



Uses of Plants as nutrients by Sahariya in Shahbad Tehsil in Baran District (Raj.)

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Abstract: Baran district, located in Rajasthan is inhabited by several tribes, including Saharia, Bhil, Meena etc. An account of plant species which are used as nutrients by the tribals of Baran is provided in this paper.

Keywords: nutrients, Sahariya, Tribals, Baran, Rajasthan.

With the tremendously increasing population and exploitation of nature as a whole, the importance of ethnobotanical knowledge has been realized very recently in order to identify the new sources of food and pharmaceutical drug. The aboriginals inhabiting the forests are consuming a number of wild plants which are unknown and inaccessible to urban elite class. Numerous food and non food crops have been adopted by the tribals in agriculture, however, majority of them depend on the rain crops (Kharif) for their survival and have lesser dependence on the winter crop (Rabi).

Although some of the tribals of the areas have acquired new agricultural techniques considerably and they grow new fast growing varieties of the cereals, but still the maximum crops produced are obtained from wild varieties including local and varieties adopted to specific local environment. These local varieties are more palatable and tasty.

Tribals know of several plants which can allay hunger, its satiation they used roots, rhizomes, leaves, flowers, seeds, other parts and products for eating whether after processing or after cooking. Their dependence on the wild food plants varies from season to season and occasion to occasion. The rainy season gives a bumper crop of ephemerals that concept. Many edible plants are collected, dried and stored. Some plants are used to render the food delicious by imparting aroma or flavour.

Enumerated here in brief are the plants used by Saharia for food either in raw or cooked form, grains or seeds, pickles, chutneys etc. It has been observed that the following crop plants and wild plants are used by Saharia and other tribals in Baran district :-

- 1. Cereals and Millets:-** *Echinochloa colonum* (Sama), *Echinochloa frumentacea*, *Hordeum vulgare*, *Triticum aestivum*, *Zea mays*, *Sorghum bicolor*, *Oryza sativa*, *Oryza rufipogon* (Jangli chawal).
- 2. Sources of pulses:-** *Cicer arietinum*, *Lablab purpureus*, *Pisum sativum*, *Vigna radiata*, *Glycine max*, *Cajanus cajan*, *Vigna mungo*.
- 3. Vegetable crops and wild plants:-** *Abelmoschus esculentus*, *Allium cepa*, *Allium sativum*, *Amaranthus caudatus*, *Amaranthus spinosus*, *Asparagus adscendus*, *Bambusa arundinacea*, *Boerhavia diffusa*, *Brassica campestris*, *Brassica oleracea* var. *botrytis*, *Brassica oleracea* var. *capitata*, *Capsicum annuum*, *Cassia fistula*, *Capriis decidua*, *Cassia tora*, *Celastrus paniculatus*, *Celosia argentea*, *Ceropegia bulbosa*, *Chenopodium album*, *Cicer arietinum*, *Curculigo orchiloides*, *Cordia gharaf*, *Cucumis melo* var. *agrestis*, *Cucumis sativus*, *Cucumis melo* var. *melo*, *Cucurbita maxima*, *Cucurbita moschata*, *Dendrocalamus strictus*, *Daucus carota*, *Hibiscus cannabinus*, *Ipomea aquatica*, *Leucas aspera*, *Leucas cephalotes*, *Luffa acutangula*, *Lycopersicon lycopersicum*, *Maderaspatana*, *Momordica charantia*, *Momordica dioica*, *Moringa concanensis*, *Phyllanthus niruri*, *Embllica officinalis*, *Rhaphanus sativus*, *Solanum melongena*, *Tamarindus indica*, *Trigonella foenum-graecum*.
- 4. Sources of vegetable oil:-** *Brassica campestris* var. *dichotoma*, *Brassica campestris* var. *Sarson*, *Brassica campestris* var. *toria*, *Brassica juncea*, *Brassica nigra*, *Madhuca indica*, *Sesamum indicum*, *Arachis hypogea*, *Glycine max*, *Helianthus annuus*.



5. **Sources of species and condiments:-** *Allium cepa, Allium sativum, Capsicum annum, Coriandrum sativum, Cuminum cyminum, Curculigo orchoioides. Foeniculum vulgare, Lannea coromandelica, Sesamum indicum. Trachyspermu amil, Trigonella foenum-graecum, Mangifera indica, Tamarindus indica.*
6. **Sources of edible fruits:-** *Aegle marmelo Annona squamona Carica papaya, Crux Jimon, Cucumis melo var. melo, Cucumis satin Mangifera indica More alba, Psidium guajava, Buchanania longan, Sygium cumini Diospyros melanoxylon, Madhuc indica, Ficus bangalensis.*
7. **Sources of pickle/ marmalade Chutney:-** *Fruits of Carissa congesta Coccina gradix Cordia gharaf, Mangifera indica, Emblica officinalix, Capparis decidua, Dendrocalamus stricto (tender shoots), Tamarindus indica.*
8. **Sources of underground parts:-** *Argus racema Curcuma longa, Dioscorea bulbifera. Nelumbo mucifera.*
9. **Curd preparation:-** *Unripe fruit of Dispyras melanoxylon Tamarinde indica and latex of Wrightia arbores are used for instant curdling or starter cruds.*
10. **Source of seed/kernel:-** *Buchanania lanzan, Sterculia urens, Tamarindus indica, Cassia Zizyphus mauritiana.*

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