> Don	<i>Mashleen</i>	Udhampur	Roots	As tea
80	<i>Polygonum aviculare</i> Linn.	<i>Endrani</i>	Gurez	Tender leaves	Vegetable
81	<i>Polygonum orientale</i> Linn.	<i>Abuj</i>	Srinagar	Tender leaves	Vegetable
82	<i>Portulaca oleracea</i> Linn.	<i>Loonki / Nunar</i>	Chak Bhalwal (Jammu) Srinagar	Leaves	Vegetable
83	<i>Pueraira tuberosa</i> DC.	<i>Bidda / Biddsiah</i>	Reasi, Udhampur	Tubers	Raw and cooked
84	<i>Punica granatum</i> Linn.	<i>Dadim / Anardana</i>	Batote	Seeds	Chatney
85	<i>Rheum emodi</i> Wall.	<i>Lachu / Chucha</i>	Rangdum (Ladakh)	Tender leaves	Vegetable
86	<i>Rheum webbianum</i> Royle.	<i>Lachu / Chucha</i>	Chakchhu (Ladakh)	Tender leaves	Vegetable
87	<i>Rosa moschata</i> Hern.	<i>Krich</i>	Srinagar	Fruits, Young shoots	Raw Vegetable
88	<i>Rubus ellipticus</i> Sm.	<i>Syari</i>	Pancheri (Udhampur)	Fruits	Raw
89	<i>R. niveus</i> Thunb.	<i>Chhanchh</i>	Srinagar	Fruits	Raw
90	<i>R. ulmifolius</i> Shoot	<i>Chhanchh</i>	Srinagar	Fruits	Raw
91	<i>Rumex acetosa</i> Linn	<i>Tsoktsin</i>	Srinagar	Leaves	Vegetable
92	<i>Rumex hastatus</i> D. Don	<i>Aula / Ambli</i>	Srinagar, Udhampur	Leaves	Vegetable
93	<i>Sagittaria sagittifolia</i> Linn.	<i>Tote</i>	Sumh (Jammu)	Tuber	Vegetable
94	<i>Sedum ewersii</i> Ledeb.	<i>Churuppa</i>	Rangdum (Ladakh)	Whole plant	Vegetable

95	<i>Sedum tibeticum</i> Hk. f. & Th.	<i>Solomarpō</i>	Leh – Ladakh	Leaves	Vegetable
96	<i>Seseli libanotis</i> (L) K. Koch	<i>Khumbak</i>	Tesur (Ladakh)	Shoots	Vegetable
97	<i>Solanum nigrum</i> Linn.	<i>Kainkothi</i>	Chak – Bhalwal (Jammu)	Green leaves	Vegetable
98	<i>Sorghum halepense</i> (L). Pers.	<i>Braham</i>	Srinagar	Seeds	Flour
99	<i>Szygium cummini</i> (L) Sheels	<i>Jamoon</i>	Chak – Bhalwal (Jammu)	Fruits	Raw
100	<i>Taraxacum officinale</i> Weber	<i>Hand</i>	Gurez	Leaves	Vegetable
101	<i>Telosma pallida</i> Craib	<i>Goalmand</i>	Tillo-Talab (Jammu)	Tender fruits	Cooked
102	<i>Terminalia bellerica</i> (Gaertn.) Roxb.	<i>Baira</i>	Udhampur	Seeds	Raw
103	<i>Trifolium repens</i> Linn.	<i>Chopati</i>	Dawar (Gurez)	Leaves	Vegetable
104	<i>Triglochin palustre</i> Linn.	<i>Makka / Kasam</i>	Panikhar (Ladakh)	Fruits	Eaten as bread after making of its flour Vegetable
105	<i>Typha angustata</i> Bory & Chaub	<i>Petz</i>	Srinagar	Rhizome	Vegetable
106	<i>Viburnum grandiflorum</i> Wall. Ex DC.	<i>Kulmanch / kulem</i>	Srinagar	Fruits	Raw
107	<i>Zanthoxylum alatum</i> Roxb	<i>Timru</i>	Sudhmahadev, Lati	Fruits	Used in pickles and as spice.
108	<i>Zizyphus mauritianum</i> Lamk.	<i>Ber</i>	Chak – Bhalwal (Jammu)	Fruits	Raw
109	<i>Zizyphus vulgaris</i> Lamk.	<i>Ber</i>	Batote	Fruits	Raw



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